

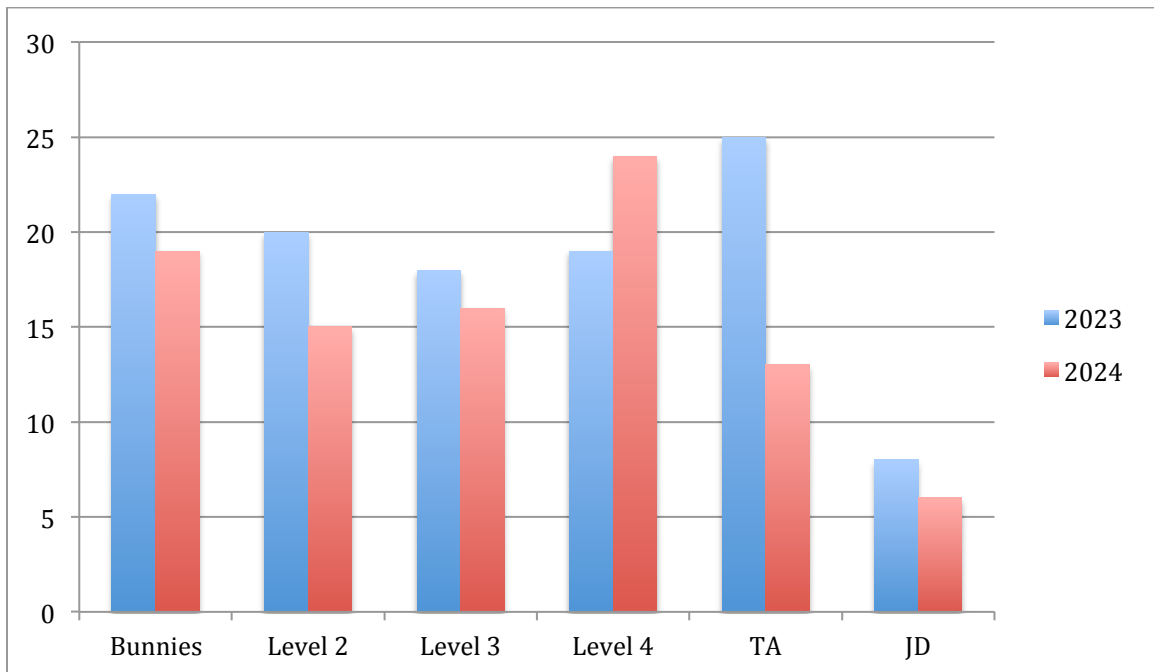
2023-2024 Rabbit Program

This year saw the Rabbit program start on September 12th with Dryland and subsequent Rollerskiing sessions which continuing into December. Laser Biathlon was introduced during the rollerskiing sessions. With much relief, we were able to start on snow on the scheduled start day of January 6th (also opening day). Lessons ran until March 9th of this year. Weekly sessions were held for Level 1 and to, increasing to 2 lessons per week for Level 3 and up. One week of lessons were cancelled due to temperatures exceeding our -15 cut off and our loppet lesson was cancelled due to deteriorating snow conditions. Overall, we feel very fortunate that to have run the full lesson season considering the snow conditions this year.

Registration was down this year. There was an 18% decline from 114 last year (2023) to 93 this year. There was a significant loss of numbers in our Track Attack group. We need to take into considerations that there was a significant increase of rates this year. There has been some inquiry into developing another, more recreational group after level 4 that may see more return skiers. The numbers are as follows with 2023 in brackets.

Bunnies/level 1 – 19 (22)
Level 2 – 15 (20)
Level 3 – 16 (18)
Level 4 – 24 (19)
Track Attack – 13 (25)
Junior Development – 6 (8)

Registration numbers 2022-2023 vs 2023-2024



Planned activities this year included a night ski, participation in the loppet and a season wrap up on March 9th. Unfortunately the night ski was cancelled due to the poor snow conditions. Each skier received a toque or buff as part of the program registration through Cross Country BC and we were able to use the loppet cookie medals at our wrap up at the end of the season.

We were fortunate to have been able to apply for and be awarded with a \$500 Kal-Tire Skill Development Program grant that was used toward program equipment, primarily a portable ski tunnel to be used during lessons. There is still some equipment to purchase with the leftover funds.

Our coaching team consisted of 20 coaches including our head coach, Dana Manhard and 5 spares to cover absences. With large groups, having 4 coaches per group allows us to break into smaller groups or run stations that facilitate a better learning environment. We recruited 8 new coaches who completed their Introduction to Community Coaching courses and we hosted an on-snow Community Coaching course with 6 attendees. Dana provided separate skate and classic clinics to aid in technique development.

Looking to next year, I am hopeful that we will have some coaches progress with the next level of coaching so that we can maintain the coaching standards required of us. A games and activities lists needs to be developed to support coaches with teaching. We also need to explore the development of a recreational group for older skiers.

Many thanks to the coaches for their many hours of coaching and preparation that make this program possible. Also, we have much gratitude for the groomers and their magic work with the trails. Kudos to all of you!