

Summit Nordic Ski Club SKIER Code of Conduct

This Code of Conduct is an important contract between yourself and the club in which you agree to abide by the rules and spirit of SNSC. We expect all coaches, parents and skiers to maintain a positive attitude and uphold the ideals of good sportsmanship and sporting behavior when training and racing. You are not just signing a piece of paper but agreeing to be a part of our ideals.

GENERAL STATEMENTS

I will be mindful of the code "Humble in victory, gracious in defeat" and support other skiers regardless of personal achievement or disappointment.

I will come to practice with appropriate clothing (that means warm) for the weather.

I will maintain a base level of fitness in the off-season and will participate in organized dryland training sessions organized by the club's coaches as much as possible.

I recognize the importance of academic achievement and will strive to maintain the grades of which I am capable.

I will participate in club fund raising activities by volunteering and showing up for fund raising events.

I will be on time for all training and ski races and will come to training with a positive attitude to the fullest extent possible.

I will respect other team members, all of the SNSC coaches and the club through a positive and cooperative attitude.

I will commit to good sportsmanship. As part of this, I will be a role model for the younger members, encourage all skiers no matter their ability, and acknowledge other skiers' success.

I will respect all teammates as a part of SNSC. This will include making efforts to get to know all teammates as well as older and younger members of the Club. I will be mindful of behavior that creates the feeling of a clique or a feeling of exclusion for other skiers.

I will commit to remaining drug, alcohol and tobacco free. I

recognize that the use of alcohol or drugs or driving irresponsibly may be grounds for disciplinary action and could lead to dismissal from SNSC.

For Middle School skiers: I will commit to being mindful of and work to achieve the attitudes outlined in "SNSC Attitudes."

RACE DAY SKIER CODE OF CONDUCT

I will not distract coaches at the wax benches on race day and will be patient waiting for my skis to be prepped. I will respect that other skiers may need to be prepped before me because of race schedules.

I will have my skis at the wax bench ready for prep at the appointed time.

I will be ready and on time for the warm-up and course review.

I will always exhibit good sportsmanship at the race venue.

I will respect my body by having water and post-race clothing available to avoid becoming dehydrated or chilled.

I will participate in the team post-race warm down.

I have read, understand, and agree to abide by the "Skier Code of Conduct"

Skier Name: _____

Signature _____

Date _____