

East High School Cross Country Ski Team

SKIER/PARENT/COACH CONTRACT 08-09

A parent and skier need to sign this agreement to validate skier's position on the East Ski Team.

I, _____, agree to abide by the following rules for the East High School Ski Team. I also acknowledge that if I don't comply with any of the following rules, I can and will be released from the team and forfeit my ability to race and ski with the East Team.

1) Attendance to all practices is expected. See ski handbook for complete attendance policy. Only 3 unexcused absences throughout the season will be allowed. Excused absences need to be arranged with coach before missed practices. Parents/guardians must submit a note to coaches via email at bronga_tom@asdk12.org. The coach will contact the parent before a skier is removed from the team for nonattendance. Late attendance will be counted as missed day. (Be waxed, dressed, and ready to ski promptly at 2:30 PM practices.)

2) Skiers will follow all safety rules as defined in the Emergency First Aid plan on the team website.
<http://www.eastxc.org>

3) Skiers will respect all team facilities and equipment.

4) Skiers will cooperate with all coaches, parent volunteers, and school employees.

5) I understand that cross-country skiers will not be constantly supervised while skiing on the trails. There will always be one or more coaches on the trails with the team. Skiers must stay together with another skier. Skiers creating an unsafe environment will be dismissed from the team.

6) Skiers and parents understand and agree that the ski team squads will be determined by time trial, practices attended, attitude, and race results. Movement among A, B, C, D, etc. teams will occur at the coaches' discretion.

7) All racers will ride the bus to the races. Parents are required to sign out the skier at the race. Skiers must ride back on the bus or with parent only, and may not leave a race until AFTER the awards ceremony!

8) All racers agree to act in a mature and sportsperson-like manner.

9) I acknowledge that violating any of these rules will result in my removal from the team. I also acknowledge that I have/will fully read the Team Handbook that is provided online at <http://www.eastxc.org>

Athlete's signature _____ Date: _____

Parent's signature _____ Date: _____

Contact Information: Please print neatly!

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|--------------------------|------------------------------|---------------|
| Skier | Email address- print neatly! | Phone numbers |
| Parent/guardian name | | |
| Parent/guardian name | | |
| Skier's Physical address | | |

Skier, please take a moment and jot down a goal that you would like to set out for yourself this year. Examples are: attend 95% of practices, make the B team, or top ten in Varsity at Regions, etc. The coaches would like to work with you so that you can attain this goal:

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|----|
| 1. |
| 2. |
| 3. |
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How committed are you to the ski team? 100%, 75%, or 50%. (100% would be defined as skiing is the most important activity this winter). List other extra curricular activities you will be involved in this winter:

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Do you plan to be absent on a regular basis because of other commitments or have specific dates of a absences? If so, which days or dates?

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