

Lakeland Nordic Ski Team 2021

Middle/Elementary School

Code of Conduct / Expectations

Participating in Nordic Skiing requires dedication to a high standard of excellence in team and individual participation. These expectations are to ensure fairness to all participants by promoting sportsmanship, responsibility, and respect. All must conduct themselves according to core values of Team, Loyalty, Integrity, Respect, Perseverance, Accountability and Courage and abide by the spirit and dictates of this Code of Conduct. These expectations are rules expected by the coaches.

Competition Conduct

Although optional Middle School Team members are encouraged to race at appropriate venues as this contributes to the development of the ski racer. At the Elementary level, it is completely optional. Ski racing should be a learning and positive experience. Swearing or other abusive language/gestures will not be tolerated anywhere that you are representing the Lakeland Nordic Ski Team. School rules and expectations apply at all Nordic functions including practices and competitions. As a Lakeland Nordic Skier you will be expected to win and lose while utilizing good sportsmanship. Removal from the competition may result if any altercations are observed. You will be expected to shake hands with opposing competitors as opportunities arise. You will be expected to thank race volunteers and the race director. The team will display an attitude of respect and gratitude.

Proper Attire

It is your responsibility to wear/bring appropriate clothing and equipment to all races and practices. It is also your responsibility to take them with you after practices and races. Proper equipment includes weather-appropriate attire, dry clothing for post practice/race and equipment of skis, boots, and poles for appropriate technique. Dressing in layers is recommended to stay warm and adjust to weather as one warms up and cools down. Typically one layer of breathable sport microfiber long underwear is appropriate for beneath the team race suit. Wind briefs are recommended for male athletes. Buffs are encouraged for colder weather. Multiple ski gloves/mittens and hats are needed. Warm up in one and race in other dry. Bulky clothing such as heavy snow pants and jackets are not appropriate as they restrict movement.

Team race suit uniforms are provided for those choosing to race for the season and are to be worn only for races. Team warm up jackets are optional and available for purchase.

Team members should change clothing in an appropriate setting. Changing in any public setting, is not acceptable and may result in consequences.

Communication

If, at any point during the season you have a question or concern, you are expected to discuss it with the coach, you are expected to do the following:

1. Contact the coach as soon as possible and set up an agreeable time to meet
2. Be respectful when expressing yourself
3. Allow the coach an opportunity to express himself/herself fully
4. Don't leave the meeting until you feel the question or concern has been dealt with fairly
5. Parents comments/concerns will be handled in the above manner with two or more coaches present at the meeting.

Care of Equipment

All members are responsible for the training equipment. It is your responsibility to help put away all equipment after practices and keep track of your personal equipment, as well as, help keep orderly the wax area and wax café (Middle School)

Cell Phones, Electronics, and Social Networking

Cell phones and electronics must be turned off and put away during all practices, this includes music unless approved by coaches. Team members who use social networking in a negative way towards teammates, opposing teams or coaches will result in disciplinary action, which may include removal from the team.

Transportation

At this level all transportation to practices/races needs to be arranged/provided for by the parents. Transportation is not offered for your child.

Consequences

Consequences will be enforced if an athlete violates any of the practice or competition expectations mentioned above. The coaching staff will evaluate each situation and enforce the necessary consequences. Consequences may include one or more of the following: in-practice discipline deemed appropriate by the coaching staff, apologizing to the team; whether it is your team or an opposing team, dismissal from practice, restricted competition time, competition suspensions, or dismissal from the team.