

Lakeland Union High School Nordic Team 2021

Code of Conduct / Expectations

Participating in Nordic Skiing for Lakeland Union High School 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 a combination of rules and procedures from both the Lakeland Union High School handbook as well as from the nordic coaches. Rules provided in the LUHS handbook should be observed at all times along with these expectations.

Lakeland High School Attendance Policy

A student must be in attendance at school the entire day in order to practice or participate in a competition on that date. The only exception to this would be an acceptable advance notice or an emergency situation approved by the head coach.

A student must be in school the entire day following a competition unless he/she has an acceptable advance notice, an excused absence due to a legitimate illness or injury or has a doctor appointment due to the illness or injury. If the absence is unexcused or avoidable, the student may be suspended from the next contest.

Practice Attendance

Practice attendance is mandatory. You are expected to be on time and ready to begin practices at 3:45 or ready to transport to practice location at 3:45 when practice is not at LUHS. Being ready for practice includes having all necessary practice clothing on and ski equipment needed with you. You will be expected to be changed into your practice attire before traveling to the practice location. This should be done in the designated locker rooms.

If you are going to miss all or part of a practice, it is your responsibility to contact the coach before practice in print, with a text, note, or email. An unexcused absence during the week of a competition may result in not competing in the next race. Two unexcused absences during the week of non-competition may result in a race suspension and a total of three unexcused absences in the season may result in dismissal from the ski team. Not informing the coach beforehand is considered an unexcused absence. (Appointments must be scheduled outside of practice times: including Dr., Dentist, haircut, driving etc)

If you are injured, you must still attend practice, unless an emergency or illness prevents you from attending. It is important to continue to participate at practice unless directed otherwise by the head coach or a written doctor's excuse discussed with the head coach.

Competition Attendance and Conduct

The goal is for all participants to attend as many competitions as possible, unless ill. If the excuse is due to "personal/family" reasons, the participant should notify the coach in advance. Most of these are considered excused if discussed in advance. All missed competitions **MUST** be discussed with the coach in advance and written notice given; otherwise it is considered an unexcused competition regardless of the excuse.

Some competitions may not be appropriate for the novice skier due to the difficulty of the course. The concern is for the safety of the novice skier as well as others who may be skiing near the novice skier. Coaches will discern which competitions are appropriate for all levels of skiers. If not competing due to the aforementioned, the athlete is still expected to attend the race to further their development by skiing the course before or after the races. Team members are encouraged to race at appropriate venues as this contributes to the development of the ski racer. Ski racing should be a learning and positive experience.

Swearing or other abusive language/gestures will not be tolerated anywhere that you are representing Lakeland Union High School and the Lakeland Nordic Ski Team. School rules and expectations apply at all Nordic functions including practices, competitions, travel and lodging. 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 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.

Team "spirit wear" to school prior to competitions must entail either the uniform/warm up, part of the uniform/warm up, or nice dress up attire. Themes outside of Nordic / LUHS are not permissible.

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 cafe.

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

All athletes must ride the team bus/vans to competitions and practices. The only exception may be an athlete approved by the head coach to drive themselves (no additional passengers) to practices at Winter Park and Schlecht Lake if they live south of Minocqua via the back roads or South of Schlecht Lake. All will ride team bus/vans to races. This year due to Covid-19 we will be asking that you sign an alternate transportation form if you will not be utilizing transportation provided by the team, for planning purposes.

Throughout the season, all must comply with the regulations made by the driver of the bus/van in which the athlete is riding. If insubordinate when riding on a school bus/van, athlete will be subject to appropriate disciplinary action. If the athlete is disobedient again, athlete may be deprived of future transportation for duration commensurate with the severity of the act.

An Athlete may ride home from a competition with a parent if a note is given to the coach before leaving the competition venue. An athlete may ride home with someone other than their parent (another student's parents or older, out of school sibling) if they present an advance note prior to leaving for the competition signed by administration.

All parents helping to drive the team must have a background check completed and approved by the high school.

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.

*Students who are reprimanded for drinking/drug use during the ski season will no longer be allowed to participate in the remainder of the season. Please remember to make good choices at all times. You are representing LUHS and LNST and are role models for the youth in the community.

Letters/Numerals

In order to earn a numeral, a skier must begin and end the season in good standing with the team, skiing in at least 75 % of the races and participating in the practices in accordance with the attendance policy.

In order to earn a varsity letter, a skier must compete in 75% or more competitions and earn a finish of top 40% at the State Distance High School Competition (or at coaches discretion).