

## Pittsford Nordic Ski Team Expectations

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### All Team Members MUST

- make every effort to attend planned training sessions
- **always** inform the coaches if they are unable to attend practice
- arrive for practice on time
- be prepared to train effectively by wearing appropriate and suitable clothing for training and the weather
- show respect for the training process by fulfilling daily training requirements
- model a positive attitude and commitment to the team and coaches
- strive to be all that they can be as a Nordic Skier
- comply with the attendance procedures
- wear reflective vests for all outdoor road training *safety requirement*
- wear helmets, in addition to a reflective vest, when training on wheels *safety requirement*
- have poles available for all dry land practices on “grass”
- have ski equipment prepared for race days
- wear the team uniform with pride, treat it with care and return the uniform & Bib **clean** at the end of the season
- help in loading and unloading team equipment off the buses when traveling

### As a Nordic Ski Team Member -

- athletes will continue to learn about their own athletic ability
- athletes will develop their own skills as a Cross Country Skier
- athletes will improve their athletic fitness
- athletes will participate in Nordic races at the league level with a goal to attaining a position on the sectional team
- athletes will enjoy the camaraderie of their team
- athletes will learn to appreciate Nordic Skiing as a life long sport

### As Nordic Ski Coaches -

- we will coach the athletes in the skills of Nordic Skiing to their fullest capability
- we will expect and encourage the athletes to participate fully during the training we provide
- we will expect the athletes to participate fully in Monroe County nordic racing
- we will encourage constructive communication between the athletes and our selves, the coaches
- we will do all that we can to ensure that the athletes enjoy the Nordic Ski Team experience and develop as Nordic Skiers
- our long term goal is that the athletes develop Nordic Skiing as a life long sport

### As members of the Pittsford Nordic Ski Team we will all -

- show respect to each other
- display sportsman-like behavior at all times, remembering that we not only represent our team but also our school district and our families.

Pittsford Nordic Goal Setting

My goal for the season is:

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Athlete's Name	
Athletes signature:	Parent's signature:
Date:	Date:

**Code of Conduct –**

*THIS COMMITMENT STATEMENT MUST BE RETURNED TO THE COACH BEFORE A STUDENT/ATHLETE MAY PARTICIPATE*

**COMMITMENT STATEMENT:**

“I have received and understand the TRAINING RULES FOR ATHLETES in the Pittsford Central School District and I agree to observe the team’s procedures, instructions of the coach, and rules of the League, Section V and NYSPHSAA”.

Date: \_\_\_\_\_

Student Name (PLEASE PRINT): \_\_\_\_\_

Team: \_\_\_\_\_

School: \_\_\_\_\_

**Student Signature:**

**Parent Signature:**

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