

## 2010/ 2011 SOUTH SKI TEAM SKIER/COACH CONTRACT (2 pages)

To validate a skier's position on the South Ski Team please read and sign this contract.

I, \_\_\_\_\_, agree to abide by the following rules for the South Ski Team:

1) Attendance and full participation at all practices and races is expected. Excused absences need to be pre-arranged with a coach two days before a missed practice. One unexcused absence in a week will result in a skier not competing on the A or B team. Two unexcused absences in a week and a skier does not race. *Lateness or leaving early will be counted as a missed day.* Be dressed and ready to ski promptly at 2:30. **It is each skier's responsibility to account for their attendance daily on the board in the ski room.** The coach will contact parents before a skier is removed from the team for attendance issues.

2) Cooperation with all coaches and school employees.

3) Skiers will respect all team facilities and equipment.

4) While there will always be one or more coaches on the trails, skiers will not be constantly supervised while skiing. **To this end, it is expected that skiers learn the trails of Hillside Park and be able to navigate back to Hilltop from anywhere on the Hillside system.** Skiers must train with another skier.

5) Squads will be determined by participation, time trials, and race results. Movement among A, B, C, D, teams will occur at the coaches' discretion.

6) Skiers will train and compete in a safe manner.

7) Skiers are expected to ride the bus to the races, and return on the bus, or with a parent only. Skiers are expected to stay at the race until the end of the Awards ceremony. Parents must communicate with a coach if their athlete is to leave early.

8) Varsity letters will be awarded by: Racing on the State Meet team; Placing in the top 35 overall in five or more races; Participating as a team captain; Participation awards for seniors who have been on the team for four years; Discretionary award based on major contributions to the Team.

9) Team selection for State will be based on results from 7 ASD races. Results will be based on Super Tour Scoring: 1 - 30pts, 2 – 25 pts, 3 – 21 pts, 4 – 18 pts etc. within the team. Other criteria include; consistency in practice and races; positive attitude, increasingly faster times. These criteria will be used as evidence only in completing the state team; the final selection ultimately rests with the South High coaching staff.

10) I understand that failure to comply with any of the rules described here or in the Handbook may result in a loss of privileges, awards or my removal from the team. I also acknowledge that I have, or will read, the Team Information that is provided online at <http://www.alaska.net/~ski4ever/index.htm>

Athlete's signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent's signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent's name(s)/email add. \_\_\_\_\_ Phone # \_\_\_\_\_

Parent's name(s)/email add. \_\_\_\_\_ Phone # \_\_\_\_\_

Student's email address \_\_\_\_\_

(Your email will only be used to send you information about upcoming events, etc. and to keep you in touch with the team.)

**Student Questionnaire**  
**2010/ 2011 SOUTH SKI TEAM**

Name \_\_\_\_\_

To help us get to know you, please take a few moments to fill out this questionnaire. Please answer honestly so that we can help you succeed with your goals for this season. Please return before Friday, November 12.

Years skiing \_\_\_\_\_ Other sports \_\_\_\_\_

\_\_\_\_\_

Do you train with a club? \_\_\_\_\_ Name of club \_\_\_\_\_

Do you keep a training log? \_\_\_\_\_

How many hours have you trained since April 1? \_\_\_\_\_

Goals for this season \_\_\_\_\_

\_\_\_\_\_

Goals for next season \_\_\_\_\_

*Please fill in any commitments that you will have on a regular basis. (music, community service, jobs etc.) Please include what the activity is, where you'll be and what time you'll be there. This includes showing up late or leaving early. If you intend to miss more than two practices a week there needs to be a conversation with the coaches regarding your participation on the team.*

Monday – Friday \_\_\_\_\_

Saturday (race days) \_\_\_\_\_

Extra space for additional comments: