

LVHS Ski Team Code of Conduct

Introduction and Coaching Philosophy

Our first priority is to promote healthy lifestyle habits through the sport of cross country skiing. While we are excited and motivated to win, we encourage student athletes to participate because they appreciate being outside and active.

The Role of the Parent

Parents play an important role in their child's athletic experience. We feel strongly that the parents' role is strictly to support and encourage their child in their successes as well as their set-backs. We couldn't do it all without you, but please leave the coaching to us.

The Student-Athlete

Just as the words "student-athlete" implies, we expect your studies to come first. Sports participation is a privilege and should be in addition to taking your class load seriously. As stated in the school wide Code of Conduct, you will have to maintain a "C" or better average to continue participation on this team.

Logistics of Cross Country Skiing

Cross country skiing is one of the hardest sports in the world. Skiing requires intense fitness, technical skills and an ability to deal with adverse weather conditions. At every workout, we will require hard work and whining will not be tolerated.

Because we train in extremely cold conditions, appropriate clothing is imperative to your success on this team. At every ski workout we will require that you wear synthetic long underwear as your first layer and that you have appropriate gloves and hat with you at all times. Wool or synthetic socks and appropriate outer layers are also required. If you fail to follow these guidelines, you will sit on the bus, instead of ski. This is simply a health and safety issue.

For dry-land training sessions, we expect temperature appropriate dress and running shoes. You should have these available at all times, since there may be unforeseen last minute changes to our training schedule.

Health concerns

There are several things that you can do to ensure that you remain healthy throughout the ski season.

Our recommendations include the following:

Always stay well hydrated: before, during and after exercise.

Make sure that you are eating a well balanced diet throughout the day, so that you have energy to perform at your highest for every training session.

Make sure to bring healthy snacks and liquids for consumption immediately after practice. Scientifically speaking you will recover faster if you re-fuel within 30 minutes of completing your workout.

Bring a dry change of clothes for immediately after practice. By putting on dry clothing immediately after exercise, you will prevent getting chilled and increase your chances of staying healthy during cold and flu season.

Attendance Policy

Skiers are expected to attend practice every day with the following exceptions;

Sickness – If you are sick, have a cold, flu or fever, do not come to practice. We will send you home. You may bring a note from a doctor or parent when you are healthy enough to rejoin the team. Please let us know before practice, in person, through a note or a friend if you are going home sick.

Academic Activities – Special school sanctioned events, such as band will be excused.

Competition - You are allowed to miss one day on non-race weeks without penalty. If you miss practice during the week of a competition, you will be ineligible to compete. We will deal with special circumstances on an individual basis. Communication is key!

Drug and Alcohol Policy

Although the LVHS Code of Conduct has a section devoted to the school's drug and alcohol policy, members of the LVHS Ski Team will be held to an even higher standard—that is to say, unlike the school policy, which employs a system of increasing consequences relative to the number of offenses, members of the LVHS Ski Team will be subject to a “Zero Tolerance Policy.” In order to be on the team, ski team members will agree to abstain entirely from using drugs, alcohol, or illegal substances of any kind. This is a year-round agreement, applicable for so long as the student is a member of the LVHS Nordic Ski Team. Failure to abide by this agreement will result in the student's immediate expulsion from the team for the remainder of the season. If the offense occurs after January 15th, the student will be removed from the team for the remainder of the current ski season, as well as the entire upcoming season. There must be undeniable proof: you are caught by law enforcement, or there is tangible proof or self admittance to a coach or a school administrator of inappropriate behavior for your expulsion to take place. While we realize that high school can be a very challenging time with peer pressures, curiosity and poor judgment, we feel strongly that drugs and alcohol are absolutely inappropriate, illegal and detrimental to the successful development of any high school athlete. This policy is intended as a deterrent, not as a punishment.

All State Points

All State points are calculated on the basis on your individual races. First place is worth 20 points and the points decrease by 1 point for each place down to 20th place, which will receive 1 point. Total all state points are used to determine the all state team selection. Your two lowest scores will be dropped to determine your final total. The top ten point earners are awarded First Team All State and the second ten are awarded Second Team All State.

Lettering

To earn a varsity letter, you must finish in the top 20 in at least one race or earn at least one team point in a relay. Seniors will earn a varsity letter regardless of place by finishing the season in good standing.

If you have any questions regarding this code of conduct or throughout the season please don't hesitate to contact any member of the coaching staff or the activities director listed below.

Maggie Heller – Head Coach

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Lee Lofgren – Assistant Coach
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Barry Scott – Activities Director
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LVHS Ski Team Code of Conduct Agreement

I, _____ have read and agree to
(Athletes Name)
abide by the LVHS Ski Team Code of Conduct. I understand that I must maintain a “C” average to be eligible. I understand that I will be expelled from the team if I make a poor choice to use any alcohol or drugs. I understand that I am here to learn, get in shape, have fun and represent my school and community to the best of my ability.

(Athlete's Signature)

(Date)

Additionally, I _____ have read and
(Guardian's Name)
agree to support my child within the methods described in the LVHS Ski Team Code of Conduct.

(Guardian's Signature)

(Date)

This form must be signed and turned in no later than November 19, 2012 in order for participation to continue.