



## JUNIOR ALPINE SKI RACING PROGRAM “J Team” 2009/2010 TEAM RULES

Please return a signed copy with your registration, waivers, and payment forms

### **RULE 1: SCHOOL IS JOB #1 !**

- If you don't make the grades that your parents expect, we will miss you at training and races, but we will still be skiing.

### **RULE 2: SKIING CAN BE A DANGEROUS SPORT, IF YOU DO NOT RESPECT THE SAFETY AND DIGNITY OF OTHERS. WE WILL NOT TOLERATE:**

- Skiing out of control.
- Cutting in lift lines.
- Disrespect of ANY coach, parent, team member, team volunteer, lift operator, other skier, snow boarder or ski patroller.
- Any conduct bringing dishonor or embarrassment to the Wilmot J Team while participating in any Wilmot J Team training, session, race, event, or function.
- If rule 2 is broken at any time, any Coach can send you off the hill for the day and may result in your removal from the team

### **RULE 3 : CHEERFULLY RESPECT THE POLICIES AND STAFF OF WILMOT MT. SKI AREA.**

- The sponsorship of Wilmot Mountain Ski Area is our most valuable asset and a privilege. Please think about your actions while at the hill. You represent our team at all times through your actions and words! Respect others and respect yourself!

### **RULE 4: PARENT INVOLVEMENT WITH THE WILMOT J TEAM.**

- Parents are encouraged to participate in a variety of team support roles. This includes assisting at races in various volunteer capacities required by WIJARA and USSA, assisting with organizing team events and planning for away races, and assuming the responsibility of a chaperon when in the presence of team members. **Parents of all travel team members participating in WIJARA races are expected to provide race day volunteer support at least once during the season.** It is a WIJARA league requirement that our team provide 2 race course workers per day at each race.
- Parents are expected to act and behave in a positive, constructive, and appropriate manner at all times while in the presence of the team, during practices, and while away at races. Please remember: you are a role model to your kids, other team kids, as well as a representative of the Wilmot J Team at all times. Please act accordingly. Inappropriate actions will not be tolerated and can result in you and your racer being asked to leave the team.

### **RULE 5: WILMOT MT. J TEAM SKI TEAM MEMBERS ARE EXPECTED TO:**

- Be on time for all events, practices, and races.
- Train with, and as a part of the J Team, and with its assigned Coaches and Staff.
- Behave in a civil and respectful manner with your fellow team members and ALL Coaches, Assistants, and Parent Volunteers. Inappropriate language and/or behavior will not be tolerated. After a first warning any team Coach can send you off the hill. Repeated offenses under this clause will result in removal from the team.
- Have paid all ski team fees and completed all liability release forms prior to participating in team events.
- Have a valid season pass or lift ticket for every day of practice and every race day.
- Sign in and out of practice at the Ski School Desk located in the main lodge, and to also inform the Team Coach(es) in charge of the practice when they arrive and when they leave practice.
- Stay out of other group's training area unless given permission by a Wilmot J Team Coach.
- Have a helmet and goggles properly worn at all times while participating in team training.

### **RULE 6: TRAVELING TEAM RACERS SHOULD EXPECT THAT:**

- **IMPORTANT:** Racers who are part of the Wilmot J Team will compete under the auspices of the Wilmot J Team (WIL) and will be coached by the assigned Coaches for that particular race, unless otherwise officially assigned by the Coaching staff in advance of the event. Wilmot J Team Racers shall not compete under any other team's auspices while competing in Central Division. Out of division races will be addressed on an individual basis by the Head Coach/Program Director.
- A parent/coach will stay in all coed rooms, whenever applicable during away race or training travel.
- Team schedules will be announced and shall be followed by all team members.
- Team curfews will be enforced during road trips.
- Individuals will make their own lodging/travel arrangements and pay their own travel expenses. When traveling with others they will share the gas/tolls/lodging expenses.
- During travel in restaurants, hotels, and other accommodations, team members are expected to behave and act in an appropriate manner in keeping with all other Rules noted above.

**These are the Wilmot J Team rules. Learn them, live them, be them! Now let's go and ski FAST!**

**ATHLETE SIGNATURE**

**PARENT SIGNATURE**

**PARENT SIGNATURE**

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