

WEST SKI TEAM SKIER / COACH CONTRACT

I, _____, agree to abide by the following guidelines:

1) **ATTENDANCE**- and full participation at practices and races is expected. It is expected that you join the team with the intent to attend at least four practices per week. Absences are to be communicated to a coach in a timely manner. In order for a practice to count, skiers need to be dressed to workout, with equipment ready, by 2:30; and complete the full workout. In order to receive a PE waiver a skier must complete 60% of the practices and compete in five races.

2) **SAFETY** is a priority. Skiers will train and compete in a safe manner, and respect all members of the community. Skiers must train with another skier. While there will always be one or more coaches on the trails, skiers will not be constantly supervised while skiing.

3) **RACING** teams and **TRAINING** will be determined by attendance, time trials, and race results. Movement among squads and racing teams will occur at the coaches' discretion.

4) **BUSING**- Skiers are expected to ride the bus to and from practices and races. If it's necessary for a skier to ride in a private vehicle it must be prearranged, and they may not transport other skiers. If a skier needs to leave a race or practice early parents must communicate with a coach.

5) If I fail to comply with any of the rules described here or in the Handbook it 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 Handbook that is provided online at <http://westskiteam.com/>

Athlete's signature _____ Date: _____

Parent's signature _____ Date: _____

Parent's email _____ Phone # _____

Student's email _____ Cell # _____

In order to train with the team, please return this contract by your next practice.

Pre-Arranged Absence Form

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 have more than one standing commitment a week the coaches will need to meet with you regarding your participation on the team.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday (race days)

Extra space for additional comments: