



Team Rules and Expectations

General Rules

- ◆ Athletes and parents will represent themselves in a restful manner. Show respect to coaches, parents and other skiers. Act with respect when involved in any team activity; racing. Training, traveling, social activities and meetings. Coaches have the authority to reprimand athletes.
- ◆ Represent themselves with honesty and integrity.
- ◆ Do not use profane or abusive language.
- ◆ Do not use tobacco or illegal drugs.
- ◆ Do not violate local, state or federal laws.
- ◆ Maintain a level of academic performance satisfactory to MHS school guidelines and to the expectation of your parents.
- ◆ Be supportive of all team members.

Daily Training and Race Days Rules

- ◆ Be on time for practice, races and meetings. Athletes should be on the snow and ready to go at the designated time and place the coaches have specified.
- ◆ Athletes are expected to show a positive attitude and give their best effort during training and racing.
- ◆ Maintain personal ski equipment on a regular basis to ensure personal safety and optimal performance.
- ◆ Be appropriately dressed as you are representing Muskego High School Ski Team.
- ◆ Protective helmets are required during training and racing. Slalom specific protective gear is recommended when training or racing for slalom.
- ◆ Athletes will refrain from disruptive behavior.
- ◆ Athletes are responsible for assisting warrior coaches in any activity relating to practice or races. This includes course setup and teardown.

Ski Area Rules and Policies

Without the generous support from Alpine Valley, we would not have an area to train or race. **Be a**

Responsible Athlete

- ◆ Abide by ski areas "Responsibility Code".
- ◆ Have your season pass or lift ticket available at all times when training and racing.
- ◆ Be cordial and respectful of all area employees and other skiers.
- ◆ Cutting in lift lines is not allowed. MHS athletes do not have any special privileges at Alpine valley or any other ski areas.
- ◆ No fast skiing on crowded slopes or beginner areas.
- ◆ Follow all local rules when visiting race areas and training sites. Remember we are guests.

Penalties for Misconduct

Penalties and disciplinary action can include meeting with coaches, parents, athlete director and program director, as well as suspension or removal from training and/or racing.

We the undersigned racer and his/her parent or legal guardian, acknowledge that we have read and agree to abide by the code of conduct. We also acknowledge that we understand the expectations of the Warrior Ski Race Team in this regard, and accept the "Penalties for Misconduct".

Print Name of Athlete

Athlete Signature

Date

Parental Signature