

Dimond High School
2009-2010 Cross Country Skiing
Team Contract

Welcome to the cross country ski season. This season, we have some fun events planned and it will be an excellent season. We look forward to skiing with you!

COACHES

Nate Normandin

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Dimond High Room B-201

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Brett Roth

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Dimond High Room B-211

Richard Stout

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WEBPAGE

<http://www.dimondxcs.org>

**All Cross Country Ski policies follow the
Anchorage School District Policy Handbook**

Academics

All athletes must maintain a minimum GPA of 2.0. Because our coaches believe academics are the most important part of the student-athlete's high school career, any student with a **D** or **F** in a class will be suspended from practice until their grades are a **C** or better.

Student athletes may be asked to complete a "Drag Sheet" to verify their grades. When asked, athletes will receive a drag sheet during practice on Wednesday and need to return it to the coach at practice on Thursday.

Attendance

Athletes must arrive to practice on time. Latecomers will be considered absent. You must be at a minimum of 4 practices a week. We will regularly meet from 2:20p – 4:45p (given travel time to and from Kincaid). The meeting location is by the locker rooms– in front of the Ski Room. If you have a weekly music lesson or obligation, please let one of the coaches know. Coaches will take attendance daily.

Athletes are expected to attend all practices and participate in the entire practice. Unexcused absences may result in ineligibility in future meets and/or awards. Excessive absences may result in expulsion from the team.

You must have completed ten practices prior to competing. Also, you must not have any unexcused absences during the week. Any unexcused absences will result in the athlete forfeiting their right to compete during the next competition.

Student athletes who are truant from school (do not have an excused absence from school) are not allowed to attend practice that afternoon. If an athlete has an unexcused absence the day of or before a meet, the athlete is not allowed to participate in competition.

Sportsmanship

Athletes are expected to represent Dimond High School in a positive and appropriate manner. You represent not only yourself, but your team and school. Make good choices. Dangerous, disruptive, or destructive behavior could result in suspension from practice, ineligibility to compete or letter, or expulsion from the team.

T.A.D. Policy

Tobacco, alcohol, and drugs are absolutely not tolerated by the Anchorage School District, Dimond High School, or the cross country ski team. Use or possession of these items will result in expulsion from the team.

Earning a Varsity Letter

- Skier who finishes in the top 5 for Dimond in half of the scheduled events
- Skier who makes the state team
- Skier is a Senior who has received a Participation Award for at least three years
- Other Letter awards may be given at the coaches' discretion based on special circumstances

Participation Awards and Athletic Waivers

Athletic waivers and participation awards are given to all skiers who attend 80% of all scheduled practices and 50% of all races.

Student-Athlete:

Grad. Year:

Date:

I have read and understand the team expectations, policies, and [team handbook](#). I agree to follow them. Failure to do so may result in the loss of privileges, competing, lettering, and can lead to expulsion from the team.

Signature of Student-Athlete _____ Date _____

Signature of Parent/Guardian _____ Date _____

Parent/Guardian Email address _____ Phone _____

2nd Parent/Guardian email address _____ Phone _____

To be filled out by the student-athlete:

What are your short-term cross country ski goals (this season)?

What are your long-term cross country ski goals (within the next 3-5 years)?

Are you involved with any other sports or programs? Check one: Yes No

If yes, what sport(s) or program(s)?

What are your goals for that (those) sport(s) or program(s)?

What are your expectations for the Dimond cross country ski program/season?

What do you expect from your Dimond coaches?