



Expectations

Attendance

- Plan ahead! Check the practice schedule and make sure you bring the necessary equipment for that day, including proper gear for the weather.
- Practice starts at 3:30 pm.
- Unless noted on the schedule as “optional” or you have arranged something with Renee in advance, all practices and meets are mandatory.
- If you know of a conflict with practice, please let Renee know a week in advance.
- If you know of a conflict with a meet, please let Renee know ASAP.

Attitude

Be positive

Come to practice ready to learn. Everyone on the team has something to teach us.

Be open minded

- We will be doing exercises that are funny looking. Remember everyone else is looking funny, too and do your best.
- Everyone has different strengths and different levels of experience. If something is easy for you, it may not be as easy for someone else.

Be respectful

- ...of teammates, coaches, other teams (yes, that even means the alpine team)
- ...of equipment (yours, your teammates', and the team's)
- Clean up after yourself in the wax room / wax area.
- Keep the ski room neat. Only ski equipment should be left in there...you all have lockers for your clothes and other school stuff.

Have fun!

Other

- If you have any problems or concerns, please talk to Renee or Jon as soon as possible.

Letter Criteria

- Ski varsity in half or more of the varsity meets
- Ski at the section meet
- Coaches discretion
- MUST have good attitude and good attendance