



## Athlete and Parent Agreement

This athlete and parent agreement outlines many of the expectations that the Telemark Nordic Club has for its member athletes. We hold all athletes to the highest standard of behavior in training and competition which is in keeping with the spirit of the rules and regulations of our sport governing bodies, Cross Country B.C. and Cross Country Canada. You are an ambassador for the Telemark Nordic Club and the Telemark Junior Race Team at all times.

### **Athletes and Parents of Athletes on the Telemark Junior Race Team agree:**

- 1) To represent Telemark Nordic Club (TNC) and the sport of cross country skiing with a positive and respectful manner at all times.
  - What you say and how you act should be positive and respectful towards the public, coaches, administrators, volunteers, TNC staff, officials, sponsors, other members of our team, your family and other athletes. Be proud of who you are and who you represent. Exclusion of teammates will not be tolerated.
- 2) To be responsible for the care and maintenance of their own equipment and team clothing for practices and events.
- 3) To treat with respect all property owned, rented or borrowed from TNC including rental vehicles, rental accommodation, team clothing, billet's property and team equipment.
  - Take care of other people's things as if they were your own.
- 4) To be appropriately prepared for all training and racing events including equipment, clothing, change of clothing, watch or heart rate monitor, nutrition, hydration and attitude.
- 5) To participate in, where possible, team functions including, training sessions, camps, courses and competitions as requested by TNC coaches.
- 6) Both Parents and Skiers are expected to read and become familiar with the race management plan before the event.
- 7) To allow the head coach to select all relay teams. They will be selected by the current season's performances. The fastest skiers earn their spots on the fastest teams.
- 8) To complete a Critical Speed and NST strength Test per season and keep a training diary if you are a Telemark Racer 13 years or older.
- 9) To compete with pride and to the best of your ability. Focus on sportsmanship, respect for yourself and your competitors at all events.
- 10) To read and adhere to the Telemark Roller Ski Safety Policy which can be found on our website; Under Athletes Resources.



**Athletes and Parents of Athletes on the Telemark Junior Race Team agree:**

- 11) To provide a safe and positive environment for all athletes within our team as parents, guardians and coaches of athletes.
- A designated adult must accompany children under 16 on all TNC skiing events.
  - It is a parent/guardian responsibility to ensure your child has suitable accommodation and adequate finances available when attending an event with the Telemark Junior Race Team.
  - Facilitate training and races by being punctual, communicating in a timely fashion (e.g., checking web-site and email) and appropriately equipping your child.
  - We all work best when we work as a team. This goes for group travel, accommodation, team meetings and general communications.
  - Support the coaches and provide respectful feedback 'off the field of play' and not publically.
  - As a driver, while transporting athletes to various TNC events, you are responsible for maintaining a safe environment for those athletes that you are responsible for.
  - Parents must abide by the rules of competition.
  - Volunteer

Volunteer Commitment

The Telemark Junior Race Team depends on the volunteer efforts of our families. With the exception of our paid coach, all programs and events are run by volunteers. Volunteering for our club is a great way to learn new skills, meet new people and have lots of fun!

You can support the team by assisting in different ways:

- At events hosted by the Telemark Junior Race Team and Telemark Nordic Club. Examples include, Race Team events like the annual ski swap and cyclo-cross race, any camps and Club race events (e.g., BC Cup or BC Midgets race) where our athletes will be competing.
- Be a volunteer coach or assistant coach.
- Become a board member of the TNC or a committee member of the Telemark Junior Race Team Parent Committee.
- Help with fund raising.

***We have read the Athlete and Parent agreement, understood its content and agree to the terms:***

Athlete's name(s) \_\_\_\_\_ Signature: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

**Do you authorize TNC to publish your child's name and/or picture in local newspapers, website, and/or in the Telemark lodge?**

Please circle response: YES NO

**telemarkracers.org**

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Learn to Ski Fast!