

# WAUSAU EAST HIGH SCHOOL COACH'S EXPECTATIONS

**ACTIVITY: ALPINE SKI TEAM**

**School Year: 2005-06**

The Athletic Code states that each coach will establish in writing their expectations which are to include student athlete behavior. This supplement is developed to identify unacceptable student conduct which is contrary to the ideals, principles, and standards of the school and District. Although a major portion of this supplement deals with expectations as a member of this team, your behavior as a member of our community and within our school society will be recognized. If your behavior is unacceptable, you will be subject to the appropriate discipline explained herein.

Coaches expectations are effective from the official starting date of this season through the last day of your official competition in this sport, and will accumulate on a per season basis only, not over your high school career. Each season requires a coaches expectations to be signed by both student athlete and parents/guardians.

## **HONESTY CLAUSE:**

If you are questioned regarding any conduct for which you are responsible covered within these expectations and/or the Athletic Code, you are expected to be completely truthful. In the event that your answer is later found to be untrue or dishonest, you will be immediately subject to the next applicable level of consequence stipulated below.

## **EXPECTATIONS:**

1. Attending parties/gatherings where alcohol/drugs are present, served or being consumed without a parent or guardian, and/or involvement in any illicit activities, such as theft, burglary, vandalism, assault, etc., is in violation of these coaches expectations.

Violations of the Honesty Clause and Expectation #1 are specifically subject to the following consequences:

- 1st offense - suspension from 10% of the season's next immediate contests (minimum 1 contest)
- 2nd offense - suspension from 50% of the season's next immediate regular contests
- 3rd offense - participation rights will be terminated for the remainder of the school year

**NOTE:** if a violation occurs after the regular season ends and before the last day of your official competition in this sport is completed, or if a consequence is not fulfilled before the season ends, the applicable consequence must be served in the next activity in which you participate before eligibility is reinstated.

Because the following expectations cover a multitude of possible violations with a varying degree of severity, the consequences would also be very broad. It is our intent to apply appropriate consequences to violations. These consequences are subject to coaches discretion and could vary from a verbal reprimand to the most severe penalty under the Athletic Code.

## **SKI TEAM EXPECTATIONS**

### **1. Attitude:**

- a. Have fun! This should be the goal of all high school athletics. Maintain a positive attitude about both skiing and school. A positive outlook leads to success.
- b. Be a good person on and off the ski hill. Remember that your actions are representative of more than just yourself. They are a reflection of:
  - You
  - Your team
  - Your school
  - Your family
  - The coaching staff
- c. Be supportive of your teammates. Your encouragement helps others succeed.
- d. Sportsmanship – Win or lose, be fair and humble to others. Treat people the way you want to be treated. Athletes will strive to represent Wausau East HS in the best possible manner at all times... at school, during practice & competitions, and in the community.
- e. Participate in other ski racing activities and organizations such as Granite Peak Ski Team and Rib Mountain Ski Club. These organizations will help you and promote skiing and racing to others.
- f. Be willing to devote enough time to the ski team to succeed.
- g. The team comes before any individual. All ski team members will learn and practice the “team concept”; this means a team member offers his/her own personal strengths to the team and also supports and encourages other team members.

### **2. Attendance:**

- a. You **MUST** attend your classes. Not only is this beneficial to your grades, but it is important to keep the faculty of East High supportive of the ski team.
- b. You must attend class the day before a race to be excused for that race. This is a district policy.
- c. You must maintain a “C” average in **ALL** classes to remain eligible for competition. Your grades will be checked periodically throughout the season.
- d. Attend all practices. It is not fair to your team if you do not attend practice. Schedule your job around practice; not practice around your job. Missing practice will result in these penalties:
  - 1 unexcused absence = one missed race
  - 2 unexcused absences = two missed races
  - 3 unexcused absences = cut from ski team

\*The key here is communication – let a coach know if you will miss practice
- e. Be on time for all practices and races! All practices and meets are mandatory. Dry land practice starts at 3:30 pm. On snow practice starts at 4 pm at the start ramp. Your first tardy will be a warning. Your second tardy has the same consequence as one absence. This will continue for each additional tardy.

### **3. Ski Area Rules:**

- a. You must have a lift ticket at all times

- b. Follow “Your Responsibility Code”
- c. Store your equipment and bags neatly and securely

**4. Race Rules:**

- a. NSL, Rules will be followed by all racers. (NSL refers to USSA and FIS rules.)

**5. TRANSPORTATION:**

- a. Travel to and from all practices is your individual responsibility.
- b. All Ski Team Members traveling to an away race will ride to and from the race in authorized transportation.
- c. Pay \$5.00 fee to ride a chartered bus.
- d. You must also behave properly on the bus. Improper bus behavior will have the same penalties as violating the athletic code.
- e. The bus must be as clean when you leave it as it was when it arrived in the morning.
- f. Do not lean skis against the bus.

**6. OTHER:**

- a. Participate in fund raising activities: (i.e. ski swap, fair gate, concessions)
- b. Help in course setting and tear down before and after practice.
- c. Athletic Code, Physical Card, Insurance Waiver and User Fee must be on file in the office prior to the first practice.
- d. Always let the coaches know of any injury that you might have and please inform them if you intend to see a doctor.
- e. Open communications between athletes and coaching staff is essential. Please let the coaching staff know of any problems, concerns, or ideas.
- f. Participation in athletics does not exempt student athletes from physical education classes or requirements. Student Athletes are required to attend and participate in all their required physical education classes. Unexcused absence or non-participation in physical education class will result in removal from practice or games that same day.

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Vince Lombardi on rules...

*"The prevailing sentiment seems to be if you don't like the rule, break it. Everything has been done to strengthen the rights of the individual and at the same time, weaken the rights of the church, the state and all authority...Maybe we have too much freedom."*