

Marshall Nordic Ski Team Season Contract and Expectations

The Marshall Nordic Ski Team seeks to increase all athlete's knowledge, positive attitudes, motivation and skills in Nordic skiing. Yet, we all come to the team with different personal goals. Based on your expectations for the season, please commit to one of the following groups on the team.

Each level of commitment sets out a *minimum* requirement for participation. We'll hold you to that commitment, but you may come to every practice and race possible. If you sign up for one group, but fulfill the requirements for another, we'll give you the wax room, coaching, and bus-space priority that you deserve based on your *actions*, not your contract. Remember, the more you ski the more you'll learn!

Note: These numbers don't include excused absences for things like illness, family emergencies, etc.

Group Title	Practices (#/week)	Number of Races on race contract	Wax room	My <i>Minimum</i> Commitment (check one)
Jr. High	3	3	Space dependent	
Non-competitive	3	4	Space dependent	
Junior Varsity	4	5	Priority	
Varsity	5	All	Priority	

Your signature tells the Nordic Ski coaches what you expect out of the season. This is only one way that we communicate with each other. Keep us updated on your questions, concerns and excitements throughout the season.

Athlete's Signature _____

Parent Signature (optional for grades 11 & 12) _____