

**TCGIS Nordic
Code of Conduct & Expectations
2024-2025 Season**



Skier Name:	
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The TCGIS Nordic Code of Conduct & Expectations is an addendum to the [Athletics Department Code of Conduct](#) and must be signed by skiers and a parent or guardian prior to participating on the Nordic ski team.

Attendance

Student-athletes are very busy and while it is not expected that the TCGIS Nordic Ski Team is the top priority, it should be a priority. Skiers are expected to regularly attend practice (average of two per week) and compete in races, (at least three) and should arrive on time and be prepared to ski.

Students with special circumstances that prevent them from regularly attending practice or races should discuss this with the coach.

Attendance at practice and races is a major component of eligibility for a Nordic ski team [Abzeichen](#).

Communication

Skiers and their parents/guardians are expected to read through all email communication from the coaches, including the weekly team email, and respond when requested. They will also immediately contact the coach if there is an injury or illness that impacts participation, or a skier can no longer attend a race the skier had registered for.

Behavioral Expectations

Coaches and volunteers have high behavioral expectations of skiers and meeting these expectations are a major component of eligibility for a Nordic ski team [Abzeichen](#).

- Listening to coaches and volunteers, including following their instructions the first time they are asked
- Speaking respectfully to coaches, volunteers, parents and fellow skiers
- Participating in practices and races to the best of their ability
- Remaining on assigned team or ski group until dismissed by a coach
- Being respectful of others in actions and words
- Encouraging and praising effort of teammates, regardless of their skiing abilities
- Practicing trail etiquette so that other skiers can enjoy the trail
- Skiing safely
- Refraining from cell phone use (other than to track kilometers skied)
- Respecting others' equipment and belongings

Bullying (or simply being unkind) is not tolerated on the team. Examples include saying something hurtful to or about others either in person or online; making fun of someone else's gender, sexuality, race or ethnicity; commenting on a teammate's body; making fun of a teammate's effort or skill; forming cliques, ostracizing or excluding others; refusing to be on a team or participate in an activity with a teammate; spreading rumors and gossiping.

Good Sports Conduct Expectations

Skiers represent TCGIS at competitions and are expected to display good sports conduct, including:

- Showing concern for or helping an injured skier
- Accepting decisions of coaches, volunteers and race officials with grace
- Encouraging and praising effort of teammates, regardless of their skiing abilities
- Congratulating opponents
- Cheering on racers at the finish line until all TCGIS skiers have finished

Bad sports conduct is not tolerated on the team. Examples include trash talking others; arguing with coaches, volunteers or race officials; complaining about who they are paired with for the team sprints; causing injury to another skier on purpose; cheating; making fun of teammates' effort or skill; blaming losses on others.

Violation of Behavioral or Good Sports Conduct Expectations

If skiers violate these expectations at practices or races, consequences may include:

- Email to parents
- Meeting with skier and parents (and possibly the Athletic Director)
- Removal from practice or race (and phone call to parents for immediate pick-up)
- Ineligibility to participate in future practices and/or races
- Dismissal from team

School Disciplinary Action

Disciplinary action by the school may impact eligibility to participate in practices and/or races.

Equipment and Gear Requirements

Skiers must have the required [equipment](#) and [gear](#), and they (not their parents) are responsible for packing and remembering to bring their equipment and gear to practices and races.

Skiers are also responsible for taking proper care of their equipment. This includes only skiing on clean snow and not skiing on ice or bare spots on the trail or on snow mixed with rocks, sticks or other debris.

For safety reasons, if a skier is not dressed properly for practice, parents/guardians will be called to pick up the student.

Trail Pass Required for Skiers 13+

Skiers age 13 and older are required to have the Ramsey County/St. Paul "Annual All-Access Pass" to ski at Como and Battle Creek. They must have a printout of their pass on them (in their jacket pocket, for instance) at every practice.

Skier Signature

Date

Parent/Guardian Signature

Date

Print Name

Print Name