



2009-2010 SSRA FIS JUNIOR / JUNIOR TEAM AGREEMENT

I, _____, pledge to fulfill the following requirements. I understand that my participation on the SSRA Junior Team depends on my commitment to the following principles.

- 1. I understand that becoming a great skier and ski racer involves enjoying the fun AND the hard work that is involved in the process.**
- 2. FIS Junior/Junior athletes are athletes with DESIRE.** Age is a prerequisite. However, outright ability is not. I understand that *daily demonstration* of my desire to make the most of my opportunities is expected. **I will make the most of the entire season.* I understand that the program begins with dryland training and an early winter training camp in Banff. I understand that training and competition begin in November and extends through April and May.
 - *I will make the most of each day and each run
 - *I will use the restroom prior to leaving the lodge in the morning and after lunch
 - *If I need to go into the lodge during training, I will ask for my coach's permission.
 - *I will give 100%. I will demonstrate my best efforts in reaching my goals.
 - *If I must miss weekend training, I will contact my coach *in advance*.
- 3. I understand that I am joining a TEAM.** Therefore, my attendance, effort, helpfulness and interaction with teammates is extremely important. I understand that the majority of my time with SSRA is TEAM-based. Therefore, I will be a valuable contributor to the team on a daily basis.
- 4. I understand that being on the Junior Team depends on my ability to manage my time and keep priorities.** I am aware that I must maintain a 2.5 GPA, or higher family standards, and stay current on assignments to participate with the team.
- 5. I will take care of my body and my ski equipment.**
 - *I will get adequate sleep and arrive at training well-rested.
 - *I will do my best to eat healthy meals each day.
 - *I will keep hydrated and bring a water bottle to training/races.
 - *I will dress warmly for training in layered clothing.
 - *I will sharpen/wax my skis after *each* day of training/racing
 - *I will take personal responsibility. I cannot blame others for not being prepared.
- 6. I understand that I must abide by the USSA, PNSA and SSRA athlete codes of conduct,** both at home, and on the road, at races. *I am expected to be an example to younger athletes and a respectable representative of SSRA and Mt. Spokane.*
 - *I will be a gracious winner and when I struggle, I will continue to carry myself as a champion.
 - *If I have a question about whether something is right/wrong, I'll use my best judgment and make a choice that shows respect for myself, my family and my team.

I understand and agree to the above requirements as well as, terms in the SSRA Code of Conduct found on www.gossra.org. I understand that being part of the SSRA Junior Team is a *privilege*. Finally, I understand that we are a team of excellence; THE BEST IN THE INLAND NORTHWEST!

Athlete Signature: _____ Guardian Signature: _____

Printed Name: _____ Printed Name: _____