

## **Athlete and Parent/Guardian Agreement**

1. To represent Telemark Nordic Club (TNC) and the sports of cross country skiing or Biathlon with a positive and respectful manner
2. To treat with respect all property owned, rented or borrowed from TNC including rental vehicles, motels, team clothing, billet's property and team equipment.
3. To maintain respect and consideration towards the public, coaches, administrators, volunteers, officials and other athletes, and to be an ambassador for the sport. In other words, be proud of who you are and who you represent.
4. To abide by the rules and policies that regulates athletic activity with regards to conduct, travel, safety and clothing:
  - You should be appropriately dressed and be prepared for the conditions at hand.
  - When traveling with others, understand that you are a guest with that driver. As a driver you are responsible for maintaining a safe environment for those athletes that you are responsible for.
  - Please consider the safety of others and yourself before embarking on any activities. As parents and athletes, remember that your conduct is a reflection of yourself and of your club
5. To obtain an appropriate Competitor License for the duration of the racing season. Ultimately, this is the responsibility of the athlete to make sure you have a license. Ask your coach, parent or guardian if you have a number.
6. To attend where possible team functions including training sessions, camps, courses and competitions as requested by TNC coaches. This is your chance to develop and improve.
7. Athletes are expected to follow guidelines outlined by their coach. An example of this for Cross Country Racer skiers who are 13 or older are expected to keep some form of Training Diary during the fall and competitive season. Guidelines are clearly outlined by the coach at the start of the season.
8. To compete proudly and to your best ability. Focus on sportsmanship, respect for yourself, the other athletes and teams. Be proud of your finish, that was the best at the time, and congratulate others that competed with you.
9. As parents, guardians and coaches of athletes, it is our responsibility to provide a safe and positive environment for all athletes within our club.
  - A designated adult must accompany children under 16 on all TNC skiing events.
  - It is a responsibility to ensure any child has suitable accommodation, adequate finances available when attending an event with the TNC competitive group.
  - Parents and coaches at races must abide by the rules of competition.

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      YES      NO

Dated \_\_\_\_\_

Name of Athlete \_\_\_\_\_ Signature \_\_\_\_\_

Name of Parent/Guardian \_\_\_\_\_ Signature \_\_\_\_\_