

TNC-pol-42

Athlete and Parent/Guardian Agreement

Purpose

To outline the conduct expected of athletes and parents/guardians.

Telemark Nordic Club (TNC) strives to provide a fun, challenging, and safe environment for our racers. Achieving this is everyone's responsibility, **We all work best when we work as a team!** In order to achieve this, we hold our teammates to the highest standards of behavior in training and competition. Represent Telemark Nordic Club (TNC) and Team Telemark Racing in the sport(s) of Nordic skiing or Biathlon with a positive and respectful manner. **Be proud of who you are and who you represent.**

Everyone is expected to:

Adhere to the seven [True Sport Principles](#) in training and competition:

Go for It – Rise to the challenge; always strive for excellence. Be persistent and **discover how good you can be.**

Play Fair – Understand, respect, and follow the rules Race with integrity. **Competition is only meaningful when it is fair.**

Respect Others – Show respect for everyone involved in creating your skiing experience, both on and off the trails. **Win with dignity and lose with grace.**

Keep It Fun – Find the joy in skiing and share it with others. **Remember what you love about skiing and why you do it.**

Stay Healthy – Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you.

Include Everyone – Recognize and celebrate strength in diversity. Invite and welcome others into sport.

Give Back – Say "Thank you" and show gratitude. Encourage your team to make a difference in the community.

All Athletes are expected to:

1. Maintain respect and consideration towards the public, coaches, administrators, volunteers, officials, and other athletes. Be an ambassador for our sport.
2. Treat with respect all property owned, rented, or borrowed from TNC including rental vehicles, motels, team clothing, billet's property, and team equipment.
3. Obtain the appropriate Competitor License(s) for the duration of the racing season.
4. When possible, attend team functions including meetings, training sessions, camps, courses, and competitions as suggested by the coaches.
5. 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 your best at the time – and **congratulate others that competed with you.**
6. Be appropriately prepared for all training and racing events including having the correct equipment for the conditions of the day.
7. Adhere to any TNC Safety Policies (e.g., Telemark Roller Ski Safety Policy), which can be found on our [website](#).

All Parents/Guardians are expected to:

1. Facilitate your athlete's development by being punctual, communicating with coaches in a timely fashion, and appropriately equipping your athlete. When possible, participate in team functions including, meetings, training sessions, camps, courses, and competitions as suggested by coaches.
2. Serve as a positive role model for your athlete and encourage sportsmanship by showing respect and support for all racers, coaches, officials, volunteers, and spectators at practices and events.
3. Teach your athlete to compete by the rules and resolve conflicts without resorting to hostility or violence.
4. Inform the coach of any ailment that may affect the safety of your athlete or others. Discourage behaviour that would endanger the health or wellbeing of our team.
5. Refrain from interfering with the coaching of your athlete during races or practices unless you are one of the designated coaches of the team.
6. Publicly criticizing/harassing coaches, officials, or volunteers will not be tolerated. If you have concerns, make arrangements to discuss them off the field of play with Telemark's General Manager.
7. Promote a healthy team environment by abstaining from alcohol, tobacco, cannabis and drugs on the field of play.
8. Volunteer Commitment. Telemark Nordic Club depends on the volunteer efforts of our families. With the exception of our paid coaches, all programs and events are run by volunteers.

Dated _____

Name of Athlete _____

Signature _____

Name of Parent/Guardian _____

Signature _____