



# Ford K. Sayre

## MEMORIAL SKI COUNCIL

www.fordsayre.org  
P.O. Box 471 ▪ Hanover, NH 03755

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### **Nordic BKL Skier Expectations and Code of Conduct**

Participating in Ford Sayre programming is a special opportunity. By joining the Ford Sayre Nordic Team, and acting as a representative of our team and community, you agree to abide by the Code of Conduct of both of our governing bodies: [NENSA](#) and [USSA](#). Furthermore, by signing the contract below, you agree to do your best to meet the following Team Expectations.

**As a skier in the Ford Sayre programs, I agree to do my best to uphold the following Skier Expectations:**

#### **Commitment to the Ford Sayre Program**

I will:

- Work hard to develop my skills at practice and ask questions of coaches when I don't understand the directions or how to do what is asked of me
- Communicate attendance and absences in a timely manner
- Arrive at practices on-time and prepared for practice
- Represent Ford Sayre's values in my school, community, and at any races or functions I attend as a member of the Ford Sayre program

#### **Commitment to Growth**

I will:

- Be patient with my development as a skier and as a person
- Possess a "growth mindset" instead of a "fixed mindset;" in other words, I believe that skills can be learned through commitment and effort rather than skills being something I have or don't have
- Set age-appropriate goals that are within my control to accomplish; this includes fostering a healthy relationship with competition and defining success based on things that are within my control, not just the results sheet
- Take ownership of my successes and failures
- Take pride in my accomplishments while maintaining humility
- Acknowledge that I am responsible for my behavior and make changes rather than excuses

#### **Commitment to Team**

I will:

- Respect teammates and coaches and their personal property
- Act in a way that does not endanger the health or well-being of my teammates and coaches during practices and events; I also recognize that concern for the safety of others is especially important during roller-skiing practices
- Choose to be an asset to my team in all situations

- Recognize that my attitude, words, and (in)actions contribute to team culture and I have control over all of each of these
- Be willing to hold and be held accountable to team expectations and cultural norms in a respectful and constructive way
- Receive constructive feedback from teammates and coaches

In instances where there is a pattern of behavior that does not align with the Team Expectations, a conversation between the athlete and coaches will be the first step. If the behavior(s) persists, the coaches will have a conversation with the athlete and their family and include the Program Head as necessary. If the behavior persists after both of these steps are taken, coaches reserve the right to dismiss the athlete from the program. For serious infractions, such as, but not limited to, use of illegal substances, harassment, or serious harm to another member of the community, we reserve the right to immediately dismiss an athlete from the program.

I understand that failure to follow this code of conduct may result in a suspension or revocation of my privilege to participate in Ford Sayre activities.

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