



Edmonton Alpine Ski Racing Society



I am an Edmonton Ski Club athlete

Being an athlete means that I take care of myself

- I will eat well
- I will sleep well
- I will train well

Being an athlete means I do my best at all times and enjoy the best competition

- I will respect my coach
- I will respect other racers of all other clubs
- I will always support my teammates
- I will never say negative things to any other racer

I know that racing, training and skiing is fun and is a privilege.

I will do my best at the other important responsibilities of my life

- School
- Family
- Community

I will always complete the responsibilities of racing

- I will pay attention to instruction
- I will be on time
- I will participate in tear down of race and training courses
- I will help my team mates and coach

I would not be able to train and race without my parents and other adults volunteering a lot of time to make this possible.

I will always show respect and appreciation for my coach and all the volunteers at the
Edmonton Ski Club and at race and training events, wherever they are located.

The way I behave at any ski hill at any time (in the lodge or on the hill) affects how the Edmonton Ski Club will be treated and respected.

- I will ski well and safely
- I will not be rude and will not bully, push or butt in line
- I will not use foul language
- I will be respectful
- I will remember to say "please" and "thank you".

Signature

Date

Print