

ROCKY MOUNTAIN NORDIC 2010 POLICIES AND CODES OF CONDUCT

The Rocky Mountain Nordic Ski Education Foundation Inc. (RMN) is a community based (501) (c) (3) non-profit organization dedicated to providing the opportunity for children and adolescents to learn and excel in the sport of skiing. This goal is approached at all levels, from learning basic skills to the highest degree of competition; regional, national and international. The Rocky Mountain Nordic Division provides a vehicle for athletes to enhance their athletic skill, and in the process of doing so, to build character. It is a place to learn our core values: commitment, teamwork, discipline and citizenship. It is a place to learn goal setting, social skills, a work ethic and healthy competitive attitudes. It is our goal as coaches and staff to bring together these elements in programs which build self-esteem and a sense of accomplishment in each athlete.

CODES OF CONDUCT

The RMN's competitive athletes are required to follow the conditions set forth by the RMN's Code of Conduct, the Community Code of Conduct and the USSA Code of Conduct as it appears in the 2010 USSA Competition Guide on pages 174 & 175. In addition to the above Codes of Conducts, RMN coaches will adhere to pertinent portions of the I.O.C. Code of Ethics. Breaches in any of the above codes of conduct will be dealt with as outlined below.

ROCKY MOUNTAIN NORDIC ATHLETE CODE OF CONDUCT

Each member of the 2010 RMN Junior National Cross Country Ski Team shall conduct themselves in a manner that exemplifies good personal behavior, citizenship, and sportsmanship. Specific rules of conduct include, but are not limited to the following:

1. Team Members shall abstain from the use of illegal drugs, consumption of alcohol and any form of tobacco while involved in any Team-related activity (i.e. travel, training, or competition). Use of these substances by athletes in non-team related activities would also be considered a breach of the RMN Code of Conduct.
2. Team Members shall abstain from the use of profane or abusive language.
3. Team Members shall conduct themselves in an honest manner, with no stealing or misrepresentation whatsoever.
4. Team Members shall show self-control and have consideration for others.
5. Team Members shall not engage in any form of hazing or bullying.
6. All team members have the inherent right to learn. No one is allowed to interfere or prevent others from learning.
7. Team Members shall respect other's belongings. Tampering with other athletes' equipment will not be tolerated.
8. Team Members shall maintain a neat and clean appearance during travel and competition.
9. Team Members shall wear Rocky Mountain Nordic issued uniforms during RMN scheduled events. Athletes wearing team uniforms during non-team scheduled events will be considered representatives of RMN and should conduct themselves responsibly and with the highest degree of citizenship.
10. Team Members shall adhere to all other travel, school, and training policies as outlined below.
11. Team Members shall present themselves in a responsible and respectful manner when traveling with the Rocky Mountain Nordic Junior National Cross Country Ski Team.
12. Team Members shall be in their respective assigned rooms at the time of Bed Checks (9:30pm) and Team Members are not allowed to have a sleep-over in their assigned room or to sleep-over in another assigned room.
13. Team Members will respect the property of hotels, or other accommodations while traveling. Team Members will also respect team vans and team equipment. Individuals will be personally liable for any damage incurred as a result of their actions.
14. Any breach of the above outlined codes of conduct could jeopardize invitation to travel with RMN, participation in RMN camps and RMN scholarship awards.

PARENT CODE OF CONDUCT

The success of Rocky Mountain Nordic athletes and programs depends on positive involvement and support from the parents. Constructive feedback on programs and staff is welcomed and will help Rocky Mountain Nordic further improve its programs. Please take time to understand the following items in the Parent's Code of Conduct.

1. While in attendance at Rocky Mountain Division races or events, parents are requested to Abide by the USSA and RMN Athlete Codes of Conduct as outlined above.
2. During scheduled coaching sessions, no parent shall act as a coach without the expressed invitation of the appropriate Junior National Team Leader or The RMN Executive Director.
3. Parents shall subjectively relate concerns regarding programs, staff, their child, or other RMN competitive athletes to the Junior National Team Leader or The RMN Executive Director.
4. When addressing issues within the Junior Nationals, parents are requested to adhere to the following lines of communications for resolution of that issue: Respective Coach, Junior National Team Leader, and RMN Executive Director.

TRAVEL POLICIES

All competitive athletes and coaching staff of Rocky Mountain Nordic agree to:

1. Be on time for all departures.
2. Maintain luggage within the airline weight limits (50 pounds)
3. Assist in loading and unloading team vehicles.
4. Have their race equipment race-ready prior to departure.
5. be sure all fees are paid in advance.
6. Respect all team vehicles and assist in cleaning vehicles.
7. Travel and lodge with RMN Junior National Team and Coaches during the 2010 Junior Nationals, unless otherwise approved and pre-arranged by the Junior Nationals Team Leader.
8. Team Members must present appropriate school release form to their coach prior to traveling to an event in which school time will be missed.
9. Team Members must have all necessary forms properly completed and turned in by the designated deadline.

DISCIPLINARY POLICIES

Team Members who violate Rocky Mountain Division policies and/or codes of conduct will be subject to disciplinary action by one or more of the following: Coaches, JN RMN Team Leader, RMN Executive Director, or RMN Junior Coaches Competition Committee. Action taken against a Team Member as a result of an infraction can include, but is not limited to reprimand, forfeiture of scholarship awards, suspension or expulsion from any or all Rocky Mountain Nordic competitive programs.

Minor infractions to the code of conducts and RMN policies will be dealt with as follows:

1. First offense - Verbal reprimand and written documentation by coach
2. Second offense - Reprimand, written notification by program director to the parents stating nature of offense and that a problem is developing.
3. Third offense - Athlete and parent will meet with the JN Team Leader and/or RMN Executive Director. One or more of the following actions will be taken against athlete: forfeiture of scholarship awards, or suspension from the program.

Severe infractions involving an athlete's use of alcohol, drugs or tobacco will immediately go before the RMN Junior National Team Leader, RMN Executive Director and three coaches assigned from the RMN Junior National Coaching Staff. Actions will include the revocation of travel privileges with the RMN, forfeiture of any scholarship awards, and suspension or expulsion from any or all Rocky Mountain Nordic programs. Any RMN Team Member who forfeits his/her scholarship or is expelled from a RMN program due to disciplinary action will be responsible for full payment of all program fees.

Any RMN Team Member who violates a Severe Infraction of the RMN Code of Conduct is subject to being sent home. The Team Member's violation will be brought forth to the RMN Team Trip Leader, RMN Executive Director, and three coaches assigned from the RMN Junior National Coaching Staff. Those five people will determine if the Team Member shall be immediately sent home by the first available flight from Presque Isle, Maine, or to be picked up at the Northeastland Hotel by their parent(s) or legal guardian within 24 hours of being notified by the JN Trip Leader. The Team Member would be responsible for all expenses for the flight, meals, lodging, and any additional expenses. By the parent's or legal guardian's signature below they agree to reimburse the RMN for those additional expenses.

I have carefully read and I fully understand all my responsibilities under the RMN's Code of Conducts and policies as have been outlined above. I also understand the resulting disciplinary actions, which will occur should I violate these codes and policies as a 2010 RMN Junior National Cross Country Ski Team.

Athlete Signature _____ Date _____

(Print Name) _____

Ski Club _____

Parent/Guardian Signature _____ Date _____

(Print Name) _____