

Nova Scotia Provincial Cross Country Ski Team & Development Team **2019/2020 Team Contract**

Welcome to the Nova Scotia Provincial Ski Team or Development Team. Congratulations on your nomination. You have demonstrated a dedication and passion that reflects the values and goals of our competitive program.

We are a competitive team, built upon a strong history of vibrant team spirit, a passion for cross country skiing, and dedication to success. The skills & attitudes learned on the provincial team are meant not only for success in sport, but also in life.

Cross Country Nova Scotia High Performance Program

Mandate

The CCNS High Performance Program strives to create engaged young role models who are motivated for success at the national level, as well as inspire future generations of nationally competitive provincial ski teams.

Vision

Nova Scotia has the capacity to develop junior athletes to be nationally ranked in the top 10 skiers in their age group. Nova Scotian athletes can be recognized in Canada for their determined racing, as well as their enthusiastic team spirit.

Values

- Commitment
- Passion
- Mentorship
- Fair Play & Respect
- Strive for Excellence



Team Expectations

Provincial A & B Teams

- Compete in Eastern Canadian Championships and/or National Championships. Athletes must list their Nova Scotia ski club when competing at these events.
- In province athletes: participate in scheduled team training camps and compete in regional races & loppets.
- Out of province athletes: demonstrate commitment to competitive skiing by competing at CCC sanctioned races and/or engaging in a competitive ski team program with a university, development centre or privately funded team.
- Follow developmentally appropriate training guidelines for cross country skiing.
- Regularly maintain an online training log and communicate regularly with the head coach about training progress.
- Compete and train using ski equipment that is developmentally appropriate, as outlined in the Athlete Equipment Recommendations (both dryland and winter).

Provincial Development Team

- Compete in regional races & loppets.
- By the final year of being a midget, compete in Eastern Canadian Championships
- Follow developmentally appropriate training guidelines for cross country skiing.
- Optional: Regularly maintain an online training log
- Compete and train using ski equipment that is developmentally appropriate, as outlined in the Athlete Equipment Recommendations (both dryland and winter).

Maintenance of Team Status

To maintain provincial team and provincial development team eligibility for the 2018-2019 race season, athletes must attend at least 3 training camps and/or be a member of a competitive university program. Team status is also conditional to an athlete's adherence to the expectations and code of conduct, as outlined by this contract.

Failure to meet these training camp attendance requirements and/or following the principles that have been set out by this contract may result in the athlete not maintaining their status as a member of the team for the 2019-2020 race season.

Nova Scotia Provincial Team Code of Conduct



Be Your Best Self



Athletes are expected to adopt a lifestyle that prioritizes mental and physical health well-being. This includes: maintaining healthy sleeping patterns, upholding a wholesome diet, and refraining from substance abuse. Athletes should also use competitive skiing as a way to improve personal development skills, including positivity, goal setting, humility, hard work, being punctual, etc.

Respect for Coach & Team Leaders

- Follow instructions and plans of coach & team leaders.
- Constructively raise any concerns politely with coach & team leaders.
- Follow training plans & protocols, and keep training log up to date and accurate.

Respect for Sport

- Exemplify exceptional sportsmanship and goodwill to fellow competitors.
- Demonstrate respect and appreciation for volunteers and officials.
- Obey all rules of competition.

Provincial Team Representation

- Behave as an ambassador of the Nova Scotian cross country ski community.
- Collectively celebrate any success by team members.
- Dress & act in a socially appropriate manner.
- Constructively contribute to team activities including workouts, meetings, travel, meal prep, cleanup, etc.

Acceptance

I accept my nomination to be a member of the 2018-2019 Nova Scotia Provincial Cross Country Ski Team or Development Team.

I have read and understood the team contract and will participate on the team according to the principles outlined by the contract.

Athlete Signature

Signature: _____

Date: _____

Parent/Guardian Signature if athlete is under the age of 18

Signature: _____

Date:
