

Marshall Nordic Ski Team Season Contract and Expectations

The Marshall Nordic Ski Team is an inclusive team open to all Marshall students in grades 7-12. Our primary purpose is to field a competitive varsity team and to build the skills of all students on the team. Our secondary purpose is to open up the world of nordic skiing and help students build the foundation for successful participation in this lifetime sport.

To be successful at nordic skiing requires commitment and hard work. Your coaches are here to help you learn the skills of skiing and training, but you are the only one who can do the work needed to improve.

This contract is an agreement between you and your coaches, as well as a contract with yourself.

Marshall Nordic Team Levels

Level	Practices per week	Races attending	Initial Your Commitment Level
Jr. High	4	4 of 6	
JV / Development	5	5 of 6	
Varsity	All	All Races	

Your signature below tells the nordic ski coaches what your commitment level you have chosen and provides a record of that choice.

Athlete's Name _____

Team Level _____

Date: _____

Signature _____