

# Marshall Nordic Team Code

## Marshall Nordic Ski Team

### Attitudes and Behaviors

*To compete at their top level and to foster a positive team atmosphere, Marshall Nordic Ski Team Athletes:*

1. Do their best in school
2. Are role models at all times
3. Treat members of their family with the utmost respect
4. Use respectful language
5. Arrive on time
6. Are friendly to new skiers and other teams
7. Spend time skiing with teammates of all abilities
8. Teach others to ski
9. Are playful
10. Know how to ski easy
11. Aren't afraid to ask for help
12. Accept direction from the coaching staff
13. Watch other skiers and learn from their technique
14. Take care of their body like championship athletes by giving it proper dress, proper food, and proper sleep
15. Clean up the wax room
16. Come to meets prepared
17. Tuck on the down hills
18. Never let up until they are over the top of a hill
19. Never quit before the finish line
20. Cheer on the course when they are not racing
21. Cheer for other teams
22. Attend award ceremonies
23. Aren't on the bus at ski meets because they are too busy cheering!