

Coaches Expectations

1. MHSAA Racer profile forms .# of races Allowed ! Everyone must fill out when forms are available if they are racing USSA
 2. Concussion Protocol ! Dr. Must sign off if there is any indication of injury.
 3. Be on time to all practices and races ! We will do our best to provide exact time for events.
 4. Racers must attend all practices and races. You cannot improve without putting the time in . This is a Team Sport. Any exceptions can only be approved by the coaches. All Athletes must sign !
 5. Each racer is expected to be on the hill and warmed up ready for practice at the designated time . This means you are to complete stretches and warm up drills before the official start of practice and race inspection
 6. Coaches are responsible for your kids on the snow . we are not responsible for them after the race or practice . Do not be late picking them up . Coaches are usually on the hill before and long after events and cannot monitor the kids .
 7. Academics first!! Keep your grades up ! If you need help please let us know so you can get help before its to late . we do not want you to lose eligibility .
 8. If you are are going to be late for a practice or race >. I expect a phone call. want to hear from you . **Call my Cell 734-732-0331** . If I don't answer leave a message and text me right away .
 9. Attendance ! you must be in school all day . if you miss a class you must get AD approval . No approval you will not be able to train or race .
 10. All team members are expected to help with course set up and tear down , course maintenance , slipping ect.
 11. Parents are required to help with all on hill tasks at all races . gate keepers , course maintenance , starter , finish ref ect.
 12. JV racers not racing are expected to attend all events . Cheering for the team , running jackets , getting snacks ect . Varsity racers are expected to do the same at JV runs and races .
 13. Captains, Voted by coaching staff Most experienced ,, usually Seniors and Juniors
 14. Social Media . No negative posts or unwanted pictures . No trash talk or making fun of anyone including other teams . Stay positive !
- 14 Practice Practice Practise!**
Good Results come from great technique !
Great technique comes from great practice !
Good practice comes from the right repetition !