

### **Larch Hills Junior Race Team Policies**

1. Ski Team Decisions – The Larch Hills Junior Race Team (LHJR team) Coaches, the team treasurer and a three-person Parent Admin Committee will be responsible for making decisions regarding the LHJR Team program. The group will meet annually in April to plan the upcoming season.
2. Electing Parent Admin Committee - The Parent Admin Committee members will be elected for a 2-year term. Parents interested in being a member of the Parent Admin Committee must declare their intention to the Head Coach one week prior to the Fall team parent meeting. Nominations will not be taken from the floor and a vote will only happen if there are more than 3 candidates. Coaches and the treasurer cannot sit on the Parent Admin Committee.
3. Parent Admin Committee – The Parent Admin Committee will support the team through the year and act as a sounding board and decision-making body for issues and financial decisions that arise during the year that impact any member of the LHJR team, including athletes, coaches and parents.
4. Parent Meeting - The Parent Admin Committee will arrange a parent meeting annually in early October.
5. Budget – The treasurer will prepare the year end statement and the proposed budget annually following the fiscal year end of Sept. 30. The budget will be approved by the Head Coach, the Coaches (group leaders only) and the Parent Admin Committee and presented at the parent meeting.
6. Athlete Age - Skiers must be 8 years old by Dec. 31<sup>st</sup> of the ski season in which they join the team.
  - a. Exception – A 7-year old whose parent is a LHJR team coach may be eligible to join if approved by the Peewee Group Leader Coach
7. Waxing
  - a. Families are responsible for applying their own base glide wax to their skis at all events other than Nationals.
  - b. LF waxes only are permitted for Midgets and younger at all races.
    - i. Exception - HF waxes may be used on Midget's skis when they race up an age category at Nationals.
  - c. LF or HF waxes are permitted for Juveniles and older.
  - d. The LHJR team will no longer routinely test or use HF powders at Noram events.
  - e. LHJR Team purchases and applies HF Yes wax and any top coats for Juveniles and older.
  - f. Anyone applying HF powders, pucks or liquids for the team must wear adequate protection for their respiratory system, eyes and hands. Masks are recommended for all wax applications.
8. Nationals
  - a. Going to Nationals is optional.
  - b. The LHJR team budgets \$4000 annually to support National athletes. \$4000 is divided fairly among the athletes racing at Nationals. The LHJR team will cover, at a minimum, each athlete's registration fees including banquet cost, even if it exceeds the budgeted amount of \$4000.

- i. The LHJR team Head Coach will designate the number of adults required to support athletes racing at Nationals. Designated Adults include: coaches, wax technicians and other parents required for general support (i.e. meals and transportation).
  - ii. \$2000 is to be divided fairly among the Designated Adults.
- c. The athletes racing at Nationals will share the costs, for accommodation and rental vehicle costs (including fuel) for all Designated Adults. Designated Adults are required to cover their own food costs and travel to and from Nationals.
- d. The team financial support for athletes racing at Nationals is a maximum of \$500 per racer and is for racers whose YOB corresponds to the Juvenile, Junior B/G or Junior M/W categories or senior athletes up to U23.
- e. Athletes must submit monthly training plans beginning in May to receive team funding.
- f. Fundraising for Nationals
  - i. Participating in fundraising for Nationals is a choice. Athletes may opt out of fundraising.
  - ii. Credit will not be given for partial participation in fundraising activities.
  - iii. The fundraising work is divided approximately equally among the athletes who are participating in fundraising. Parents/family members can choose to do their kids fundraising activities for them.
  - iv. Some fundraising opportunities i.e. selling grocery cards or selling meat are considered a bonus. These bonus fundraisers do not exempt athletes from doing their share of the activities that are deemed to be specific National fundraising activities. The athletes do not have to participate in every activity, but rather do their fair share and make up for missed work at other times of the year.

#### 9. Race Fees

- a. The team pays the entry fees for the following races: BC cup races, Reino Keski Salmi Loppet, Westerns and Midget Championships.
- b. If an athlete does not compete in a race for which the team has paid their entry fee, the athlete is expected to refund the team the full price of the race entry. (No exceptions for injury, illness, poor travel conditions, etc.)

#### 10. LHNS Profit Sharing

- a. Local Races - Net profits or losses incurred from races held at Larch Hills and organized by the LHJR team are split 50/50 with the Larch Hills Nordic Society.
- b. Ski Swap - The ski team organizes the annual ski swap in late October and keeps the first \$2000 of profits. Any profits above \$2000 are split evenly with the LHNS.

#### 11. Roller skis

- a. Team skate roller skis are primarily for the use of the first year Midgets and for occasional practices for younger groups. Second year Midgets and older skiers are encouraged to purchase their own skate roller skis.
- b. Team classic roller skis are primarily for the use of second year Midgets. Juvenile+ skiers are encouraged to purchase their own classic roller skis.

12. Coach Expense Reimbursement - The ski team will reimburse up to \$100/night for accommodation and 20 cents/km for travel expenses for coaches attending courses or for the lead coach travelling to a race other than Nationals. The mileage reimbursement is for the distance to the destination and back only and does not include driving while at the race event. Carpooling and room sharing is encouraged when more than one coach is attending a course.
13. Team Apparel
- a. Coaches pay the same as athletes for all team apparel.
  - b. General public will be permitted to purchase team apparel at full price, but it is not encouraged as the athletes really like to see the team apparel on members of the team only. If too many non-ski team members are wearing the clothing it then it is not really a team uniform.
14. Code of Conduct Violations
- In the event that the LHJST Code of Conduct and Ethics Policy is violated, depending on the severity, the following procedure will be followed:
- a. Individuals will resolve any differences or disputes by discussing the problem with the other individual(s) in a respectful manner.
  - b. If an athlete has violated the Code of Conduct and Ethics, coaches and/or the Parent Executive, will decide on an appropriate course of action, depending on its severity. This may include:
    - i. The athlete providing a written apology.
    - ii. Suspension from training practice for a specified length of time.
    - iii. Being sent home from a camp or trip at the athlete's cost.
  - c. If a coach or parent has violated the Code of Conduct and Ethics, the Parent Executive will decide on an appropriate course of action.