



## JON HANNAM

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# Cedarburg Ski Racing

## *Program Goals, Philosophies, and Procedures*

<b>Head Coach:</b>	George Gruebling		
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PROGRAM PHILOSOPHIES	PROGRAM VISION	PROGRAM GOALS
<p>Skiing is a life-long sport. It's a sport that you can enjoy individually, with a team, and with family and friends. It's a sport with many disciplines and facets where you can continue to learn and grow indefinitely.</p> <p>Ski racing is the world's fastest sport without an engine. Ski racing is a facet of the sport that takes courage, discipline, hard work, and teamwork. A race team is a team of individual contributors where everyone's contribution counts.</p> <p>The Cedarburg Ski race team is an environment where everyone will learn, grow, be a team member, and know their contribution counts. Effort to improve and be a good team member is expected. Regardless of skill level, an effort to improve and demonstration of a team focus will be met with investment in your development and admiration from your team.</p>	<p>The vision for the athletes is to facilitate the development of skills to get the maximum experience and enjoyment out of a life-long sport and to excel in its competitive domain.</p> <p>The vision for the program is to grow and strengthen the foundation of the Cedarburg Ski Team and its competitiveness in its conference and in the State.</p>	<p>Develop everyone's skill and enjoyment of skiing and ski racing.</p> <p>Build on the already strong esprit de corps in the Cedarburg Ski Race team.</p> <p>Strengthen our team and position in our conference.</p> <p>Achieve team and/or individual invitations to the State Championship</p> <p>Grow personally from skiing life lessons</p> <ol style="list-style-type: none"> <li>1. Persistence pays</li> <li>2. Be willing to fail - we learn from it.</li> <li>3. Coping with uncertainty and lack of control</li> <li>4. Independence and accountability</li> </ol>

## TEAM PHILOSOPHIES

VARSITY	JV1	JV2
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<p>Varsity teams are intended to be competitive. Coaches of varsity teams will select players who can compete/contribute at the varsity level. Not all players will have the opportunity to play in every competitive event. When considering underclass students for the varsity level, player readiness and development should be considered along with the potential for team success.</p>	<p>Junior Varsity will place a greater emphasis on ensuring adequate playing time for all student-athletes. Winning is still a goal, but developing the skills and knowledge student-athletes will need to be successful at the varsity level is also a goal. Playing time/participation may not be equal among players for each event, but most student-athletes should in most of the competitive events. At the JV level, promoting skills and positive attitudes is critically important.</p>	<p>JV2 will even further emphasize ensuring adequate playing time for all student-athletes. Playing/participation time at the JV2 level may not be equal among players at each event, but almost all student-athletes should compete at almost all events. At the JV2 level, developing interest in the sport and promoting skills and positive attitudes are critically important.</p>
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### TEAM SELECTION

The four criteria below are the main areas upon which decisions are made when selecting team members.

<i>Skills &amp; Talent</i>	<i>Attitude &amp; Work Ethic</i>	<i>Potential</i>	<i>Team &amp; Program Needs</i>
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PLAYER RESPONSIBILITIES	PARENT RESPONSIBILITIES	COACH RESPONSIBILITIES
<ol style="list-style-type: none"> <li>1. Participate with effort in all practices</li> <li>2. Be a good team member</li> <li>3. Be respectful and supportive</li> <li>4. Follow ski venue rules</li> <li>5. Conduct yourself in a way that brings credit upon your team, CHS, and the sport</li> <li>6. Meet your commitments to academics, to the athletic code, and to the team.</li> </ol>	<ol style="list-style-type: none"> <li>1. Support the team and your athlete.               <ol style="list-style-type: none"> <li>a. Volunteering at races</li> <li>b. Participating in social events.</li> <li>c. Asking questions</li> </ol> </li> <li>2. Be an ambassador of CHS and the sport.</li> </ol>	<ol style="list-style-type: none"> <li>1. Provide leadership and set an example.</li> <li>2. Create an environment where teamwork and growth can thrive.</li> <li>3. Train and mentor skiing and racing skill development.</li> <li>4. Timely communication relevant to all aspects of the team and schedule.</li> </ol>

PLAYER & COACH COMMUNICATION	COMMUNICATION EXPECTATIONS
<p>All coaches must avoid group texts and texting with athletes.            Each team/coach is expected to have an immediate form of communication to use with athletes outside of traditional texting.</p>	<p>Athletes are expected to communicate as early as possible in all situations where they are not able to participate in any scheduled team practice, event, etc.</p> <p>Groupme will be used for all ad hoc team communication but I am available via email as well.</p>





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### VARSITY LETTER CRITERIA

To earn a varsity letter a player must be on the varsity roster for more than half of the season and race in 80% of scheduled races.

### CAPTAIN CRITERIA

1. Exhibits vested interest in team members and success of the program.
2. Exhibits leadership interest and potential
3. Earns respect of teammates and coaches
4. Conducts themselves in a manner that brings credit upon the team, the sport, and CHS.

### MISSED GAME & PRACTICE POLICY

#### Game or Practice Absences

- Unexcused:
  - 1<sup>st</sup> offense = additional pre and post practice work detail
  - 2<sup>nd</sup> offense = Not allowed to race or moved to lower roster.
  - 3<sup>rd</sup> offense = Removed from the team
- Excused:
  - Let coach know ASAP
    - Family Emergencies
    - Vacations/Trips
    - Illness
    - Medical Emergency
- Extended absences (i.e. vacations/trips) can result in further consequences/less game play opportunities

\*\*\*Coaches reserve the right to handle situations differently on an individual basis\*\*\*



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### **STRENGTH & CONDITIONING EXPECTATIONS**

Dry land training and weightlifting is mandatory. Athletes are expected to participate at scheduled time like any other practice. This training is crucial to not only increase performance but to prevent injury.

