



JUNIOR NORDIC COACHES RULES AND RESPONSIBILITIES

1. **ARRIVE TO PRACTICE EARLY**
 - a. Check texts from remind.com before you head for practice.
 - b. Arrive to practice at least 15 minutes early to meet with your head coach.
 - c. Make sure you know what the practice plan for the day is.

2. **GET TO KNOW NAMES**
 - a. Ask skiers their names, make them feel part of the group. Check their name tags to be aware of any medical conditions you should know about.
 - b. Let skiers know who you are.
 - c. Write skiers' names on a list and post on wall, until all children in each subgroup are known to all coaches within that group.

3. **CLOTHING**
 - a. **HATS – Hats are required. NO HATS, NO PRACTICE!**
 - b. Children must have a hat with them and must put it on whenever a coach deems it necessary. Headbands are okay ONLY in warm weather, but still the child needs to have a hat in a pocket before walking out the door.
 - c. Overdressing – Make sure kids are not overdressed.
 - d. Extra mittens, neck warmers: consider carrying hand warmers, extra mittens and neck warmers to loan to kids who get cold.

4. **ESTABLISH NUMBER OF SKIERS IN YOUR GROUP**
 - a. Always **COUNT** the skiers in your group before you leave the building. **COUNT** the skiers while they are putting on their skis outside. **COUNT** your kids after every big hill and intersection. Do not proceed if you do not have everyone accounted for. This is one of the most important things to remember.

5. **PARENT HELPERS**
 - a. Make sure parent helpers don't ski with their own kids' group.
 - b. Get to know parent helper's name and give them yours.
 - c. Use parent helpers to your advantage: they can bring up the rear, stay with stragglers, help with cold hands, be in the front for a short time if you want to spend time with the ones in back.
 - d. Parent helpers are there to help you. Most will. Communicate where you are going and stop often if a parent helper is not keeping up. Let them know you appreciate their help. If a parent helper is trying to coach, and interfering with your lesson plan, let your head coach know.

6. **PRACTICE**
 - a. At the beginning of each practice, keep the groups separated.
 - b. Get out the door fast. Skiers melt if they are indoors too long.
 - c. Count your kids.
 - d. Start each practice with a warm-up loop.

- e. After warm-up, spend an appropriate amount of time for the age level you're coaching introducing TECHNIQUE. Teach the same TECHNIQUE throughout practice. REMEMBER – Children have short attention spans. TECHNIQUE mixed with games is best.
 - f. HAVE FUN!! Be innovative, try different loops, bushwack, ski in the dark, go down hills backwards or with only one ski or sled on skis. Kids love it when coaches fall, so do at least one great big face plant or something silly every week.
 - g. Leave time for games.
7. MOVING SKIERS INTO ANOTHER GROUP
- a. Only head coaches may move skiers to another group. Head coaches must confer with each other before moving skiers.
8. TRAIL ETIQUETTE
- a. Keep the kids off to the side or off the trail when instructing. Have them wait in a line while the last kids catch up. No bunching at the tops of hills.
 - b. Teach the skiers to be courteous to other skiers. No cutting in front of others. Watch out for other skiers and don't get into the way of fast skiers.
9. SUBSTITUTE COACHES
- a. You are responsible for finding a substitute coach if you cannot make it to practice for the days you've signed up. It is IMPORTANT to find an alternate. Let your head coach know who the substitute is, so he/she is expecting someone other than you.
10. COACH'S SCHEDULE
- a. Sign up for the entire session for the days you can make it.
 - b. Be consistent if at all possible – coach the same group as much as possible.
 - c. Sign in at the end of practice in the coaches binder. Include the number of children you coached. If you don't sign in, you don't get paid. If you forget, talk to the site director as soon as possible so your name can be added for the day you forgot to sign in. If you are volunteering, please be sure to check off the "volunteer" column on the sign in sheet.
11. WHEN SKIERS ARE REALLY BAD
- a. Give them a verbal warning that you will talk to their parents.
 - b. The second offense, talk to the parents with the child, explain that the next time they will be expelled. Ask your head coach to be there to witness what is said. Tell your site director what has been going on.
 - c. The third offense – Ask your site director to talk to parents and expel the child, usually for a period of 2 weeks.

ANY QUESTIONS, SUGGESTIONS, PROBLEMS, PLEASE SEE OR CALL THE PROGRAM DIRECTOR