



# PARENT-ATHLETE HANDBOOK

## MISSION

Our mission is to create the process and the pathway that challenges each skier to grow to their fullest potential, both in competitive Nordic skiing and the lifelong love of outdoor sport.

## VISION

- There is a place in the program for everyone
- Entry for skiers, youth, parent, and adults can happen at any age
- Skiers must be engaged and challenged at a level appropriate for their skill and interest level with interconnected programming
- We promote ethics, equality, and SafeSport
- We coach the person
- Provide vision and opportunity
- Athletes should be challenged to grow outside the sport
- Athletes shall mentor and be mentored as part of something bigger than themselves

# Handbook Overview



## Purpose

TUNA is committed to providing a healthy, safe, and fun environment for every level of skier. Our coaches and Executive Board are members in good standing with the United States Ski and Snowboard Association (USSA). Each coach and member is certified by Safesport.

## USSA

United States Ski and Snowboard Association is the national governing body for Nordic ski competition in the US.

Website: <https://usskiandsnowboard.org/>

## Safesport

TUNA is committed to the safety and well-being of its athletes. We take bullying, harassment, and emotional, physical, and sexual abuse of athletes especially seriously. As such, we follow all of the guidelines and protocols of the SafeSport Code.

Website: <https://uscenterforsafesport.org/>

## Diversity and Inclusion

TUNA is committed to inclusion of all children.

## Schedules and Grouping

Program schedules are set with many factors in mind, including but not limited to: use of the track at Mountain Dell, coaching availability, and training schedules.

Skiers are grouped to provide the best learning environment possible taking age and development into account.

Changes to schedules and groupings are at the coaches discretion.

## Code of Conduct

Participating in TUNA programs is a privilege, not a right. TUNA athletes and parents, must conduct themselves fairly, responsibly, and honorably. For that reason, this athlete handbook includes rules and expectations for all athletes and families.

In the event of a violation of the rules, participants will be given due process according to the rules and commensurate with the severity of the infraction.

## Contacts

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# General Info

## General Overview - Code of Conduct

While participating in any TUNA activity, athletes and parents must respect coaches, TUNA staff and volunteers, other athletes, parents, and race officials. Abuse, either verbal or physical, will not be tolerated.

While participating in training or racing, athletes and parents must follow coaches' training and racing plans to the best of their ability. This includes both on-snow and dryland training, as well as nutrition, rest, and recovery.

Athletes and parents must use TUNA equipment and property responsibly. They must also respect other athletes' property. TUNA encourages athletes to share equipment, tools, etc. with each other, but they must get permission from the owner first. Athletes have the right to not share their personal property, and other athletes must respect their decisions.

Athletes and parents must obey the regulations at all sports venues where athletes are training or competing. Any athletes competing in US Ski and Snowboard sanctioned events must follow the USSA Code of Conduct.

Athletes in TUNA Junior Programs may not use prohibited or restricted substances, alcohol, or nicotine products during TUNA-sanctioned events, and they are discouraged from having contact with individuals using such substances. Furthermore, athletes competing in US Ski and Snowboard sanctioned events must abide by the [USSA policy on anti-doping](#).

## Equipment

TUNA maintains a rental fleet for the Devo and XC programs. Rental equipment is bought and maintained by the staff using funds from rental fees and fundraising. Devo skiers receive a pair each of classic skis and skate skis, a pair of combi boots, and poles, while XC uses skate skis, boots, and poles.

Equipment is distributed at the beginning of the season. Rental equipment remains with the athlete until the end of the season. Athletes and their families are expected to take reasonable care of rental equipment and return to the designated program after the end of the season.



### Classic Skis

Classic skis have a patch of skin or a pattern cut into the middle section.



### Skate Skis

Skate skis are smooth from tip to tail.



### Combi Boots

One pair fits both skis. Most have a high top, a few smaller ones don't.

# Programs Overview



## Preschool - Learn-To-Ski Program

TUNA runs a Learn-To-Ski program for young families. Modeled after the Bill Koch Ski League, LTS follows a parent-led model. For a nominal fee that covers use of Mountain Dell, play equipment, and lesson plans, parents participate with their 4 - 8-year-old beginner skiers in a friendly environment emphasizing balance, coordination, games, and fun.

## Elementary School - DEVO Program

Children with and without ski experience who are in grades K through 6 participate in the Devo Ski Team. The emphasis in Devo is on building ski skills while having fun in the snow. Devo relies on parent volunteers, but also employs a staff of experienced coaches.

## Grouping in DEVO

Devo is our largest and most diverse program, ranging from beginner skiers to those ready for competition. DEVO skiers are assigned a ski group based on a number of factors. Skiers move groups at the direction of a program coordinator.

If a coach thinks a skier should be in a different group, the coach and program coordinator will evaluate and determine whether the move will benefit skier development.



## Middle School

Skiers in middle grades have two choices for programs:

**XC:** For skiers who want to stay in shape in the winter (no classic).

**Jr. Comp:** Competitive USSA program for ages 11 - 13 as of Dec 31 of the season.

## High School

High school skiers have a choice of two programs:

**XC:** For skiers who want to stay in shape in the winter (no classic).

**Comp:** Competitive USSA program for ages 14 - 19 as of Dec 31 of the season.



## Post Graduate

For skiers who have graduated from high school, we offer:

**Post Grad:** With coach's approval, skiers may keep training with the Comp program.

**Junior Coach:** Give back to TUNA by helping to coach our kid's programs.

## Skier Development

Each program is designed to help skiers move from their current phase in development to the next. Advanced skiers will remain with their appropriate age group, but be grouped with other advanced skiers for age-appropriate challenges. Skiing in an older group is not recommended and will not be allowed without prior coach's approval in very specific circumstances.



# Competition Programs

## Junior Comp

Junior Comp is where skiers who are interested in racing begin to train. This group meets 2-3 times per week and has racing opportunities in town and occasional optional trips out of town. Skiers will improve ski skills and learn race-techniques, and race in the U12 or U14 age group.

## Comp Team

Comp team athletes race in the U16 - U20 age groups in the Intermountain Division and have the opportunity to qualify for Junior Nationals. This program is race-focused and ideally skiers meet 5-6 times per week.

## Schedule

For the 2023-2024 season, the teams meet on the following schedule:

**Junior Comp:** Mon-Tue-Thu (full time) or Tue-Thu (part time)

**Comp:** Mon-Fri/Sat (full time) or three days chosen from Mon-Tue-Wed-Thu.

## Training

The coaches will plan and deliver training that is age-appropriate and designed with the competition schedule in mind. Occasionally skiers will be grouped for different objectives, but team members are expected to participate positively in the daily activities assigned by their coaches.

## Illness and Injury

Skiers are expected to come to practice ready to train. A skier who is injured or sick should not attend practice or competition unless they have recovered. In some circumstances a doctor's release to return to competition may be required in order to comply with Safesport.

## Daily Expectations

Coaches will use TeamSnap to communicate with the team on a daily basis. Athletes or parents are expected to check TeamSnap and RSVP to workouts so the coaches can plan accordingly.

All skiers are expected to arrive with their skis reasonably prepared (glide waxed and prepared for kick wax). These skills will be taught throughout the year in order to get everyone up to speed.

Comp skiers riding in the van are expected to arrive on time for pickup.

## Competitions

For the Comp team, there are three Intermountain Division Junior National Qualifiers. The team will provide transportation (to the limit of the van capacity) and organize all aspects of the trip, which will be an additional charge. There will be a deadline and a deposit for each trip in advance so that housing can be arranged ahead of time. Anyone who doesn't commit to the trip may have to make their own arrangements.

Junior Comp will race the WCS and have additional opportunities TBA.



# Volunteer Requirements

## **TUNA is a 501(c)3 Non-Profit**

TUNA runs on fundraising, donations, and volunteers. While we employ some coaches, all programs require some level of volunteer service.

## **Volunteer Requirements by Program**

### **Learn-To-Ski**

TUNA appoints a volunteer Learn-to-ski coordinator who will arrive and set up equipment, hand out nametags and lesson plans. Additionally, each small group will have a volunteer leader who is responsible for directing activities in a small group.

Learn-to-ski is for preschoolers, so at least one parent must stay with their child during the program. Parents are encouraged to be on skis.

### **Devo/XC**

Devo and XC ask that each parent volunteer for 3 sessions of the program or the equivalent (6 hours). There are volunteer jobs on and off skis, and training is provided.

### **Jr. Comp/Comp**

Parents of Jr. Comp and Comp athletes pay a deposit for these programs. At the end of the season, parents who complete the required volunteer hours will receive a refund of their deposit.

Volunteer requirements: 15 hours of service and one 3.5 hour shift in the Mountain Dell Greeter Hut per enrolled athlete. Volunteer hours can be obtained throughout TUNA and include helping with Devo, XC, fundraisers, social events, and additional greeter shifts.

## **Mountain Dell**

### **Mountain Dell Passes**

Our "home course" is Mountain Dell Golf Course in Parley's Canyon. The course is rented by TUNA from Salt Lake City. TUNA purchases and maintains all of the grooming equipment, and the course is groomed by a volunteer crew of members.

Kids under 18 ski for free every day at Mountain Dell, in and out of their scheduled programs. Adults must have a visible Mountain Dell ski pass when skiing at Mountain Dell (*except for parent participants in the Learn-to-ski program during that program*).

By volunteering with TUNA as a course greeter, we can encourage our trail users to pay their fees to maintain our venue.





# Minor Offenses



## Minor Offenses

If an athlete commits a minor offense, coaches will usually give the athlete a verbal warning and determine a suitable penalty (for example, taking a time-out, sitting out an activity, or issuing an apology). Repeated infractions may rise to the level of a major offense.

## Examples of Minor Offenses

- Disobeying coach's directions
- Disrespect of others in the program
- Profanity
- Unsportsmanlike behavior
- Damage to TUNA or others' equipment
- Interfering with other athletes' ability to fulfill their responsibilities
- Violating travel rules
- Not wearing a seat-belt in TUNA vehicle
- Inappropriate use of social media

## Consequences

**First infraction:** Verbal warning and athlete potentially sitting out an activity.

**Second infraction:** Athlete removed from practice and parent/guardian called.

**Third infraction:** Parent, athlete, and coach signing Athlete Behavior Contract and parent/guardian potentially attending practice with the child for a prescribed number of sessions.

**Fourth infraction:** Athlete potentially removed from the program for the year.

## Travel Policies

When TUNA athletes participate in ski competitions or camps, they represent TUNA. All athletes and parents must show good manners and respect for others at such events.

### While in any TUNA vehicle, athletes must

- Listen to and obey the vehicle operator
- Refrain from distracting the vehicle operator
- Wear seatbelts
- Clean up after themselves

### While attending competitions or camps, athletes must

- Attend all team meetings
- Follow the schedule provided by the coaching staff, including curfew
- Pay for any incidental charges to hotel rooms
- Pay for any damage they cause

*If a major offense is committed while traveling, the athlete may be sent home immediately at the family's expense.*



# Major Offenses

## Major Offenses

When it comes to major offenses, TUNA has two policies depending on whether the offense was witnessed by a coach or if it was reported after the fact.

If a coach witnesses the infraction, the coach, along with another adult TUNA representative, will talk to all parties involved as soon as possible and the athletes will be given the chance to explain their side of events.

If the offense is reported after the fact, all parties involved and their parents will be contacted and given the chance to explain their side of events. Preferably interviews will be conducted by two adult TUNA representatives.

## Examples of Major Offenses

- Multiple minor offenses
- Willfully disobeying coach's directions
- Lying
- Physical or verbal assault and/or fighting
- Bullying and/or hazing
- Harassment and/or threats
- Intentional or negligent damage to equipment
- Theft
- Tampering with others' equipment
- Conviction of a misdemeanor or felony
- Possessing or using illegal substances at TUNA-sanctioned events
- ANY additional Safesport violations will be reported to Safesport

## Consequences

Once the facts have been gathered, TUNA will determine the best course of action, which may include:

- Parent, athlete, and coach signing Athlete Behavior Contract
- Parent/guardian attending practice with the athlete for a prescribed number of sessions
- Suspension from TUNA programs for one or more weeks
- Extended suspension from TUNA programs
- Immediate and indefinite suspension from all TUNA programs
- Reporting to SafeSport, US Ski and Snowboard, and/or law enforcement

**Athletes who are present when other athletes commit offenses may be considered complicit and therefore in violation themselves.**

TUNA recognizes that athletes may be hesitant to seek help for fear of disciplinary consequences for themselves or others. If medical or emergency help is needed, athletes should immediately call 911, contact a responsible adult, and report to a TUNA representative. Athletes who seek emergency help on their own or others' behalf will not be disciplined by TUNA. Such situations will be treated confidentially and as an educational opportunity.

Similarly, athletes are encouraged to seek help from a responsible adult, including TUNA representatives, in situations where alcohol or drugs are being abused. If athletes seek help and take responsibility for their own actions, they will not be disciplined by TUNA.







“ *Remember upon the conduct of  
each depends the fate of all.*  
– Alexander The Great