

MIDDLETON HIGH SCHOOL BOYS & GIRLS SNOWBOARD TEAM

LETTER OF EXPECTATIONS

Last Updated 12/9/15

Our mission is to be “Committed to Excellence” regarding our success at school, our success in our sport, and our TEAMWORK. We will continually strive to meet and exceed our individual and team goals with a strong work ethic, positive attitude, and the highest moral/ethical standards.

It is my sincere desire to help everyone succeed. You can expect me to train and coach each member of team to be “The Best They Can Be” and guide each of you to exceeding your goals. I will also be there to help you go through, and get through, the struggles and frustrations as you continue to grow and learn, as well as be there to help celebrate your successes and triumphs. As a team, we will strive to keep our communications open, honest, direct, and supportive for the building and betterment of our team and each other. With this vision, our team will experience unparalleled successes.

As head coach of the Middleton High School boys & girls snowboard teams, I want to be as transparent as possible this year. Here are the important points:

Expectations - From each MHS snowboard Team member I expect the following:

- Succeed in school. F’s mean you don’t practice or race until you get your grade to a respectable level.
- Proudly and honorably represent MHS.
- Appreciate and thank your parents and/or guardians for their support, and any volunteers that help us do the sport we love.
- Listen to and learn from your trainers and coaches. If at 1st you don’t succeed, do what your coach/trainer told you to do the 1st time.
- Fully participate with enthusiasm, energy, and conviction. Give 100% effort in every dryland, practice & race. Effort = success.
- Respect your teammates, competitors, officials and spectators. Sportsmanship is the name of the game. Winning is great, but there is nothing like winning with dignity and respect.
- Captains, assist the coaches and lead by example.

Captains Selection – Captains are selected from the returning seniors (and, returning key under class members if seniors are limited). The number of Girl and Boy captains is based on team size. This year we are having 2 boy team captains and 1 girl team captain. Paige Wirth will be the girl’s team captain & Alec Johnson is one of the boy captains with the final captain being chosen by you in a vote.

Race Start Seeding Selection - The run order (seeding) is assigned by the coaches. Race seeding is initially based on seniority and last year's race results with the freshman initially starting after the upper classmen. Subsequent seeding's will be based on race results. The coach always reserves the right to put someone at the end of the race order due to grades, attitude, or lack of participation at practices. If you miss your start in the race order on race night, no matter what you will go to the end of the race order for that run. Pay attention on race night so this doesn't happen because this doesn't score you brownie points with the coaches.

State Team Selection – The top 7 racers on the team qualify for state. I use a spreadsheet that doesn't necessarily follow the WHSARA points. It's weighted more to give me the 7 most consistently fast racers to take to state. Each run you take on race night is scored against your peers on the team. The lower point total is best, which would correspond to your placing against your teammates in that race run. Points are initially reduced by 2 for each grade level, ex Freshman: 0, Sophomore: 2, Junior: 4, Senior: 6. The top 5 get to race in all events at state with the 6th and 7th place racing the event they are faster in. The 7th seed always acts as the alternate for the event they are not participating in. See attached spreadsheet.

Varsity Letter Criteria – Varsity letters are awarded on a points scale with a minimum of 35 points needed to letter. See attached spreadsheet. You can score points as follows:

- Saturday practices = 1 pt each
- Wednesday practices = 1 pt each
- Monday races (participation) = 1 pt each
- Team captain = 5 pts
- Top 4 team finish each run = 1 pt per run
- Placing 5-7 team finish combined 2 runs in 1 race = 1 pt per race
- Bonus for top 4 team finish combined 2 runs in 1 race = 3 pts per race
- Top 20 overall finish for conference = 10 pts
- Top 25 overall finish at state = 10 pts
- Coaches discretion = 10 pts max
- NOTE: placings & points may vary based on the total # of racers both on the team or a conference or state race.

Other Checklist Items

- If you cannot make it to practice or dryland training, let both of your coaches know ASAP.
- If you cannot make it to a race, let your coaches know no later than the Wednesday before the race. Race orders are due by midnight on Thursday so that is why we need to know by Wednesday.
- Not showing up for a practice, dryland, or race without letting your coaches know is completely unacceptable. We're a simple text or email away.

- Get used to communicating with both of your coaches (Darrin Kolka & Tara Dalka) for these things.
- If you can, always offer and help with course setup and tear down on race night or practice night. Your help is much appreciated and it helps score brownie points with the coaches.
- Practice time is important time. No, you cannot go in the park if the coach doesn't say it's OK. No you cannot leave practice early just because the practice course might be a little icy. No, you cannot skip your 2nd run on race night just because you fell on your 1st run. Most of you know I will give you your "free runs" during practice to keep it fun. Just listen to the instructions I give and everything will be fine. Our practices aren't longer than 2 hours. That's 2 hours you can dedicate to make yourself a faster racer. The rest of the day is yours.

Go Middleton Cardinals!!!