

**LAPPE NORDIC SKI CLUB**  
**CITIZEN RACING TEAM - PROGRAM DESCRIPTION AND FINANCIAL POLICY**

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**Program Description:**

The Lappe Nordic Ski Club Citizen Racing Team is designed for adult skiers focusing on local races and loppets or just looking to keep fit, keep up with their kids, and improve their skiing technique. Two organized practices are held each week from September to April. Training plans will be provided each autumn by the head coach. Dry land practices include some roller skiing and strength training.

Racers who are interested in full year coaching and support are encouraged to join the Racing Program.

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The Club will provide coaching and race support as follows:

**Support for Athletes:**

1. Athletes will be provided with autumn dry-land and winter training programs.
2. Organized practices will offered 4 times per week from September to April. Athletes may choose to attend any 2 of those practices each week.
3. Racers will have coaching and race support including waxing at events approved by the Club's Executive.

**Principles and Values Statement:**

Athletes must sign the Club's Principles and Values Statement.

**Athlete Costs at Events:**

- The costs for authorized coach(s) and assistant coach(s) travel, transportation, accommodation and banquet costs will be shared 100% among participating athletes.
- Athletes will be charged \$10 per race for waxing with waxing materials provided by the Club.
- Athletes will be responsible for 100% of all their personal costs, including but not limited to travel, transportation, accommodation, and banquet.

**Accounting:**

Statement of accounts will be produced for each athlete on February 28 and April 30. This will include costs associated with coach support and wax charges for events up to February 15 and April 15, respectively. Athletes are required to pay outstanding balance within 10 days of receipt of statements.