



Here are a few things to keep in mind for taking part in the team.

1. We would like a level of time and energy commitment that will allow you to develop as a competent and competitive athlete. This will not mean you do only Nordic skiing.
2. Racers, you will be entering into an average of 2 local races per month this year and for some of you the high school races GBSSA and OFSSA competitions as well. For schedule & dates please go to [www.midlandskiclub.ca](http://www.midlandskiclub.ca) and click under *RACING*. There will also be a copy of the schedule in the Kennel.
3. Once we have snow to ski on we expect you to be skiing a minimum of 3x per week.
4. Healthy eating, recovery times and sleeping habits will set you up for becoming a better athlete. Fun/fast foods can be consumed on occasions not as a steady diet.
5. Be prepared for each work-out or Race Day. Proper clothing (before, during and after the workout), food and a supply of water and/or sport drink of choice. Diluting your sports drinks by 50% is a good idea.
6. Proper warm ups and cool downs before and after each work out will be very beneficial to recovery and development of your muscles and biochemical pathways in your bodies.
7. We expect that you will maintain a reasonable level of academic achievement in school. Athletes are smart people. Do your homework, make plans to fit in all the activities you value and be happy at what you are doing.
8. As a racing group to develop a higher level of racing and athletic ability to allow those who wish to excel the opportunity to do so. It is also a group of people having fun and enjoying the outdoors in a way you can for the rest of your life.

**Work Hard, Play Hard, Support Each Other  
Enjoy Healthy Living!**

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