

Pembroke Academy

Alpine Ski Team Rules

- 1. Athletes must adhere to the Pembroke Academy Student Handbook, and all NHIAA Guidelines.**
- 2. Be on time.** If you are going to be late, or can not attend practice, training or a meet, you must contact the coaches in advance.
 - Jonathan Miner (603) 340-1414 cp_n18@yahoo.com
 - David Goulet (603) 736-8272 dgoulet50@aol.com
- 3. Show respect to all those involved,** including:
 - Teammates
 - Opponents
 - Coaches
 - Mountain Personnel
 - Spectators
 - And the general public
- 4. Safety is our first priority.**
 - Acknowledge that skiing is a risky sport
 - Athletes are expected to have equipment properly adjusted by a qualified shop.
 - Athletes are expected to take the online NFHS concussion course.
 - Helmets must meet NHIAA guidelines
 - Respect and follow rules related to bus transportation
- 5. Skiing is a Varsity Sport.**
 - Varsity letters and pins will be awarded to athletes with no unexcused absences from training and meets, and who race at four or more events.
- 6. Academics comes first.**

Go Spartans!