



APEX ALPINE TEAM AGREEMENTS

Living the Slope Stewards™ Values in Action

HIGHSCHOOLS: Clackamas, Gladstone, Nelson, Rex Putnam, Riverside

Please read and initial points and sign at the bottom of the form, return to Coach Kirsten prior to the start of team training.

Slope Stewards™ Mindset & Code of Conduct

Creating Awareness for More Fun

Slope Stewards™ is more than a name — it's a mindset in motion. Founded by your coach, Kirsten Klug, Slope Stewards™ encourages every athlete to model respect, safety, and community on and off the hill.

By practicing sportsmanship, healthy living, and stewardship, Team Apex athletes become examples of what it means to ski and ride with purpose and pride.

Together, we make the mountain a safer, friendlier, and more fun place for everyone.

As a Slope Steward™, I Choose to:

- Enjoy the Mountain – Have fun, stay present, and appreciate every run.
- Look Out for One Another – Support teammates and fellow riders.
- Carve with Focus – Ski or ride with awareness, control, and intention.
- Create Braver Spaces – Foster courage, inclusion, and kindness.
- Build Community – Share the love of the mountain and represent Apex Alpine with pride.

TEAM AGREEMENTS FOR ATHLETES:

____ Respect & Representation

- Show Kindness and Respect: Treat coaches, teammates, parents, chaperones, and mountain staff with respect. Keep language and actions positive.
- Represent with Pride: Wear your team jacket at training and races to represent Apex Alpine, our sponsors, and our community with integrity. Remember—you're representing more than yourself.

- Use Positive Language: Speak respectfully, encourage others, and show sportsmanship whether you win, lose, or fall.

_____ Team Involvement

- Attend and Engage: Participate in all trainings, meetings, and races unless excused by the Head Coach. Consistency improves confidence and race readiness.
- Communicate Clearly: Let your coach know if you need to step away, go into the lodge, or take a free run with a buddy.
- Be a Team Player: Help set up, maintain, and take down courses. Support your teammates throughout the day.
- Be On Time and Helpful: Arrive ready to go, assist with gear loading and unloading, and cooperate in carpools. Respect the adult driver's rules and music choice.

_____ Training & Race Days

- Train with Purpose: Engage fully in dryland and on-hill sessions. Focus on strength, agility, and endurance while keeping a positive attitude.
- Respect Race Day Rhythm: Race days begin early and continue until clean-up. Stay with the team for inspection, runs, and course duties. Confirm meeting times and plans with your coach before your second run.
- Free Runs and Family Time: After completing team responsibilities (taking coats down, slipping the course when open, or helping with race duties), you may take free runs with teammates or family/friends only after checking in with a coach. You must remain in the approved race area and return on time for your second run. Be at the course for take-down and clean-up, if a family event arises you will need coach approval in order to leave early.
- Follow Mountain Rules: Follow all ski area policies and the Rider's Responsibility Code. Never duck ropes or enter closed terrain.
- Use Controlled Terrain Safely: Access gated or advanced terrain (like Heather Canyon, Private Reserve, or Fright Trees) only with a coach and a buddy, and only with permission on training and race days.

_____ Health & Accountability

- Keep It Clean: No drugs, alcohol, vaping, or illegal substances at any team or school-related activity.
- Parent Pick-Up Policy: Violations of the Language or Substance Policy result in immediate parent pick-up and possible suspension or expulsion.
- Maintain Academic Eligibility: Keep passing grades in at least five classes each semester and stay on track to graduate.
- No Driving to the Mountain: Athletes may not drive to or from training or race days. This rule follows league safety standards.

TEAM AGREEMENTS FOR PARENTS:

____ Parent Commitments

- **Model Positivity and Respect:** Encourage and uplift all athletes, coaches, and volunteers. Use language that reflects kindness, sportsmanship, and support for the entire team community.
- **Support a Safe Environment:** Refrain from using drugs, alcohol, or vaping while volunteering or chaperoning. Maintain awareness and model safety for all youth present.
- **Respect Venue Boundaries:** Parents and spectators are welcome to cheer—but must remain outside of all roped areas.
 - You may watch from the bottom of the course or alongside the course in designated viewing zones.
 - You may not stand at the top of the course or near start areas where athletes are preparing, unless you are an approved coach or assigned race-crew helper.
 - You may talk with your athlete after their slipping or racing is finished, but not in the start venue or mid-way within the race venue.
- **Give Positive Reinforcement: Celebrate effort, teamwork, and personal growth regardless of race results.** Every run is a chance to learn and improve.

Agreement & Signatures

By signing below, we confirm we have read, understand, and agree to uphold the values and expectations of Team Apex Alpine and the Slope Stewards™ Code of Conduct.

Athlete Name (print): _____ Date: _____

Athlete Signature: _____

Parent/Guardian Name (print): _____ Date: _____

Parent/Guardian Signature: _____