

## **Team Rules for Valley Catholic Ski Team**

### **Attendance**

Participation on the Valley Catholic High School Ski team requires the athletes to attend all mandatory training sessions and racing. It is recognized that there may be circumstances where it is not possible for an athlete to attend a mandated activity. The following regulations will apply under those circumstances.

### **Absences from Training:**

The request that an absence from training be considered an excused absence must be verified in writing to the Head Coach. If the Head Coach is not notified in writing for an excused absence within three days of an absence, the absence will constitute an un-excused absence. The Head Coach may accept a request by parental telephone call. Confirmed in writing if the three-day period is not able to be adhered to. All written requests must be from parents or guardians, unless otherwise specified.

### **Excused absences from Training**

- (1) a physical injury that renders the athlete incapable of participating in any training. Written verification may be required.
- (2) A verifiable absence from school. This requires parental verification/request in writing either directly to the coach or via the school administration. School closure is a verified absence that does not need notification.
- (3) Recognized cross (dryland) training that has been approved by the Head Coach and the Parent Board in writing prior to commencement of on mountain training in December. Application for this needs to be made in writing to the Head Coach by the athlete not later than recognized High School etc. activity that cannot be accommodated within the present exemptions. It is the athlete's responsibility to draw this to the attention of the respective coaches, tutors, etc. as soon as possible and at least prior to the Monday preceding Thanksgiving, so that the situation can be discussed between the parties involved. *Only under exceptional circumstances will dispensation from mandated training for more than one day in a week be allowed.*

### **Unexcused absences from Training:**

Consequences for unexcused absences:

- (a) Four (4) unexcused absences from mandated training sessions and/or races during the season which commences the 1<sup>st</sup> week in November. N.B. There are OISRA regulations governing the number of races an athlete must participate in to be eligible to compete at State.
- (b) Fifth (5<sup>th</sup>) unexcused absence- at the next race the athlete will be seeded at the end of Varsity II.
- (c) Sixth (6<sup>th</sup>) unexcused absence – the athlete will be suspended from competing at the next race, but will attend the race meeting and train or assist at the instruction of the Head Coach.
- (d) Seventh (7<sup>th</sup>) unexcused absence – the athlete will be dismissed from the team.

### **Absences from Racing:**

#### **Excused absences from Racing:**

Absences from racing can be excused for a verifiable injury, a recognized High School activity, or force majeure.

### **Unexcused absences from Racing**

Consequences for unexcused absences:

A member of the Varsity I team will be seeded to Varsity II, and a Varsity II team member will be seeded last in that category. Other punishment may be decided at the discretion of the Head Coach and/or the Parent Board. Any ruling by the Head Coach and the Parent Board will be reviewed only upon receipt of a written request from the athlete and his/her parent/guardian

### **Varsity Lettering**

A varsity letter will be awarded for scoring in a top twenty place at more than one event.

### **State Championships**

Should the Valley Catholic High School Ski Racing team earn the right to compete at State, the athletes selected to be part of the team will, where possible, be identifiable as the fastest members of the team who meet the OISRA eligibility criteria. Should circumstances arise that require the need to waive any of these requirements, such action will be taken only after adequate consultation between the Head Coach, the Parent Body and the team captains.