

### **Team Rules for Ashland High School Nordic Team**

**Attendance:** Students are expected to attend all dry-land practices, unless they have advised the coach in advance that they are unable to attend.

**Ashland High School Athletic Rules:** Students are expected to remain in good standing with the high school, according to school academic and behavior standards.

**Varsity Letters:** Students who attend three league races and participate in the State Meet earn a varsity letter.