

## Team Rules for Sheldon Nordic Ski Team

### Attendance

Attendance at 50% of all dry land training, on-snow training, and league races is mandatory.

**Excused Absences:** An "excused absence" is one when the student is ill, injured, or is a pre-approved absence. A "pre-approved" absence is one that is approved by the coach prior to the day of the proposed absence. A "pre-approved" absence request must be made to the head coach in writing via email and verbally in person and/or by telephone.

**Unexcused Absences:** The coaching staff has had the experience of student athletes missing a mandatory practice or race for occasions that would not be considered an excused absence. The consequences for "unexcused absences" are as follows:

- (a) One to two unexcused absence = Reminder and warning
- (b) Three to four unexcused absences = Cannot ski on the varsity relay race for the next league race that follows the 2nd unexcused absence.
- (c.) Five unexcused absences = Cannot ski on the varsity relay races at league races or the state meet
- (d) Six unexcused absences = Dismissal from the team.

**Criteria for Varsity Letters:** Student-athletes may earn a varsity letter by way of the following criteria:

- (1) Any senior in good standing who also participates in at least three relay races (varsity or jv) during the season.
- (2) Any student in good standing who ranks in the top five finishes for his/her high school team at any individual OISRA race, and participates in at least three relay races (varsity or jv) during the season. \*

"In good standing" means the student exhibits qualities of good sportsmanship and has no more than 2 unexcused absences.