

Nordic Skiing Student Contract

The Sisters Nordic Team welcomes all eligible students regardless of skiing ability or experience. Eligibility requirements are established by the Sisters High School Nordic Coach and Sisters High School Athletic Department. These standards are expected to be adhered to remain eligible for the team:

Team Eligibility Requirements:

1. Remain in good academic and behavioral standing as defined by Sisters High School athletic policy
2. Attend 50% of all practices
3. All dues/fees must be paid
4. Complete all registration procedures
5. Attend 2 SHS Nordic fundraisers
6. Encourage a culture of inclusivity, safety, and learning

Extracurricular Requirements:

The Sisters Nordic Team accommodates skiers that participate in other activities including other Nordic ski organizations/clubs and other sports such as winter track or other school related activities. If you are involved in other activities, please communicate this to your coach. Minimum requirement for attendance is 25% of all practices if you are involved with other activities during the winter. Attending as many practices as possible will enhance the students experience on the team so it is recommend to participate in as many team activities as possible to establish good relationships with your teammates.

Varsity Letter Requirements:

To be eligible for a Varsity letter, skiers must meet all Team Eligibility Requirements in addition to a combination of two of the following:

1. Attending 75% of all practices
2. Meet OISRA State Meet qualifying standards (attend 3 sanctioned races)
3. Exhibits good sportsmanship

Student Signature: _____

Date: _____

Parent Signature: _____

Date: _____