

Team Rules for Summit Independent Nordic Ski Team

Attendance at training sessions and races is mandatory with the following exemptions:

(1) There will be some **non-mandatory** training sessions. These optional events cannot be used as make-ups for missed mandatory training sessions. Parents and/or guardians are not called if a student misses a non-mandatory training session.

(2) **Excused absences** from mandatory training and races

- a) Bereavement, illness or injury
- b) If you are attending another school activity. The coaching staff supports the OSAA philosophy that students should be encouraged “to participate in a variety of school activities.” Therefore, attending another school activity will be considered an “excused absence.”
- a) Olympic Development team activities.

The **parent** must notify the coach by email or phone prior to the absence from practice or a race. The coach keeps the records of excused and unexcused absences. The coach will notify parents and/or guardians by email or phone if a student is absent from practice and he has not received prior notification.

(3) **Unexcused absences** from mandatory training and races. The coaching staff understands that a student athlete may miss 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 unexcused absence = Reminder and warning
- b) Two unexcused absences = Cannot ski on the varsity relay race for the next league race that follows the 2nd unexcused absence.
- c) Three-four unexcused absences = Cannot ski on the varsity relay races at league races or the state meet
- d) Five unexcused absences = Dismissal from the team

Criteria for Varsity Letters: Varsity letters are awarded to any student in good standing who satisfies one of the following criteria:

- (1) Ranks in the top five individual finishes for the MVHS team at any OISRA race
- (2) Ranks in the top eight individuals in the final individual league standings
- (3) Is a senior in good standing. “In good standing” means no more than 2 unexcused absences.

Other Information is provided in the Mt. View High School Team Handbook: coach’s philosophy, communication advice, website link, training information, races, training and race schedules, options for skimeister, transportation, parent volunteer opportunities (including volunteer drivers), fees, equipment, team captains, equipment, clothing, team uniforms, ski waxing, contact information for coaches and school administrators.