

## Summit High School Nordic Team Rules

The Summit Nordic Team welcomes all eligible students regardless of skiing ability or experience. Eligibility requirements are established by Summit High School and Bend La Pine School District. Students are expected to remain in good standing with the high school, including school academic and behavior standards.

The Summit Nordic Team is a ski racing team. Attendance at races and practices is highly encouraged and fun. Students will get the most out of their experience if they attend all practices and races. The team skis both classic and skate techniques. Attendance at both types of races and practices is expected. Both types of equipment are required. Combi boots are acceptable.

The Summit Nordic Team accommodates skiers that participate in other activities including other Nordic ski organizations/clubs and other sports such as winter track or club soccer. See the head coach for minimum attendance requirements.

All dues must be paid and current and all required registration forms and liability releases must be completed prior to practicing or racing with the team.

Safety is of utmost importance. Students should never feel pressured to try anything they feel is unsafe.

Students are not allowed to drive to or from races and practices away from the school.

The Summit Nordic Team awards varsity letters based on a combination of race performance and attendance. For Seniors, commitment to the team over multiple years is also considered.

The Summit Nordic Team is a volunteer coached, parent run club sport. All participants and their families are expected to contribute to the success of the club. There are many ways to contribute, on the snow and off the snow, working directly with students and in other capacities, during normal working hours and outside of normal working hours. Volunteer and join the fun.

The Summit Nordic Team is a member of OISRA and follows all OISRA rules.

The Summit Nordic Team communicates primarily in-person at team events (races, practices, wax parties, etc) and via email. To receive email communication, students and parents are expected to create an account at [www.summitnordicteam.org](http://www.summitnordicteam.org).