

# Sisters High School

## 2022- 2023 Alpine Skiing Coaches Rules & Expectations

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### Rules for 2022-2023 SHS Alpine Racing Season

1. All team athletes must abide by the policies in the 2022-23 SHS Parent / Student Handbook. (This document can be found on the SHS Athletics website)
2. Team athletes will attend **all** dry-land and on-snow training. **This is Your Team. Be a Supporting Member. Use Your Practice Days to Your Benefit!**
3. Dryland training will be Monday, Wednesday and Thursday after school starting November 14 thru Dec 15, 2022. **This is your Opportunity to get in SHAPE for SKIING! Attendance will be taken.**  
January and February Dry land training will be Mondays after school Attendance will be taken.
4. The on-snow trainings in December, January and February will be held on Wednesday and Friday after school Attendance will be taken.
5. **There will be four optional training days over winter break please see the team calendar for exact dates.**

Optional On Snow Days are also listed in the Schedule of Events.

6. Policy for Unexcused Absences from Ski Practices / Trainings (dryland & on-snow).  
Unexcused absences from either dryland trainings or on snow trainings will affect your running order in the races.
  - a. One unexcused absence will result in a demotion in running order, the second unexcused absence will result in a demotion from Varsity 1 to Varsity 2.
  - b. An accumulation of 5 Unexcused Absences will result in dismissal from the team.
7. Excused Absences
  - a. Excused absences are defined in the 2022-23 SHS Student-Athlete Handbook.
  - b. Each athlete must notify the coach **the day prior** to missing a practice either by phone or email, for excuses besides illness. Attendance is taken at all events. It is not excused if notification is done by another team member.
  - c. Athletes are responsible for presenting official documentation to the athletic director for excused absences before the next race. Any absence not documented will be treated as an unexcused absence.

8. Varsity Team Selection and Racing Orders

- a. The Varsity team and racing orders are determined by the Coaching Staff and will be set by Thursday of each race week. All eligible team members will be considered for both Varsity 1 and Varsity 2 competitions.
  - i. The race running order will be determined by: prior race results, performance during Thursday and Friday night training sessions, dryland and on-snow attendance, health, attitude, and leadership behavior.
  - ii. Changes may be made on the day of the race pending the league race committee policies.

9. Varsity Lettering

- a. Varsity letters will be awarded to athletes who skied in at least five of the six League races and recorded a varsity top six time in at least one race.
- b. Varsity letters will also be awarded to any athlete qualifying for the state championship meet.

10. State Championship Team Selection

- a. When the team becomes eligible for the State Championship Races, the team selection will be made by the coaching staff, with consultation from the Athletic Director.

11. Possession, selling or use of illicit substances, including but not limited to prescription and nonprescription drugs, alcohol, e-cigarettes, vaping and marijuana is not permitted and will result in immediate dismissal from the team and possible expulsion from the school.

12. Hazing of any sort will not be tolerated. **This Team is Your Team. We are Respectful of everyone on the team at all times. Be Proud of everyone's accomplishments. Share in both the Ups and Downs!**

13. Alterations to the above policies may be made by the Head Coach after consulting with the Athletic Director and school administration.

By signing below, the athlete and parents both agree to support the SMA Alpine Ski Team with their attendance, attitude and robust participation in All Activities.

Athletes Name: \_\_\_\_\_

Athletes Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach Signature \_\_\_\_\_ Date: \_\_\_\_\_