

Team Rules for Trout Lake High school Ski Team

Academic and Behavior Standards

You are a student first and represent your school

- Racers must meet grade eligibility requirements as determined by OSAA/OISRA rules and regulations.
- Coaches reserve the right to remove you from practice/races if you are behind in your class work. We will have contact with all your teachers via email and through grade reports that you will take to your teachers to be signed. Any serious falling behind will result in you missing races or practices to make-up your work.
- Use of illegal drugs and alcohol is not tolerated and will result in expulsion from the team.
- Disruptive or otherwise inappropriate behavior toward coaches, racers, staff, officials, or volunteers will result in suspension from the team. Racers will be expected to uphold standards of conduct that reflect positively on the team and school.

Weekday training and races

Missing school days during race season must be pre-arranged with all teachers. Makeup assignments must be obtained ahead of time for racers to be included in extra trainings and scheduled races taking place on regular school days. Each student must present the coach with a completed "Ski Team Planned Absence" form to participate.

Provisional racers

Middle school siblings of eligible high school age racers may participate on a "provisional" status in trainings and races.

- Must demonstrate competent racing skills acceptable to the coaching staff in order to join.
- Provisional racers must be chaperoned at all trainings and races by a parent or guardian who will be responsible for their needs, conduct and safety.

Transportation

Racers are responsible for their own transportation to and from ski team activities.

Costs

Each racer is responsible for registering and paying for their OISRA and League memberships. There is no fee from the Ski Team.

Attendance

Team members must attend scheduled training and races or give advance notice of their intended absence. Excessive unexcused/unnotified absences may result in suspension from the team.