



# BEAVERTON EXPLORER SKI TEAM



## 2022 - 2023 SKI TEAM RULES AND EXPECTATIONS

1. All team athletes must abide by the policies in the 2022-23 BHS Student Handbook.
2. Team athletes will attend **all** dry-land and on-snow training. We are a team and must support each other on and off the hill. Use your training to your benefit. (Must have pre-approval for absences(Contact Head Coach Amanda with Details)
3. Dryland training will be Tuesday, Wednesday and Thursday after school starting Dec 6, 2022 thru Dec 15, 2022.

January and February Dry land training will be Tuesday and Wednesday after school

### **Attendance will be taken via Team Snap**

4. The on-snow trainings in November and December will be held on Saturday's, some Sundays, and Monday Holidays. Attendance will be taken.
5. The On-snow training in January and February will be held on Thursday evenings. Inclement weather, lack of snow, etc may require changes to this schedule. See Schedule. **Read the emails and texts produced by the coaches and parent reps to stay updated, Please.**
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. Two unexcused absences will result in a demotion in running order
  - b. An accumulation of 5 Unexcused Absences will result in dismissal from the team.
7. Excused Absences
    - a. Excused absences are defined as approved absences by Coach (Absences will reflect the same as BHS student handbook)
    - b. Each athlete must notify the coach **before the event** of non attendance by Snap chat, phone or email. Attendance is taken at all events. It is not excused if notification is done by another team member.
  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 JV competitions.
      - i. The race running order will be determined by: prior race results, performance during Thursday 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 all Varsity 1 athletes meeting the BHS Athletic Department lettering criteria. See BHS Handbook.
- b. Varsity letters will be awarded to all Varsity athletes who raced as a varsity competitor in a minimum of one third of all races, Beginners / Fun race included.

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.

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.

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 executive board of Beaverton Explorer Ski Team

By signing below, the athlete and parents both agree to support the Beaverton High School 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: \_\_\_\_\_

Updated 12/6/2022