

# Team Rules for Southwest Mountain Ski Teams

*Mountainside, Southridge, Sherwood, Aloha, ISB, BASE – Metro League*

These rules are meant to serve as a foundation for basic principles of participation on the team as an athlete. Good attendance, safety, and mature, responsible behavior make up these principles and help create conditions for a team to succeed and be respected.

## Attendance

It is important for all athletes to participate consistently together to build team unity and condition the athletes for the sport. This is key to having a fun, safe, and successful experience in the sport. Participation on Southwest Mountain High School Alpine Ski Racing Teams requires the athletes to attend all mandatory conditioning (dryland) sessions, training sessions, and race days. It is recognized that there may be circumstances where it is not possible for an athlete to attend a mandated activity. The following regulations will apply under those circumstances.

### **Notification of Absence from Training**

The request that an absence from training be considered an *excused absence* must be submitted in writing or in person by the parent/guardian and presented to the Head Coach, or acting assistant/proxy if the Head Coach is not present or available. If the Head Coach is not notified of a request for an excused absence within 24 hours of an absence, except in certain unforeseen circumstances, the absence will constitute an unexcused absence. The Head Coach may accept an absence excuse by parental text message, social media message, e-mail, or telephone.

### **Excused absences from Training**

- (1) a physical injury that renders the athlete incapable of participating in any training. Written verification may be required.
- (2) A verifiable absence from school. This requires parental verification/request in writing/phone call either directly to the coach or via the school administration. School closure is an excused absence that does not need notification.
- (3) A recognized dryland conditioning alternative that has been approved by the Head Coach in writing prior to commencement of on-mountain training in December. Application for this needs to be made in writing to the Head Coach and pertain to an activity that cannot otherwise be accommodated by participation with this team. It is the athlete's responsibility to draw this to the attention of the respective coaches as soon as possible so that the situation can be discussed between the parties involved.

### **Consequences for Unexcused Absences:**

- (a) One (1) unexcused absence in a season week (Starting November) from mandated training/conditioning sessions can result in the athlete being placed at the end of their respective race order (last seed of Varsity if a varsity racer, last seed of JV if a JV racer) for the next race.
- (b) Two (2) unexcused absences in a season week from mandated training/conditioning sessions can result in being suspended from the next mid-week on-mountain race training session (including transportation to and from the mountain), as well as being placed at the end of their respective seed.
- (c) Three (3) unexcused absences in a season week from mandated training/conditioning sessions can result in being suspended from the next mid-week on mountain race training session and suspension from the next competition. The athlete will be placed at the end of their respective seed for the following race.
- (d) Four (4) unexcused absences during the entire season will result in a discussion with the athlete's parents/guardians and the athlete regarding their status on the team roster.

### **Unexcused Late Arrival:**

A late arrival is equivalent to an athlete arriving at a mandated conditioning session (ie. dryland) more than 10 minutes past the designated starting time of the activity. Two (2) unexcused late arrivals will be excused per athlete. Further late arrivals will count toward 1/2 of an unexcused absence, thus, Two (2) unexcused late arrivals, beyond the allowed two, will constitute one (1) unexcused absence and subject to the corresponding consequences.

### **Excused Late arrival:**

Athletes who are coming from other schools than Southridge or Mountainside, or who have certain circumstances as discussed with the parent(s)/guardian(s) and Head Coach may be excused for their late arrival. This will be addressed on a case-by-case basis.

### **Absences from Racing**

#### *Excused absences from Racing:*

Absences from racing can be excused for a verifiable injury, a recognized High School activity, or force majeure. The Head Coach must be notified in advance at the earliest possible time that the athlete and their family are made aware of the conflict.

#### *Unexcused absences from Racing: Consequences*

A member of the Varsity I team will be seeded to Varsity II (JV), and a Varsity II team member will be seeded last in that category. Other disciplinary action may be decided at the discretion of the Head Coach and/or the Parent Board. Any disciplinary ruling by the Head Coach or the Parent Board will be reviewed only upon receipt of a written request from the athlete and his/her parent/guardian.

\*\* It is mandatory for varsity racers to have attended two (2) of six (6) league races to earn a varsity letter from their school, and for varsity racers to have attended three (3) of six (6) league races to be eligible to qualify for OISRA State Championships.

## Safety

It is **mandatory for the racer to wear a currently compliant hard-ear-covering skiing helmet** during all on-hill skiing events affiliated with this Ski Team, Metro League, and OISRA. Racers are expected to obtain and use their own helmet. **A compliant helmet is one that is made specifically for ski racing and displays the FIS RH 2013 sticker on the helmet.** For slalom races, a helmet-compatible chin guard may be attached. For giant slalom races, no chin guard may be attached. No aftermarket attachments may be present on the helmet.

**Athletes' physical and psychological condition should allow them to safely participate** in regular exercise and on-hill activities. Athletes and their families should disclose any health conditions that may pose a challenge, concern, or require special attention or resources to the head coach prior to the season starting. We will do our best to accommodate your athlete if it can be done safely.

**Athletes' ski equipment should be in proper working condition.** Skis should be free of significant damage that would compromise its structural integrity and ability to perform its designed function at speed. Bindings should both function perfectly, be free of cracks, deploy brakes, and be adjusted relative to the size and ability of the skier. Boots should fit very well, be snug but allow blood flow and not impose pain (though some discomfort is often unavoidable). Poles should have adjustable pole straps and the shafts should be free of significant bends, breaks and cracks, and should have baskets on both ends. They should be appropriately sized to the height of the skier.

**No racer shall ski alone** when away from a training or race venue during a team sanctioned event unless returning to the lodge. The alpine environment contains many variables and hazards and should be respected. Injuries and/or broken equipment shall be reported to the coaching staff immediately.

### Driving

RACERS ARE NOT PERMITTED TO DRIVE TO AND FROM RACES OR MOUNTAIN TRAINING. Transportation to weekly night training is provided by the team and included in team fees. Competitions and other training events are generally coordinated by parent carpools and while we help to facilitate car pools, parents are ultimately responsible for their racer's transportation to the mountain when not employing a bus service. The league mandated penalty for violation of the rule against racers driving to the mountain is individual disqualification for four consecutive races.

## Academic and Behavior Standards

Racers must meet grade eligibility requirements as determined by OISRA and school rules and regulations. The team will enforce the prohibited substance policies of their school's student conduct handbook. Violations may result in expulsion from the team and disciplinary actions will be determined by the head coach and parent board. Disruptive or otherwise inappropriate behavior toward coaches, racers, staff, officials, or volunteers may also result in suspension from the team. Racers will be expected to uphold standards of conduct that reflect positively on the team and school, and treat everyone involved with races and training with the utmost respect.