

## Tigard, Newberg, Tualatin (TNT) High School Ski Team Policies and Rules

**(1) ELIGIBILITY FOR PARTICIPATION** on the TNT High School Ski Teams follow requirements for High School Varsity sports and OISRA requirements. Athletes must comply with all eligibility requirements including:

- i) Current physical exam and clearance form on file with school
- ii) Registration with OISRA
- iii) Maintain academic eligibility per OSAA rules
- iv) Attend all mandated training sessions, meetings and race events unless excused by Head Coach
- v) Compliance with all team rules

### **(2) ON-MOUNTAIN TRAINING, TEAM MEETINGS and RACE EVENTS**

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.

**(2a) EXCUSED ABSENCES** must be verified with a phone call to the Head Coach one day in advance of an absence as set out below. Failure to request that the absence be considered as "excused" prior to one day will constitute an unexcused absence.

\*The Head Coach may accept a request by parental telephone call if the one-day period is not able to be adhered to.

- i) A physical injury that renders the athlete incapable of participating in any training. Racer or parent must call the Head Coach immediately
- ii) A verifiable absence from school for a school activity
- iii) If an athlete has a conflict with another sport or a recognized High School activity\*\* that cannot be accommodated within the present exemptions, it is the **athlete's responsibility** to bring this to the attention of the Head Coach, as soon as possible so that the situation can be discussed between the parties involved

**(2b) UNEXCUSED ABSENCES** Athletes will be allowed:

- (i) **Two (2) unexcused absences** from mandated training sessions and/or races during the season which commences November 14th, 2022
- (ii) **3<sup>rd</sup> unexcused absence**; at the next race the athlete will be seeded at the end of JV
- (iii) **4<sup>th</sup> unexcused absence**; the athlete will be suspended from competing at next race, but will attend the race meeting and train or assist at the instruction of the Head Coach
- (iv) **5<sup>th</sup> unexcused absence**; the athlete will be dismissed from the team

### **(3) DRY LAND TRAINING**

Athletes must participate in physical conditioning prior to and during the race season to ensure they are physically fit and ready for commencement of On-Mountain Training and Metro League Racing. Racer physical fitness is a significant factor known to reduce risk of skiing injuries. Therefore, participation in Dry land training is mandatory. Dry land training begins the November 14th, 2022 and will continue through the final week of league racing. Athletes MUST be registered with OISRA to participate without exception. Dry land training is typically held three nights per week. One night per week is mandatory, two or three nights per week is strongly encouraged by the coaching staff. Consequences for failing to attend dry land training are at the sole discretion of the coaching staff and may include higher race seed number or league race disqualifications. It is the athlete's responsibility to pre-arrange accommodation for dry land training alternatives if necessary.

### **(4) RACING and Varsity/JV Team Assignment**

Racers are seeded as Varsity (5 racers), Varsity Alternate (1 racer), JV (remaining racers). Seeding is completed each Thursday prior to race day. Seeding is based on several factors including past race times for discipline (Slalom or GS). The Head Coach will seed the team to generate the lowest possible expected combined team times. Racers demonstrating week-over-week improvement may be seeded higher than racers with more points. Racers also move between Varsity and JV week to week depending on performance.

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**(5) VARSITY LETTERING** A varsity letter will be awarded for an athlete meeting the following requirements:

- (i) An athlete must display sportsmanship and conduct which exemplify the school to his or her opponents, spectators, teammates, and officials and must conform to practice and game rules/regulations as established by the school and the Head Coach
- (ii) An athlete must conform to all team rules
- (iii) Race in top 6 seed for Varsity at 50% of all league races and score a total of not less than 10 "place points" for the season
- (iv) Any senior who has not met the award requirements, but has been a member in good standing for two or more years
- (v) The Head Coach may recommend awards in special cases to athletes who have not met the requirements

### **(6) OVERNIGHT LODGING EXPECTATIONS AND RULES**

The team stays in dormitory style lodging prior to most league race days. A designated team chaperone will be responsible for all team members at the lodging location.

- (i) All racers must stay with the team to be eligible for the following day's race unless previously excused (ii) Lights out and quiet time is strictly enforced at no later than 12:00 Midnight until designated wake-up time
- (iii) Racers must stay on grounds of lodging at all times and must remain indoors in dorm room during quiet time
- (iv) Boys and girls stay in separate dorm rooms; Boys are not permitted in girl's dorm rooms and girls are not permitted in boy's dorm rooms
- (v) Racers must maintain "respectful" and "appropriate" behavior at all times
- (vi) Failure to follow rules will result in the following actions; 1st infraction - warning, 2nd infraction - disqualification from following day's race. 3rd infraction - Dismissal from the team

### **(7) CONDUCT**

- (i) Athletes are expected to maintain conduct and behavior that is "respectful" and "appropriate" at all times.
- (ii) Use of banned substances is strictly prohibited at all times. Banned substances include alcohol, all drugs (except prescribed to athlete), all vaping products and all tobacco products.

### **(8) STATE CHAMPIONSHIP**

Should the Boys and/or Girls Ski team earn the right to compete at State, the athletes selected to be part of the team will, where possible, be identifiable as the fastest members of the team who meet the OISRA eligibility criteria. OISRA regulations require an athlete to participate in at least 50% (rounded up) of the regular season league races to be eligible to compete in the state race.

### **(9) TEAM POLICY EXCEPTIONS**

Should circumstances arise that require the need to waive any of these requirements, such action will be taken only after adequate consultation between the Head Coach and the Parent Representative(s).

I have read, understand and agree to abide by all team policies and rules.

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Print Name

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Signature

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Date