

Team Rules for Aloha High School Ski Racing Team

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 the Aloha High School Ski Racing Team (including affiliated 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.

Absences from Training:

The request that an absence from training be considered an excused absence must be verified in writing by, and signed by, the parent/guardian and presented to the Head Coach, or acting assistant/proxy if Head Coach is not present that day. If the Head Coach is not notified in writing for an excused absence within 24 hours of an absence, the absence will constitute an unexcused absence. The Head Coach may also accept an absence excuse by parental text message, Facebook message, e-mail, or telephone call.

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 a verified absence that does not need notification.
- (3) A recognized dryland conditioning alternative that has been approved by the Head Coach and the Parent Board 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 be accommodated within the present exemptions. It is the athlete's responsibility to draw this to the attention of the respective coaches as soon as possible and at least prior to October 27, so that the situation can be discussed between the parties involved. Only under exceptional circumstances will dispensation from mandated training for more than one day in a week be allowed.

Unexcused absences from Training:

Consequences for unexcused absences:

- (a) One (1) unexcused absence in a season week (Starting November 3) from mandated training/conditioning session will 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 will 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 will result in being suspended from the next mid-week on mountain race training session and suspension from the next race day. 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 parents and the athlete regarding their status on the team roster.

Unexcused late arrival:

A late arrival is equivalent to an athlete attending 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 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 who have certain circumstances as discussed with the parent(s)/guardian(s) and Head Coach may be excused from 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 which the athlete and their family are made aware of the conflict.

Unexcused absences from Racing:

Consequences for unexcused absences:

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 punishment may be decided at the discretion of the Head Coach and/or the Parent Board. Any ruling by the Head Coach and 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 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. Athletes' physical condition should allow them to safely participate in regular exercise and on-hill activities. Athletes' ski equipment should be in proper working condition.

Academic and Behavior Standards:

Racers must meet grade eligibility requirements as determined by OSAA/OISRA rules and regulations. The team will enforce the prohibited substance policies of Aloha High 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.

Driving:

RACERS ARE NOT PERMITTED (by OISRA rules) TO DRIVE TO AND FROM RACES OR MOUNTAIN TRAINING. Transportation to weekly night training is provided by the team and included in team fees. Saturday races 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 on Saturdays. The league mandated penalty for violation of the rule against racers driving to the mountain is individual disqualification for four consecutive races.