

## Team Rules for Oregon Episcopal Ski Team

### **Description of OES Ski Team and varsity letters:**

The OES Ski Team is a fun, competitive, team-based group of skiers who like to train for and compete in skis races against other high schools. The team is open to OES skiers. Racing experience is not required however this is NOT a recreational ski program. You are required to be able to ski in a snowplow position and be able to ride a chairlift. As a member of this team you will learn how to ski faster with improved technique and confidence. Every racer gets athletic credit if all requirements are met. A varsity letter is awarded at the discretion of the coaches, taking varsity points scored, leadership, attendance and performance into consideration.

**Practice and Training:** Training is designed to strengthen muscles needed to develop balance and rhythm, which is the essence of ski racing. This could mean any of the following: yoga (for balance), playing ultimate Frisbee, soccer, running dryland gates, jumping, human slalom, the ropes course, and/or fun competitions. It is VERY important to make all the dryland trainings to help avoid injury and allow you to ski faster each week. All athletes should wear appropriate clothing for dryland. Per the OES Handbook on US Athletics, you are expected to attend all practices.

**Unexcused absences** will be subject to the coach's review.

**Racer's responsibility:** Each racer must follow attendance guidelines, sign and comply with the terms set forth in the OES "Agreement of Behavior and Health Expectations" form, notify coaches each week when they will miss a practice and/or a race, whether they'll ride the bus, or whether they will require lodging.

SKIER CERTIFIED HELMETS MUST BE WORN AT ALL TIMES. This applies to free skiing, training, and racing. If you do not have a helmet, inform your coach. NO HELMET, NO SKIING!

Additional information about training schedules, coaches, and equipment can be found in the **General Information** handout.