

## **Team Rules for Cascade Christian Ski Team**

Skiing is a very unique sport with various challenges regarding participation in training and events. We believe in building character through athletics not only by teaching individual technique, tactics, and physical training, but also the participation along with team members towards a common goal. We understand that our athletes have other interests and obligations besides their academic requirements. Even so, we still find it important to make a commitment of at least some minimum requirements in the participation of team training and events.

### **Dry land training**

Starting in early November, athletes must participate at least two days a week. Exceptions may include the participation of other outside sports as agreed upon with the coaches. Athletes or parents must communicate to the Head coach if he/she must be excused from training.

### **On Snow training**

Once the mountain is open and there is enough snow to train on, athletes are required to train on Thursday nights and Saturdays with the team and coaches. If the athlete also skis on the local USSA club team, he/she must train at least one of those days with the high school team. Any other exceptions or excuses for non participation must be communicated ahead of time with the head coach.

### **OISRA Southern League Races**

Athletes must participate (pass through the starting wand) in at least two of the discipline races, either Slalom or Giant Slalom, and accumulate enough points at the respective disciplines to qualify for the State championships either as an individual or as a team member. Just because a team qualifies does not mean they can insert a "ringer" such as a club racer, who did not attend or accumulate enough points to qualify. The number of teams and individuals qualifying for State Championships will depend upon how many we have participating to begin with according to OISRA rules.

### **Academics**

Academic eligibility must be maintained in order to participate in all events. The Head coach will be notified if an athlete is below the expected academic requirements not only prior to the season, but throughout. Athletes will still be allowed to train if below requirements, but will not be able to participate in events. Usually, the school will notify the athlete, his family, and the head coach ahead of time so the athlete may take required steps to regain eligibility before an event.