

# LOST Team Rules Lake Oswego Ski Team

In order to participate on the Lake Oswego Ski Team (Team) and attend overnights and events, the student and his or her parents are advised and agree to the following:

(initial each item)

## >>>Conduct

\_\_\_ **Don't Drink or Use Drugs...**: I will not use, sell, possess or distribute any illegal substances, alcoholic beverages, vape pens, drugs or similar while participating in any School or Ski Team events during the season and if I do I understand I will face suspension and possible expulsion from the team.

\_\_\_ **...Or Your Parents Will Have to Pick You Up**: I understand my parents will be required to pick me up from team events/overnights if I am found in violation of the No Drugs/Alcohol Policy.

\_\_\_ **I Will Always Be Nice**: I will not use disruptive or rude behavior, abusive language, inappropriate behavior towards coaches, other team members, bus drivers, chaperones, mountain staff, parents or others and or do vandalism, fight during any Team function, or any other violation according to Team rules and the LOHS athletic handbook.

\_\_\_ **I Will Attend All Team Events**: I agree that failure to participate in Dryland training or on mountain training could result in not being seeded for league races. Exceptions will be made in advance with excused absences and at the discretion of the head coach.

\_\_\_ **I'll Represent LOST with Pride**: I'll always wear my official LOST jacket training and on race days, and I commit to always representing LOHS and our community with pride and respect, especially when wearing a LOST or LO logo.

## >>>On Snow

\_\_\_ **Participation**: I understand that practice and/or race days are team activities, and I must communicate clearly with coaches if I need to deviate from the day's official team programming. I understand that I am expected to be on time for the bus departing from the mountain.

\_\_\_ **Fist Bump**: When official team activities have concluded on training and/or race days, I understand I must "Fist Bump" a coach to be released from team activities, for example, to go skiing with my family.

\_\_\_ **Never Duck a Rope**: I commit to following all Ski Area rules and the Skier's Responsibility Code. I will never duck a rope or ski a closed trail, and I understand that runs are often closed for safety reasons.

\_\_\_ **Gated Access Terrain**: I will not ski Gated Access Terrain (ex. Heather Canyon, Private Reserve, Fright Trees) without a coach AND buddy. I must request clearance from a coach to ski these areas.

\_\_\_ **Athletes can't drive to Mountain**: A ski team member may drive another member to Dryland training subject to the provisional driver's license laws of the State of Oregon. But athletes are not allowed to drive to or from the mountain for on snow training or on race days – no exceptions – this is a violation of Team Rules and Three River League rules and subject to league consequences.

## >>>Academic Eligibility

\_\_\_ **Good Grades**: I understand I must maintain passing grades in five classes at the semester and also be on track to graduate with a minimum number of credits in order to be academically eligible for Ski Team.

Racer Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Racer Signature: \_\_\_\_\_

Parent Printed Name : \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# Training and Race Venue Policy

The Lake Oswego Ski Team and the OISRA (State Governing Body) require certification for alpine coaches, specifically as a licensed **USSA Alpine Coach** and/or **OISRA Certified Coach**, to be inside the rope line at a training and race venue, unless specifically volunteering for course/gate keeping crew at a race, or if asked to be there by the coaching staff for a specific purpose.

The concerns are the safety and learning experience of the athletes. Think of the training or race venue as the playing field and sideline area during a soccer or football game; only athletes, coaches and officials are allowed in these areas. Parents, to help the coaching staff create the best environment for your athlete, please abide by the following simple rules while on the mountain during training or competition:

**Training Venue:** During training, along with developing the skills to race faster, coach and athlete are constantly working on habitual processes for inspection, visualization, and pre-race routines that will help the athlete reach desirable intensity levels for optimum performance.

1. Please refrain from hanging around the training course start venue.
2. If you would like to observe your athletes as they train with their coaches, specifically inside a roped venue with gates set, please do so from outside the rope line.
3. Please refrain from standing near a coach at the bottom of a training course as the coach is giving feedback. This includes the bottom of the Stadium training venue. The athlete is distracted by the conflict of authority figures present, and the learning process is interrupted.

**Race Venue:** During competition, it is vital that coach and athlete are able to communicate to one- another without distraction from parents. Interrupting this process even with the best of intentions can have adverse effects on the athlete's ability to perform, which directly affects their ability to race in a safe manner.

1. Please refrain from hanging around the race course start venue.
2. Please do not loiter near the group during inspection.
3. Please refrain from interacting with your child immediately following their race performance before they have had a chance to debrief with their coach. Regardless of performance, athletes have just finished an intense physical and mental effort, and there are many emotions involved. Allowing the athlete to come down from this "performance high" by debriefing with their coach first, will help their interaction with you, their parent, to be a much more positive one.
4. Please **DO** provide positive reinforcement and unconditional love and support to your child, regardless of results. These are the best possible things you can give to your developing athletes.

Thank you all for your support and trust in the program. Your athlete's safety and development is of paramount priority and concern.

With my signature, I express that I have read and understand the terms outlined in this Training and Race Venue Policy

Racer Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Racer Signature: \_\_\_\_\_

Parent Printed Name : \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_