

## **Team Rules for Lakeridge Ski Team**

### **Attendance**

School absenteeism and tardiness policy is in effect. See school handbook for clarity. All absences must be pre-arranged with head coach by athlete 24 hours in advance or morning of illness. Email, text, or telephone contact is imperative.

**Excused Absences:** 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. Excused absences will not affect your position on the roster or with the team.

**Unexcused Absences:** Unexcused absences are simply not tolerated. 1<sup>st</sup> offense will result in 1 race suspension. 2<sup>nd</sup> offense can result in team race suspension and team release without refund. 3<sup>rd</sup> offense is team release without refund.

### **Hazing Activities:**

Hazing of any type and/or conduct unbecoming will not be tolerated and will not go unnoticed.

### **Criteria for Varsity letters:**

A racer will receive a letter if he or she has raced varsity during four races of the season or if the racer qualifies for the State Race.

The Lakeridge Ski Team Handbook contains additional information about our drugs and alcohol policy, core values, seeding, bus behavior, race day and dryland procedures, grade, communication, and commitment expectations.