

## Team Rules for LaSalle Ski Team

Students representing the LaSalle Ski Team are expected to exemplify the highest standards of moral integrity and good citizenship both in school and in the community. Students must also meet the expectations described below for attendance, academic progress, conduct, and training in order to be eligible for participation in athletics and/or activities.

**Attendance:** A student must be in attendance for a full day of school to participate in athletics, competitive activities, and/or elected positions. After school detention will have priority over such activities. Student handbook policies related to valid pre-arranged absences (medical appointments, for example) apply to participation as well.

**Academics:** Individuals involved with athletics, competitive activities, and/or elected positions are students first and are expected to make satisfactory progress in their academic work. To be eligible for such, students must have taken and passed (5) classes in the previous semester, and they must be enrolled in and passing (5) classes during the current semester. Students entering their sophomore year must have earned at least (8) eight credits, students entering their junior year must have earned at least (19) nineteen credits. Furthermore, any student involved in athletics, competitive activities, and/or an elected position that is deficient by two or more credits must create an academic plan with his or her counselor to recover the necessary credits to graduate. A student who fails to follow his or her academic plan may be deemed ineligible to participate in athletics, competitive activities, and/or elected positions.

**Conduct:** Athletes are expected to behave in a manner that is a credit to themselves, their team/group, their school, and their community. Any behavioral incidents at any location may result in suspension from participation and/or removal from the team, group, and/or position. Offenses may include, but are not limited to, disruptive behavior, academic dishonesty, theft, vandalism, or harassment.

**Training:** Ski member must stay in top physical and mental condition. They are, therefore, forbidden the possession or use of tobacco, drugs, or alcoholic beverages. This prohibition also includes attendance at any event where illegal activities are taking place or where drugs, alcohol, or tobacco are present or being used, and extends for the entire calendar year. Individuals who are present (willingly or unwillingly) at any such event where illegal activities are taking place are expected to leave immediately. Individuals who violate these training rules will be subject to the consequences listed below:

1<sup>st</sup> offense: Suspension from participation for a period of four (4) contest weeks (a contest week is any week that has a scheduled contest) or an activity-based equivalency. In the event of a first offense without four (4) contest weeks or an activity-based equivalency remaining in the season, the count will resume with the first contest or activity of the next season/year in which the student participates. If the student documents voluntary participation in an appropriate assessment and treatment program, and complies with the program's recommendations, the suspension may be reduced to two weeks, or an activity-based equivalency. With the permission of the head coach or advisor, the athletic director, and the administration, the student may participate in practices and attend contests or performances during the suspension.

2<sup>nd</sup> offense : Expulsion from athletics, competitive activities, and/or elected positions for one calendar year beginning with the date of second offense. Reduction of the penalty may be considered by school administration if the student agrees to be involved in and completes a certified treatment program.

3<sup>rd</sup> offense: No further participation in ski team activities for up to the remainder of the student's high school career.

**Absences:** All members shall attend practices and events unless otherwise excused by the coaching staff. Excused absences include, but are not limited to, those absences necessary to maintain academic standards, medical issues, family obligations and conflicts with other ski racing activities.

**Seeding and Start Order:** The seeding and start orders for races shall be determined upon athletic performance with emphasis on speed to navigate a course and proficiency in finishing a course. Final determination will be upon the discretion of the coaches.

**Selection for State Championship:** The selection of athletes to the state championship squad shall be determined by athletic performance with emphasis on speed to navigate a course and proficiency in finishing a course. Seniority shall be rewarded when considering the selection , when possible. The travel team to the state championship shall include all senior members of the team contingent upon sufficient finances.

**Varsity Lettering:** Varsity letters shall be awarded to all team members entered upon a start order for at least one (1) league race and /or who physically started a varsity league race.