

## Team Rules for Summit Nordic Ski Team

(1) **Attendance** at Summit Nordic practices and races is always encouraged but generally not mandatory. Rare exceptions where attendance is mandatory except for excused absence will be clearly announced via team communication (example, the final practice before State Championships).

(2) Athletes that attend Summit Nordic practices are expected to **follow the team plan** for that day and/or individual alternative plans for that day developed by talking with team coaches.

(3) All Summit Nordic athletes are expected to use **only coach-designated glide wax** for all races whether provided by the team or purchased individually. Further, Summit Nordic athletes will follow all OISRA Nordic rules and guidelines with regards to prohibited glide wax products. Violations of these team rules may result in removal from the Summit Nordic roster along with individual race penalties.

(4) All Summit Nordic athletes are expected to use **exclusively team-provided kick waxes for all classic races**. Further, all Summit Nordic athletes to only work with registered Summit Nordic coaches and designated team volunteers for race day classic ski preparations. Violations of these team rules may result in removal from the Summit Nordic roster along with individual race penalties.

(5) **Criteria for Varsity Letters:** Varsity letters are awarded to any student in good standing who satisfies one of the following criteria:

- (a.) Ranks in the top five individual finishes for Summit Nordic at any OISRA race.
- (b.) Ranks in the top eight individuals in the final individual league standings
- (c.) All seniors that have an active participation in Summit Nordic activities their senior season. "Active participation" is subject to discretionary criteria from the coaching staff.

*v. Fall 2020*