

St. Mary's Academy

2016- 2017 Alpine Skiing Coaches Rules & Expectations

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Rules for 2016-2017 SMA Alpine Racing Season

1. All team athletes must abide by the policies in the 2016-17 St. Mary's Academy Student-Athlete Handbook. (This document can be found on the SMA website)
2. Team athletes will attend **all** dry-land and on-hill training. **This is Your Team. Be a Supporting Member.**
3. Dryland training will be Tuesday, Wednesday and Thursday after school starting November 15 thru Dec 15, 2016. This is your Opportunity to get in SHAPE for SKIING!
4. January and February Dry land training will be Tuesday and Wednesday after school January 3rd until February 22, 2017.
5. The on-hill training in November and December will be held on Saturday's and some Sundays. There will be a 5 day Christmas Vacation camp. See Schedule on Team Snap.
On-hill training in January and February will be held on Thursdays and some Friday evenings and Monday Holidays or No School days. Inclement weather, lack of snow, etc may require changes to this schedule. Team Snap will email you with changes.
6. Policy for Unexcused Absences (either from school classes or training)
 - a. Excessive unexcused absence will result in:
 - i. Demotion in running order
 - ii. A move from Varsity 1 to Varsity 2
 - b. One unexcused absence during a race week will result in i above, the second unexcused absence will result in both i and ii.
 - c. An accumulation of five unexcused absences during the year will automatically result in i above.
 - d. An accumulation of six will result in both i and ii

e. An accumulation of eight will result in dismissal from the team.

7. Excused Absences

- a. Excused absences are defined in the 2016-17 St. Mary's Academy Student-Athlete Handbook.
- b. Each athlete must notify the coach the day prior to missing a practice either by phone or email. It is not excused if notification is done by another team member.
- c. Athletes are responsible for presenting official documentation to the athletic director for excused absences before the next race. Any absence not documented will be treated as an unexcused absence.

8. Varsity Team Selection and Racing Orders

- a. The Varsity team and racing orders are determined by Coach Rooper and will be set by Thursday of each race week. All eligible team members are under consideration for Varsity 1 and Varsity 2 competitions.
 - i. The race running order will be determined by: prior race results, performance during Thursday and Friday night training sessions, dryland attendance, health and attitude.
 - ii. Changes may be made on the day of the race pending the league race committee policies.

9. Varsity Lettering

- a. Varsity 1 letters will be awarded to all athletes meeting the SMA Athletic Department lettering criteria. (See SMA Handbook)
- b. Varsity 1 letters will be awarded to all athletes who raced as a varsity competitor in a minimum of one third of all races, Beginners / Fun race included.
- c.

10. State Championship Team Selection

- a. When the team becomes eligible for the State Championship Races, the team selection will be made by the coaching staff with consultation with the athletic director.

11. Alterations to the above policies may be made by the head coach after consulting with the athletic director and school administration.