

Team Rules for Central Catholic Ski Team

Team Attendance Policy

It is expected that athletes make it a priority to be part of the team and that includes attending scheduled practices. Excused absences will require a signed parent note (or email) to the head coach prior to practice.

One unexcused absence that wasn't prearranged with the coach will result in an automatic demotion to one level down. . Varsity to JV, or JV to JV2, etc. Once an athlete reaches three unexcused absences, the coach will have a phone call or meeting with parents about the level of commitment from the racer and desire to stay on the team. If there are any un-excused absences after this point, the athlete may be asked to leave the team [coach's discretion] [no refunds allowed]. Only three excused absences are allowed for the whole season.

One allowed excused night training/weekend training absence. This is a team, not a club. We are here to work and get better and when you aren't here, it hurts your team that is trying to improve. No unexcused absences allowed for on snow practice. If you miss, we go straight to call home/meeting with parent. Please notify coach 1 wee, in advance if you are going to miss a race.

Coach's word is FINAL PERIOD. The RACE ORDER is determined by the Head Coach and Assistant Coaches, no room for discussion or dissent, PERIOD. Play your role as a racer on a TEAM and do what is best for the TEAM, not you as an individual.

Winning a Letter

Letters will be granted to individuals who start in at least half the varsity races of JV racers who finish in the top five in either discipline (SL or GS) at the end of the season. In specific situations the head coach may use discretion in awarding a letter.

Awards Banquet and Scholar Athletes

An awards dinner is held for all team members and families at the end of the season. Wilson and Central Catholic High School letters and individual awards will be presented to the racers. Racers who have a current GPA of 3.75 or above as of the last grading period will receive a scholar athlete award.

Student Code of Conduct:

All students who participate in the Wilson Ski team are advised and agree to the following:

1) In the event a student member of the Wilson/Central Ski Team uses, sells, distributes or possesses alcoholic beverages, narcotics, tobacco or other illegal substances during the ski season (beginning with the first dry-land training to last team race), the student will be expelled

from the team. This means at ANY time during the season, including time not officially with the team.

2) Suspension from the Team will result from disruptive behavior, rude behavior, abusive language and inappropriate behavior towards coaches, other team members, staff, parents and/or vandalism or fighting during any Team function. Expulsion will result from any repeat offense.

3) Any student member expelled or suspended from the team will not be entitled to a refund of fees paid to the Team.

4) ***Students are not to drive to or from races and on-hill training.*** This does not prohibit students who have a valid driver's license from driving to or participating in dry land training.

5) In order to be able to participate in any OISRA sanctioned events, the racer must meet all school and/or school district academic and athletic requirements as established in "Rule 8, Individual Eligibility," of the OSAA/OISRA Rules and Regulations. In order to participate in Ski Team, an athlete must have a 2.0 GPA without any F's or a 2.5 GPA with one F to be eligible to participate in a High School athletic program such as Ski Team.

6) Failure to participate in dry-land training or on the mountain training could result in not being seeded for league races. Exceptions will be made for those who have jobs or other reasons as approved by the coaches and/or parent committee.

Parent's Agreement to Volunteer

We, as parents, are advised and agree to provide Ski Racers a safe opportunity to enjoy skiing. In order to ensure this, we agree to volunteer for a minimum of 3 volunteer positions (may fluctuate based on number of participants). That may be as chaperones to the mountain or coordinators or race volunteers (please see attached parent responsibilities). These positions are varied to accommodate if you are unable to actually go to the hill with us. Although coaches are present during all or most of these activities, their job is just that-coaching. It's up to us to make sure all that's going on surrounding that is as safe (and as FUN) as possible.

Additional Information

The **Wilson/Central Catholic High School Ski Team Handbook** provides additional information about the coaching staff, dry-land training, Tuesday night on-hill training, winter ski camps, away trips, races, website link, volunteer opportunities and parent responsibilities, season calendar, insurance, tickets/season pass information, fundraising, equipment selection and helmet requirements.