

Team Rules for Hood River Valley

Attendance

- A. Mandatory dryland training days may vary during the season and will be communicated by the dryland coach. It includes mandatory yoga sessions.
- B. Optional training includes meeting at Windels in Welches for trampoline and foam pit aerial practice.
- C. On Snow Training will be at Mt. Hood Meadows on Wednesday and Thursday evenings starting in January. **Students are not allowed to drive to or from on-snow sanctioned ski events.** On Wednesday and Thursday training nights the bus departs the school at 3:30 p.m. and departs the ski area at 8:15 p.m.

Seeding

Seeding decisions are made on the basis of the coaches' judgment. The factors supporting this judgment include previous weeks' results, progress in skill development during practice, attendance and effort at practice and what is best for the team. Seeding may change from week to week as the coaches adjust to the competitive situation, improvements in individual results, and other factors.

Attending races

Parents are responsible for providing transportation to the mountain and carpooling is encouraged.

Criteria for winning a varsity letter

Letters will be granted to individuals who start in at least half the races in varsity positions. In specific situations the head coach may use discretion in awarding a letter. Freestyle athletes who start in at least half of the events and are determined to be competing at the varsity level by the assistant coach/head freestyle coach will also receive a letter. The head coach and assistant coach will consider the contribution of crossover skiers who compete in both freestyle and race events when determining if an athlete who would not otherwise qualify has earned a letter.

The **Hood River Valley Ski Team Handbook** has information about League Competitions, State Competition, training and race schedule, bus and carpool schedule, and more.