

Team Rules for Jesuit Ski Team

Importance of Practice:

Champions are made in practice! It is vital to your development as an athlete to make every workout. It is vital to the team's success that every member realizes their responsibility to the team. Arrange your schedule so that the designated practice times are free to do your workouts. This will take some planning and foresight on your part. Ski racing should be your number one priority during this part of the day. Try to anticipate conflicts and make arrangements ahead of time. The rewards are worth the sacrifice.

Because of the importance of practice, we have established a clear and consistent practice policy.

Attendance Policy:

There is **no excuse** for missing practice without prior consent from a coach. If you cannot attend a practice session for any reason, you must arrange it with one of the coaches. Your request will be approved or denied based on the individual situation. The same procedure must be followed when you are going to be late for practice. Students with after-school labs or study should report to practice immediately after their after-school responsibility. This will allow you to get to practice on time. Friday on the mountain practices are just as important as dryland. Practice at dryland is required just like any other training or mountain day.

Procedure for missing practice, late arrival, or early dismissal:

- (1) See coach personally, before practice and make arrangements
- (2) A written note or email should also be given to the coach, so that you will be cleared on their roll sheet
- (3) If you are absent from school and miss practice, your name should appear as excused on the daily announcements. If your name is not listed as excused, you will need to show your coach an excuse slip.
- (4) If there is an ongoing conflict that has been excused, make sure your name and the days you will be gone are given to your coach in writing.
- (5) If you are injured, report to practice each day and check-in with your coach. Then see the trainer.

Violation of practice policy:

- (1) First unexcused absence or third late arrival: Meeting with coach. Possible suspension from the next race.
- (2) Second unexcused absence or fourth late arrival: Meeting with coach. Possible suspension from the team.
- (3) Third unexcused absence or sixth late arrival: Possible expulsion from the team.

Varsity Team Selection: The Varsity team will be selected by the Head Coach.

Varsity Lettering: A varsity letter will be awarded to any racer the Head Coach designates. Letters are usually awarded to athletes who race in two or more varsity races or who are graduating seniors.

State Championship: Should Jesuit Ski Team earn the right to compete at State, the athletes selected to be part of the team will usually be identifiable as the fastest members of the team, who meet the OISRA eligibility criteria, or any racers the Head Coach selects.