

## Team Rules for Lake Oswego Ski Team

### Hazing Activities

Hazing of any type and/or conduct unbecoming will not be tolerated and will not go unnoticed.

### Profanity

Profanity will not be tolerated. Your teammates and coaches deserve respect. Keep unnecessary remarks to yourself. Sanctions will result with use of profanity. Leagues sanctions can include disqualification and race suspension. Team sanctions can include race suspension and team release.

### Absences and Tardiness – Training/Racing

The School absenteeism and tardiness policy is in effect. See school handbook for clarity.

Ski racing is an athletic event. Success requires aerobic fitness, strength, and considerable agility. In addition to advanced skiing technique. Natural ability is not enough. Ski racers at every level of the sport spend lots of time practicing both on and off snow. At the high school level, we have a limited amount of time to help skiers to achieve the level of fitness and skiing skills necessary to finish well.

**All absences must be pre-arranged with head coach by athlete 24 hours in advance or morning of illness. Email, text or telephone contact is imperative.**

**Excused** absences will not affect your position on the roster or with the team. **Unexcused** absences are simply not tolerated. 1<sup>st</sup> offense will result in 1 race suspension. 2<sup>nd</sup> offense can result in team race suspension and team release without refund. 3<sup>rd</sup> offense is team release without refund.

### Bus Behavior

**Be on time.** The times for the training and racing buses are posted well in advance. Be respectful of your teammates by arriving on time. We will pull out of the parking lot at the posted time, so **if you're not there, you'll be left behind.**

On scheduled bus days, if you intend to ride to or from the mountain with your parents, you must have the LOHS Authorization for transportation to off-campus locations form submitted to the head coach or parent rep in advance. There are no one way bus trips unless arranged in advance.

Remember students are not allowed to drive to or from any on snow training or races. This is a school and a league rule and will result in disqualification from the race and potential removal from the team.

Please be ready to ski upon arrival on training evenings. We will boot up in the bus and **NOT IN THE LODGE**. You are welcome to leave a pack in the lodge with street apparel for post-skiing but it is not recommended. Packs are often stolen or lost.

### Varsity letters

A racer will receive a letter if he or she has raced varsity during four races of the season or if the racer qualifies for State Race.

## **Code of Conduct and Participation Agreement**

When the student and his/her parents agree to abide by the Lake Oswego Ski Team Rules, they are agreeing to the following:

(1) In the event a student on the Team uses, sells, distributes or possesses alcoholic beverages, narcotics, or other illegal substances during participation in any Team event, the student will be expelled from the Team. Suspension from the Team will result from disruptive behavior, rude behavior, abusive language, inappropriate behavior towards coaches, other team members, staff, parents and or vandalism, fighting during any Team function, or any other violation according to Team rules and the LOHS athletic handbook.

(2) 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 Rules and Regulations. An athlete must have a 2.0 GPA without an F's or a 2.5 GPA with one F to be eligible to participate on the Team.

(3) Failure to participate in Dryland training or on mountain training could result in not being seeded for league races. Exceptions will be made in advance with excused absences and at the discretion of the head coach.

(4) A ski team member may drive another member to Dryland training subject to the provisional driver's license laws of the State of Oregon: a) Six months driving experience as a licensed driver (learner's permit time does not count); b) No record of accidents or moving violations; c) Parent's permission granted and given to conditioning coach. A LOHS Authorization for Transportation to Off-Campus location form must be submitted to qualify for any transportation other than supplied busing. **Team athletes are not allowed to drive to or from the mountain for on snow training or on race days – no exceptions – this is a violation of Team Rules and Three River League rules and subject to league consequences.**

**You understand our actions may result in sanctions or team release at the discretion of the head coach.**

The **Lake Oswego Ski Team Handbook contains** additional information about Team Goals; Core Values; Schedules of events; equipment storage, insurance, weather cancellations, lift tickets, awards banquet, fees and refunds, fundraising, volunteer positions, League competitions, state competition, communication, equipment and caring for equipment, being a good teammate, and pre-race preparation.