

## **Team Rules for Lincoln Ski Team**

### **Attendance Policy**

It is expected that athletes make it a priority to be part of the team and that includes attending scheduled practices. Minimum participation for team membership is four Wednesday night trainings, four league races (to qualify to be eligible to compete on our state team in both GS and slalom), three league races (to qualify to be placed on either GS or slalom) and dry land training. This is a team, not an individual sport. Race training outside of the high school league is not a substitute for training with the Lincoln team.

### **Excused absences**

Excused absences for dry land and Wednesday night training must be requested from the head coach prior to practice. For Saturday races, the head coach must be notified regarding planned absences no later than the previous Wednesday night.

### **Unexcused absences**

One unexcused absence will result in an automatic demotion in start orders at the following race. After three unexcused absences, the coach will contact parents about the racer's level of commitment and desire to stay on the team. Subsequent unexcused absences may result in the athlete being removed from the team (coach's discretion) with forfeiture of all fees.

### **Academic and Behavior Standards**

Racers must meet grade eligibility requirements as determined by OSAA/OISRA rules and regulations. Use of illegal drugs and alcohol is not tolerated and will result in expulsion from the team. Disruptive or otherwise inappropriate behavior toward coaches, racers, staff, officials, or aren't volunteers may also result in suspension from the team. Racers will be expected to uphold standards of conduct that reflect positively on the team and school, and treat everyone involved with races and training with the utmost respect.

### **Criteria for varsity letters**

Varsity letters will be granted to individuals who start in at least two varsity races or to Seniors who have participated on the team in previous years with coaches' approval.

### **Driving**

RACERS ARE NOT PERMITTED (by OISRA rules) TO DRIVE TO AND FROM RACES OR MOUNTAIN TRAINING. Transportation to Wednesday night training is via a chartered bus and included in team fees. There is no bus for the Saturday races, and while we help to facilitate car pools, parents are ultimately responsible for their racer's transportation to the mountain on Saturdays. The league mandated penalty for violation of the rule against racers driving to the mountain is individual disqualification for four consecutive races.

The **Lincoln School Ski Team Handbook** contains additional information about (1) Skiing ability criteria, (2) Mandatory parental involvement, (3) Limitation of team size, (4) Fees, (5) Dryland Training, (6) Mountain Training, (7) Insurance requirements, (8) Helmets, (9) Fundraising, (10) Race Schedule, (11) End of Season Team Banquet, (12) League competitions, (13) State Competition, and (14) Volunteer Responsibilities.