



# Sandy Ski Team

## 2014-2015 “Program Guidelines”

1. You must attend class to practice and/or race on Saturdays. Excuses should be cleared ahead of time (doctor, dentist, funerals, school trips, etc.). Skipping of classes will result in a Thursday School (detention) and an activity suspension. Bottom line, go to class! When you are too sick to go to school, please call or text your coach so that he knows you will not be there.
2. **You are a student first.** Coaches reserve the right to remove you from practice/races if you are behind in your class work. We will have contact with all your teachers via email and through grade reports that you will take to your teachers to be signed. Any serious falling behind will result in you missing races or practices to make-up your work.
3. Drugs, alcohol, and tobacco are all against the rules. Using any of them will result in punishment ranging from a 2 week suspension to removal from the team. Do not put yourself in a situation that is questionable—remember your commitment to the team and remove yourself from places where illegal activities could be happening.
4. You will need to ride the bus to and from practice unless there is a special circumstance. A parent note and conversation with the coach and/or AD is needed for this to happen.
5. **Be a “First Class Athlete,”** this means you are both a constant and positive role model for everyone around you. Cursing & insubordination to (parents, teachers, coach) will result in DNS. SHS Ski Team has a zero tolerance policy for rude or unkind behavior directed at anyone.
6. Communication is the key to skiing, key to school, and key to life!! If you are going to miss something, need something, don’t understand something, want to know something, or are confused in any way, **COMMUNICATE** with your coach!
  7. We are a “We not Me” program. Please remember that the needs of the team are greater than the needs of an individual. Please don’t be a “lone wolf,” we do things together.
  8. Hazing is not acceptable. Consequences will be decided by coach and athletic director.
  9. Being a Sandy Ski Team Member is a privilege. Treat it as such. We are not above the law or the rules. You are expected to follow all laws and schools rules just like every other student at SHS.
  10. Be positive! Sportsmanship needs to be a priority for all racers and parents. You will be expected to represent Sandy as a person of integrity and character at all times.

These are the rules of the Sandy Ski Team program, and a student could be punished if he/she chooses to break any of these rules. The student is expected to do the best he/she can to represent Sandy HS, Sandy Ski Team, and himself/herself in school, in the community, and at home.