

Team Rules for The Dalles Wahtonka High School Ski Team

General

Respect your School in a positive way.
Respect your teammates, coaches and parents.
Follow the school athletic policy.
Race helmets are always required.

Practice

You are expected to attend all regularly scheduled practices.
Call your coach *before* practice if you cannot make a practice.
Practices are for race training. Free skiing may or may not be available.
Show up at the right place at the right time.
You are expected to bring the appropriate skis for training.
If you need to leave to warm up or use the restroom, you must check out with a coach.
All skiers are expected to help with set up and tear down.
Free skiing is to develop overall skiing skills, no inverts or skiing in closed areas.

Race/Contest Day

Be on time for inspection and your starts.
We will inspect the course as a team.
Be available to slip the course upon request.
Contact your coach immediately after each run.
Be available to help carry coats and to help tear down if needed.
Seeding for race day is based on race times, attendance, attitude and effort.
The first five seeds are considered Varsity, all other seeds are Varsity 2.

School Letters

A varsity letter is earned by skiing in a varsity seed for at least half of all league races.

State Race

The state teams are chosen based on results and demonstrated ability to represent the Team and the School.
Qualifying for state at the league level does not guarantee you will be part of the state team.

Awards

Most outstanding is awarded to the skiers who earn the best results during the season or display other outstanding characteristics.

110% awarded to the skiers who show the most effort, work the hardest, and /or contribute the most to the team.

Most Improved is awarded to the skiers who show the most improvement in skiing skill, results, or personal growth.