

SHS Alpine Racing Season Rules & Expectations

Winter 2025–2026

Program: Sisters High School Alpine Ski Team

Reference: Sisters School District (SSD) Athletic Handbook 2025–2026

This document supplements the SSD Athletic Handbook. Where conflicts arise, the SSD Athletic Handbook prevails.

Coaching Staff

Head Coach: Natalie Grummer

Email: nataliekgrummer@gmail.com

Assistant Coaches: Emily McDonald, Darcy Davis, TBD

Program Values

Integrity • Passion • Respect • Teamwork • Initiative • Diversity • Professionalism

We represent the Outlaws community with integrity, unity, and sportsmanship — in training, competition, and community.

Training & Attendance

- **Dryland:** Monday, Wednesday, Thursday after school (start of winter season through winter break); Mondays only January-February.
- **On-Snow:** Wednesdays and Fridays (December–February, snow-dependent).
- **Optional Sessions:** Held as opportunities arise and conditions allow.

Attendance: Follows **SSD Academic/Attendance Requirements**. Athletes must attend 60% of the school day to practice or compete, and provide medical notes for appointments. Excused absences include illness, medical/dental visits, or school-approved events. Notify the coach the day prior when possible.

Unexcused absences: May affect Varsity seeding priority or race order. Excessive absences may result in removal from the team.

Eligibility

All SSD and OSAA eligibility standards apply. Weekly grade checks ensure academic progress; athletes must be passing four classes to compete. Homeschool and GED students follow ODE and OSAA eligibility rules.

Conduct & Safety

All student-athletes follow **SSD Code of Conduct, Harassment, Hazing, and Substance Abuse policies**.

- **SSD Substance Policy** applies 24/7/365.
- **Hazing and discriminatory behavior** are not tolerated.
- Violations follow **SSD Athletic Handbook** consequences.
- **SSD Social Media Guidelines** apply to all digital behavior.

Spectator Conduct: Spectating is governed by the host ski resort's rules and race venue access plan. Remain in designated areas and follow all directions from race and resort officials.

Clearance, Fees & Logistics

Athletes must complete SSD athletic clearance (registration, forms, fees, sports physical, SWAY baseline, ASB card).

Pay-to-Play: Fees per SSD guidelines. Ski Team fees cover **Emerald Ski League** registration.

Transportation: Parent/guardian or approved adult drivers must complete SSD volunteer travel waiver requirements. Self-transport is the responsibility of families and must adhere to school district policy.

Cancellations: Determined by Emerald Ski League and resort operations based on safety, conditions, and venue access. Backup race dates are listed on the League calendar.

Team Participation

Team membership is open through **sign-up and participation** (no tryouts). For safety, all athletes must meet the minimum ability requirements:

- Safely and independently load/unload the ski lift.
- Confidently link turns down groomed blue terrain.

Athletes who meet these standards are welcome to join and train with the team. Roster limits may apply only in cases of safety, ability, or coach/athlete discretion.

Ski-Specific Competitive Policies

Varsity and JV Team Selection and Race Orders

- Determined weekly by coaching staff for Start Order submission deadlines of races.
- Considerations: prior race results, performance in training, attendance, health, attitude, and sportsmanship.
- Race-day adjustments may be made as permitted by League policies.

Varsity Lettering

To be considered for end-of-season lettering, a player must complete the season with the team and remain in good academic standing. Varsity letters are awarded to players who have made a significant contribution to the Varsity team as determined by the coaches. Our qualification for Varsity lettering is as follows:

- Letter awarded to athletes who compete in at least five of six league races and record a top-six varsity time in at least one race.
- Letter is also awarded to any athlete who qualifies for the State Championships.

All other players will receive JV letters.

State Championship Team Selection

Selection made by coaching staff based on season standings of League points, with consultation from the Athletic Director as needed.

Communication

Coach to Family: Schedules, expectations, and updates shared via meetings and Remind.

Family to Coach: Communicate absences early. Use the 24-hour rule before discussing concerns.

Escalation Path: Athlete → Coach → Athletic Director → Principal.

Culture Commitments

We embody the **Outlaws Together Creed** — Sportsmanship, Pride, and Respect.

At events, be either a **Player, Coach, Official, or Spectator — only one role at a time.**

Affiliations

Sisters High School Alpine Ski Team competes in the **Emerald Ski League of OISRA**, the governing body for Oregon high school ski racing, and aligns with OSAA 3A and Mountain Valley Conference standards.

Agreement & Signatures

By signing, athlete and parent/guardian affirm understanding of and agreement to SSD and SHS Alpine Ski policies.

Athlete Name: _____ **Date:** _____

Athlete Signature: _____ **Date:** _____

Parent/Guardian Name: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____

Updated 10/07/2025 ng