

LAKERIDGE SKI TEAM RULES AND EXPECTATIONS

Grades

Athletes must be passing all classes and be considered on track to graduate by the school to be eligible to participate in the ski team. We take academics very seriously so don't hesitate to ask for help when it comes to balancing your athletic and academic responsibilities. The sooner we know about a potential issue, the easier it will be to help get you back on track.

Drugs, Tobacco, and Alcohol

Use of illegal drugs and alcohol is not tolerated. Anyone caught violating this rule will be subject to the school's Drug and Alcohol Policy (see drug and alcohol policy below) and will be additionally disciplined at the discretion of the Head Coach. Expulsion from the team will be considered should you choose to violate this policy.

Hazing Activities

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

Dryland

Understand that dryland is mandatory and any unexcused absences will affect your standing on the team or may result in termination of your membership to this team. Also understand that your participation on Thursday night training is dependent on your participation and attendance at dryland practice that week; meaning if you chose not to attend dryland, you will not be allowed to ride the bus and train on Thursday. Your participation level and attendance will continually be reported to the head coach. Dryland attendance is also taken into consideration when determining the seed order for each race.

You are also responsible for your achievement. Don't just get by with what is asked of you; challenge yourself. If you feel a task has become easy for you, then ask how to make it more challenging. Your fitness is very important to your success on skis. Push yourself and the results will follow.

Bus Behavior

Be respectful. This should go without saying. Be respectful of the driver, chaperone, and teammates. This means following directions, no swearing, not leaving garbage, etc. Should this become an issue, assigned seats will be created.

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 home from the mountain with your parents, you must email or call the parent representative responsible for the bus in advance. There are no one-way bus trips unless arranged in advance.

On-Hill

When we are on the mountain, the coaches must know where all athletes are at all times. The following 3 warning policy is in place if an athlete takes off during training/skiing without communicating AND getting approval from a coach.

First warning: The athlete gets a verbal warning.

Second warning: The athlete is not allowed to attend the next on-hill day.

Third warning: The athlete is off the team.

This is a safety and liability issue and we take it very seriously.

Training

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 on top. Absences will only be excused for the following reasons:

Academic: Although athletes are expected to manage their academic and sports team schedules to ensure the requirements of each are satisfied, an excused absence may be granted in the case of conflicts with important exams or projects at the discretion of the coach with *prior notice*.

Illness: Coach may require a note from home or medical professional in certain cases to grant an excused absence for illness. Athletes should try to arrange for doctor's appointments on days that we do not have dryland or training.

Coach's discretion: A pre-arranged absence may be granted at the discretion of the head coach.

Athletes are expected to **arrange in advance** for any excused absence (Academic, Religious, etc). Unexcused absences could result in a loss of seeding, a loss of a start, or, if absences continue unabated, suspension or removal from the team.

WINNING A LETTER

Winning a Letter

Letters will be granted to individuals who start in at least half the varsity races. In specific situations the head coach may use discretion in awarding a letter.

DRUGS AND ALCOHOL POLICY

ZERO TOLERANCE

Possession, selling, or use of alcohol, tobacco, or drugs is not tolerated. Rules prohibiting athletes from alcohol and drug-related activity in district athletic programs are in force during the entire season – seven days a week, 24 hours a day – at any location. (Make good decisions during the school week, weekends, and over the holidays!)

Alcohol / Drug-related activity includes but is not limited to: use, transfer, sale or possession of drugs or alcohol, drug paraphernalia, drug-impaired learning, drug-influenced behavior, and any act assisting or promoting such activity.

Your responsibility is to abide by these policies and any violation of these policies may result in your membership to the Ski Team being terminated. Please see the full policy in the Lakeridge Student-Athlete Handbook.

The Lakeridge Ski Team Handbook contains additional information about our core values, seeding, race day and dryland procedures, academic expectations, communication, and commitment expectations.