

WillyCamp Team Rules for:
Central Catholic
Riverdale
LaSalle
Ida B Wells
Nelson
West Linn
HS Ski Teams and Individuals

Attendance Policy:

It is expected that athletes make it a priority to be part of the team and that includes attending scheduled practices. Excused absences will require a signed parent note (or email) to the head coach prior to practice.

One unexcused absence that wasn't prearranged with the Head Coach will result in an automatic demotion to one level down. Varsity to JV, or JV to JV2, etc. Once an athlete reaches three unexcused absences, the coach will have a phone call or meeting with parents about the level of commitment from the racer and desire to stay on the team. If there are any un-excused absences after this point, the athlete may be asked to leave the team [coach's discretion] [no refunds allowed]. Only three excused absences are allowed for the whole season. All athletes must attend a minimum 3 training dates, and 3 league races to be eligible for State races, unless prearrange with the Head Coach. OISRA requires all athletes to participate in a minimum 3 TRL League races during the league season, to qualify for state competition as an Individual or team athlete, unless the athlete can prove hardship.

This is HS team sport, not youth club. We are here to work and get better and when you aren't here, it hurts your team that is trying to improve. No unexcused absences allowed for on snow practice. I need to fill out racer seeding 3 day's before each race. It is important to notify the Head Coach 3 days in advance if you are going to miss the upcoming race. If you are sick and cannot make the race after the 3 days before the event, I only have an opportunity to move up a JV athlete into the missing athlete's seed. I cannot redo seeding after I submit 3 days prior to the race. If we do not have JV athletes, we then race with an empty seed.

Coach's word is FINAL PERIOD. The RACE ORDER is determined by the Head Coach and Assistant Coaches, no room for discussion or dissent, PERIOD. Play your role as a racer on a TEAM and do what is best for the TEAM, not you as an individual.

Winning a Letter:

Letters will be granted to individuals who start in at least 2 of a full, 6, racer varsity team, in varsity races. If less than 6 racers compete per team, than an Individual will be granted a letter by either a top 25 finish in a Varsity TRL Race, or is selected to go to state either as and Individual or part of a team.

In specific situations the head coach may use discretion in awarding a letter.

Student Code of Conduct:

All students who participate in Ski team are advised and agree to the following:

1) In the event a student member of WillyCamp HS group teams uses, sells, distributes or possesses alcoholic beverages, narcotics, tobacco or other illegal substances during the ski season (beginning with the first dry-land training to last team race), the student will be put on probation or expelled from the team at WillyCamp discretion. This means at ANY time during the season.

- 2) Suspension from the Team will result from disruptive behavior, rude behavior, abusive language and inappropriate behavior towards coaches, other team members, staff, parents and/or vandalism or fighting during any Team function. Expulsion will result from any repeat offense.
- 3) Any student member expelled or suspended from the team will not be entitled to a refund of fees paid to the Team.
- 4) Students are permitted to drive to or from races and on-hill training whom have a valid driver's license. Athletes are permitted to Car Pool with family members. Athletes are permitted to Car Pool with other athletes as long as the have **written permission** from Car Pooling athlete's parent or guardian either by paper note, email from parent email address, or text from parent's cell phone.
- 5) In order to be able to participate in any OISRA sanctioned events, the racer must meet all school and/or school district academic and athletic requirements as established in "Rule 8, Individual Eligibility," of the OSAA/OISRA Rules and Regulations. In order to participate in Ski Team, an athlete must have a 2.0 GPA without any F's or a 2.5 GPA with one F to be eligible to participate in a High School athletic program such as Ski Team.
- 6) Failure to participate in on the mountain training could result in not being seeded for league races. Exceptions will be made for those who have jobs or other reasons as approved by the coaches and/or parent committee.

Parent's Agreement to Volunteer:

We, as parents, are advised and agree to provide Ski Racers a safe opportunity to enjoy skiing. In order to ensure this, we agree to volunteer for a minimum of 3 volunteer positions (may fluctuate based on number of participants). That may be as chaperones to the mountain or coordinators or race volunteers. These positions are varied to accommodate if you are unable to actually go to the hill with us. Although coaches are present during all or most of these activities, their job is just that-coaching. It's up to us to make sure all that's going on surrounding that is as safe (and as FUN) as possible.

Additional Information can be found on the Three Rivers League, and OISRA websites

<https://www.ski3rivers.org/>

<https://www.oisra.org/coaches-training/coach-registration-completions.html>