

# Tigard High School Ski Team Policies

**(1) ELIGIBILITY FOR PARTICIPATION** on the Tigard High School Ski Team requires the athletes to comply with all Tigard High School varsity sports eligibility requirements, including:

- i) Current physical exam
- ii) Parent permission / proof of insurance signed form
- iii) Student must be enrolled in 3 or more block classes
- iv) Student must be passing 3 or 4 block classes
- v) Student must maintain a minimum 2.00 grade point average with no F grades
- vi) Attend all mandated training sessions and race meetings
- vii) Compliance with all

It is recognized that there may be circumstances where it is not possible for an athlete to attend a mandated activity. The following regulations will apply under those circumstances.

## **(2) TRAINING:**

**(2a) EXCUSED ABSENCES** must be verified with a phone call to the Head Coach one day in advance of an absence as set out below.

Failure to request that the absence be considered as "excused" prior to one day will constitute an unexcused absence.

*\* The Head Coach may accept a request by parental telephone call if the one-day period is not able to be adhered to.*

- i) A physical injury that renders the athlete incapable of participating in any training. Racer or parent must call the Head Coach immediately.
- ii) A verifiable absence from school for a school activity. This requires parental verification/request in writing, either directly to the coach or via the school administration.
- iii) School closure is a verified absence that does not need notification.
- iv) Recognized cross (dry land) training that has been approved by the Head Coach may be substituted for regularly scheduled dry land training.
- v) If an athlete has a conflict with another sport or a recognized High School activity\*\* that cannot be accommodated within the present exemptions, it is the **athlete's responsibility** to draw this to the attention of the respective coaches, tutors etc., as soon as possible and at least prior to the Monday preceding Thanksgiving, so that the situation can be discussed between the parties involved. *Only under exceptional circumstances will dispensation from mandated training for more than one day in a week be allowed.*

**(2b) UNEXCUSED ABSENCES:** Athletes will be allowed:

- (i) **Four (4) unexcused absences** from mandated training session and/or race's during the season which commences the 1<sup>st</sup> week in November
- (ii) **5<sup>th</sup> unexcused absence;** at the next race the athlete will be seeded at the end of varsity II.
- (iii) **6<sup>th</sup> unexcused absence;** the athlete will be suspended from competing at next race, but will attend the race meeting and train or assist at the instruction of the Head Coach.
- (iv) **7<sup>th</sup> unexcused absence;** the athlete will be dismissed from the team

## **(3) RACING:**

**(3a) EXCUSED ABSENCES** from a race meeting are, for a verifiable injury, a recognized High School or other activity\*\* or force majeure

**(3b) UNEXCUSED ABSENCE.** A member of the Varsity I Team will be seeded to Varsity II, and a Varsity II team member will be seeded last in that category. Other punishment may be decided at the discretion of the Head Coach and/or the Parent Board.

Any ruling by the Head Coach and the Parent Board will be reviewed only upon receipt of a written request from the athlete and his or her parent/guardian.

## **VARSIITY TEAM SELECTION:**

The Varsity I team for the first two Metro League events will consist of the number of boys and girls as allowed for in the Metro League regulations who have been selected by the coaches following suitable time trials to establish a seeding. Should there be no time trials the

coaches will select a Varsity team that is representative of the fastest athletes taking into account known past performances.

Alterations to the Varsity I team for subsequent races will be based on merit, and the teams needs. Should a member of a Varsity team, seeded in the top five not be able to compete in a Metro League event because of their need to participate in a recognized activity\*\*, consideration may be shown the athlete by allowing him/her to start in the next Metro League event as the fifth seed\*\*\* of their respective (male/female) Varsity team If it is considered necessary to make an alteration or substitution in the team to benefit the team or an individual's standing, such an alteration will be made only after consultation between the Head Coach and the Parent Representative.

\*\* Recognition may be extended to an athlete that has the need to participate in a recognized High School or comparable artistic or athletic event. A written request for such recognition needs be made to the Head Coach prior to participation. Similar recognition may be considered for some academic requirements.

\*\*\* The seeding of fifth is not a penalty, it is to acknowledge the efforts and results of those who did compete at the event involved.

**VARSIITY LETTERING;** A varsity letter will be awarded for an athlete meeting the following requirements:

- (i) An athlete must attend the ski team awards meeting or they will not receive their certificate, letter or any other awards. The only exception is if the athlete is excused by the coach before the awards date.
- (ii) An athlete must not miss any games or events because of participation in a non-school club, recreational, or other activity.
- (iii) An athlete must display sportsmanship and conduct which exemplify the school to his or her opponents, spectators, teammates, and officials and must conform to practice and game rules/regulations as established by the school and the ski team coach.
- (iv) An athlete must conform to all training rules established by the coach.
- (v) The athlete must return all equipment issued to him or her to the satisfaction of the coach and/or athletic director.
- (vi) In the event of injury or other legitimate extenuating circumstances, letter winners will be made on the recommendation of the coach to the athletic director.
- (vii) Race in top 5 seed for Varsity I at 50% of all league races and score a total of not less than 10 "place points" for the season. "Place points" are defined in OISRA Alpine Division Race Rules, "Scoring." Any combination of places may be combined to add up to a 10<sup>th</sup> place finish for the season. The Christine Cato Memorial race does not count toward the point total.
- (viii) Any senior who has not met the award requirements, but has been a member in good standing for two or more years.
- (ix) The head coach may recommend awards in special cases to athletes who have not met the requirements.

## **STATE CHAMPIONSHIP.**

Should the Tigard Ski team earn the right to compete at State, the athletes selected to be part of the team will, where possible, be identifiable as the fastest members of the team who meet the OISRA eligibility criteria. OISRA regulations require an athlete to participate in at least 50% (rounded up) of the regular season league races to be eligible to compete in the state race.

## **TEAM POLICY EXCEPTIONS**

Should circumstances arise that require the need to waive any of these requirements, such action will be taken only after adequate consultation between the Head Coach, the Parent Representative(s) and the team captains.