

MHS Ski Team **Attendance**

Skiing is a competitive varsity sport which requires skill, strength, and proper training. It is essential that MHS Ski Team athletes attend practices.

1. Skiers are expected to attend all practices, weight room times, and races.
2. Excused absences must be communicated to coach before practice/weight room/race begins.
3. Athletes are expected to be at practice and ready to go at the start time. Geared up at meeting location on hill.
4. Athletes are expected to remain with the team during practice and/or working under coaches direction. Athletes found to be skipping practices by hanging out in lodge, terrain park, or other hill area not under coaches direction will be considered absent without an excuse (unexcused).
5. All athletes will assist in course set-up, tear down, and slipping the lane at the conclusion of practice.
6. Athletes will not ski if they are not in school for at least a half a day on the day of a race or practice.
7. Coaches may remove athletes from a race due to injury, illness, or medical condition.
8. As with other varsity sports, if you are not at practice, don't expect to race.

Communication is key!

Unexcused absences generally occur because an athlete did not communicate with the coach or the reason for the absence was unacceptable.

- It is an **athlete's responsibility** to call, text, or e-mail, the coach with an explanation as to why he/she cannot attend practice.
- Parents should not be communicating absences to the coach.
- Athletes must contact coach ahead of the practice that will be missed.

Life is sometimes unpredictable. Coach's discretion will be a factor in deciding how to determine excused versus unexcused absences.

Examples of excused absences:

- Illness/medical condition
- Family or personal emergency
- Planned trip
- Injury
- Religious commitment
- An absence pre-arranged with coach and is documented in writing

Actions for unexcused absence:

- 1st unexcused absence: discussion with the coaches
- 2nd unexcused absence: suspended from the next race
- 3rd unexcused absence: suspended from a second race
- 4th unexcused absence: possible dismissal from the team

USSA/FIS Racers

This section does not apply to athletes participating in Midwest Alpine Racing (MWAR) as the practices and races should not conflict with MHS Races.

Skiing is a unique high school varsity sport since athletes may participate in both high school events and club events during the same season. Most varsity sports in high school do not allow this. Due to this unique situation reasonable accommodations for attendance are made.

Athletes who participate in USSA/FIS racing must email the coaches a calendar showing their availability for practices and races on or before Dec 1. The calendar should indicate planned HS practice dates, planned HS race days, planned USSA/FIS races with locations, and planned school absences. Providing a calendar to the coach will help ensure an athlete does not receive an unexcused absence. Unless approved by the coach in advance and documented on the submitted calendar, USSA/FIS racers will not miss a practice or race to attend a USSA/FIS practice or event. Athletes should make reasonable attempts to attend Sunday evening practices.

USSA/FIS racers may practice with their USSA/FIS coach when both the High School and USSA/FIS practice is occurring at the same time on the same hill with both coaches agreeing. For example if MHS is using a lane for practice and the USSA/FIS coach is using an adjacent lane a racer may ask the HS coach and the USSA/FIS coach if it is OK to practice on the USSA/FIS lane. USSA/FIS coach would then be responsible for athlete safety, etc.

November 10, 2019