

EAST HIGH 2008-2009 XC SKI HANDBOOK

Communication

Athletes and parents are encouraged to communicate questions and concerns with the head coach, through email < Bronga_tom@asdk12.org > The team website <http://www.eastxc.org> is updated often. Please check the website calendar and practice blog daily for last minute changes in practice, races, and other activities.

2007-2008 T-BIRD COACHING STAFF

Tom Bronga bronga_tom@asdk12.org home 333-0610 work 742-2123

Sara Rottman

Jason Bent

With assistance from: Scott Thomas, Gary Snyder, and Charlie Hostetler

Booster Club

The ski team has an active booster club that raises funds to help offset skier and team expenses. Your help is needed. Contact president: Dan Carey Carey_Dan@asdk12.org, Denise Carey Carey_denise@asdk12.org,

Behavior

Skiers must maintain 2.0 GPA, minimum 5 classes. Students must follow all Alaska School Activities Association, ASAA, rules.

The ski coach will announce team rules verbally and in writing during the first week of practice. These rules will include: use the "buddy system", no one skis alone, be respectful of the coaches and your fellow skiers, proper dress- no skiing without a hat and gloves unless the temperature is above 35 degrees Fahrenheit, no horseplay, ski within your limits, and be careful around equipment.

Behavior that is dangerous to other members of the team will not be tolerated and may constitute grounds for removal.

The ski room, locker area, wax benches must be clean at all times. Equipment used must be put away. Skiers must complete the workouts and return to the locker room at the determined time. The ski room will be locked within 15 minutes of the end practice.

Attendance Policy

Practice is held Monday-Friday from 2:30-4:30 in the cross-country ski room. Skiers are expected to arrive at 2:20, change clothing in the rest rooms, prep skis, and be ready to begin practice at 2:30pm. All practices will start promptly. Skiers will be dressed and have appropriate gear at the start of practice. Late skiers will be marked absent.

Strength practices are held on Monday and Wednesday morning from 6-6:45 am. There will be optional Saturday practices early in the season.

Good standing means a skier is eligible for A/B team races. Athletes should attend 5 of 7 Monday-Friday practices a week to be in good standing. An athlete participating in another long-term after school sport or activity should attend 5 weekly practices and have prior written permission from the coach.

The optional Saturdays practice may occasionally replace a missed practice during the week. Other occasionally excused absences, communicated before the absences, will be considered.

All athletes must participate in school races and attend practice the day before a race.

An athlete must attend the entire practice and complete the assigned workout for that practice to count towards race eligibility, PE waiver, participation, and varsity awards.

Athletes missing more than 3 after school practices without an excuse may be removed from the team.

Athletes must come prepared to ski either classic or skate technique, be ready to run as well, or attendance of that practice doesn't count. Check the practice blog and calendar every Sunday night at <http://www.eastxc.org>

Participation Awards

Participation awards are given to all skiers who attend 70% of all scheduled after school practices and race in 5 high school races. The athlete must also attend 70% of all after school practices and race in 5 high school races to be considered for a Physical Education waiver. If a skier has more than 3 unexcused absences, she/he may not qualify for a varsity letter, participation award, or PE waiver.

Varsity Letter Awards

Varsity Letter awards are given to all skiers who attend 80% of all scheduled after school practices and race in 5 high school varsity races. There will be 9 races that will be used to score varsity points. These races are all regular season races and regions. The skier must race varsity in 5 or have a varsity equivalent time in 5 races. The athlete must also race at regions to qualify for a varsity letter.

A skier in the "C" team race of shorter distance, when the varsity races longer race, may qualify for an equivalent varsity race time. The coach may look at minutes/kilometer, and use coach's discretion.

Transportation on Practice and Race days

Athletes are expected to participate in all High School Ski Races. Athletes must ride the bus to races. Athletes must carry their equipment in a ski bag. Athletes must arrive 10-15 minutes early on travel days.

Athletes are expected to travel with the team on the team bus to and from all competitions and workouts that require travel. If the skier rides the bus to a meet, he/she must ride the bus back to school or ride home with a PARENT ONLY. (ASD policy) You must notify one of the coaches if you are riding home with a parent.

Equipment Needed for Practice and Races

Athletes are expected to provide their own ski equipment and outdoor clothing. A limited number of skis are available for skiers that need equipment. There is a charge of \$25 for use of a school set of skis, boots, and poles. If a skier breaks school equipment and would like to rent another set, the skier may be charged an additional \$25.

LABEL ALL GEAR WITH PERMANENT MARKER-before bringing into the ski room! Gear not easily identified will not be permitted. Skis, boots, and poles for both skating and classic are needed as well as a ski bag . Bring proper clothing for all temperatures, "say no to cotton"! Indoor workout clothes; running shoes, shorts and shirt. Outdoor workout clothes; hat, gloves, thermal underwear, ski pants and coat.

Waxing

Skiers at EHS are fortunate to not have to pay a wax fee. Many of the other schools do. The school and coaches will provide skiers with practice and race wax. Skiers are expected to treat the benches, irons and wax supplies as if they were your own. Skiers are not allowed in the wax room without permission from one of the coaches.

Skiers are taught how to wax his/her own skis. The coaches will also help wax before all races. We strongly recommend getting set up with a wax iron and bench at home. Waxing days at school are long and hectic.

Uniforms

Racing uniforms are issued to all eligible skiers. New Team Hats are available for purchase. Team Jackets will also be issued to eligible skiers. Skiers are expected to purchase and wear black ski pants to races as part of the uniform.

Where to Put Your Skis and Equipment During the Week

You may store gear in the ski room as long as your name is on all gear. A Ski bag is required to keep your gear in check.. The ski room will open at 2:10 daily. It will lock at 2:45. If you have to leave early, think ahead. Areas in the ski room will be designated for your ski equipment. You will be assigned lockers for your workout clothes. Dirty, sweaty workout clothes will not be allowed in the ski room. You must change clothes in rest rooms.

State Team Selection

The state team selections will be based on Varsity points, the last 4 races including regions will be more heavily weighted. Coaches' discretion will also be involved in the state team selections. Our goal is to race the fastest team possible at the state championships. State team will be announced at the team party after regions.