

Welcome to the Lakeridge Ski Team!

We're coming into this year hot after an extremely successful season in 2023. Our girls team dominated by winning league at both the Varsity and JV levels. The Varsity squad went on to win the State Championship title. Our boys team developed significantly over the last year which ended with a State team qualification and helping us achieve 5th place for boys and girls combined at the State Championships. This is the senior year for a lot of terrific athletes and teammates but I have no doubt they will finish their high school ski racing careers on a high note. I know we have a lot of talent and potential returning and coming in. We're looking forward to building on our 2023 success and setting up Lakeridge Ski Team to continue as a dominating power in the league and the state.

The mission of the Lakeridge High School Ski Team is to develop good athletes while promoting sportsmanship and competition in a fun, positive environment through the sport of ski racing. We want to create better skiers and instill a lifelong love for the sport. Under our guidance, athletes learn to maintain high standards for personal, athletic, and academic achievement.

Our Goal:

- + Provide a program that emphasizes safety, fundamentals, teamwork, sportsmanship, camaraderie, and fun.
- + Promote focus, discipline, and perseverance among athletes for their continued success in school and life.
- + Develop skiers who will enjoy mountain sports for their entire life.

In an effort to build well-rounded athletes, we will maintain our focus on all-mountain fundamentals. Success is not solely built in the course and non-gate training will play an important role in our program. As an athlete and a ski racer there will always be room for improvement, regardless of experience. The fundamentals of skiing will not only make you a better, faster racer, but also improve your free skiing ability across all terrain. It is well known that the best racers are great skiers first, which is why we focus on the fundamentals of skiing.

As one of the largest and most competitive teams in the state we are often under close scrutiny from others. Our conduct not only reflects upon ourselves but also upon our team. In keeping with our position as one of the most respected teams, you are expected to be polite, enthusiastic, and always, always demonstrate good sportsmanship.

Our team is determined, eager, and talented which puts us in a great position to build on our past success and continue to develop into successful racers. Through the tradition of Lakeridge hard work we will build on everyone's abilities and continue to be one of the strongest teams in the league and state.

The coaching staff and I are dedicated to providing an effective platform for everyone to grow, both physically and mentally. We look forward to a fun and successful ski season!

Coach Jacqui Monahan
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For each other and improvement.



YOUR COMMITMENT

By joining Ski Team, you are making a commitment to your teammates, coaches, parents, and school. You are expected to maintain your commitment throughout the season. That means, showing up to EVERY dryland, coming prepared and willing to learn each Thursday, and be ready to race AS A TEAM on race day. During the season, you are expected to make ski team a priority.

SCHOOL: As a student-athlete, understanding that your first priority is to obtain an education is important to your success. Develop good study habits, seek help from tutors if needed and take advantage of study halls. You are a student first, athlete second. But that doesn't mean homework is an excuse. Time-management is key to your success. If you struggle with the balance of filling your school obligations and maintaining your commitment to the team, please ask for help!

TEAMMATES: Realize that your decisions have an impact on the entire team. Your team is counting on you to make good decisions, treat everyone with respect, be kind, and be honest.

DRYLAND: You are expected to be on time, in athletic clothing, ready to give 100% at EVERY dryland.

OVERNIGHTS: You know when they are now, so plan ahead and be prepared. Except for injury, leaving an overnight early is not an option. Bring your homework or get it done ahead of time.

THURSDAY NIGHT TRAINING: Come prepared for training – this means that you have all your gear and it is dry and ready to go. It is expected that you get your gear on in the bus and are ready to walk straight to the lift when the bus pulls into the parking lot. We train as a team and you are not to detach from the group on the mountain unless you have verbal approval from a coach.

RACE DAYS: Be outside and ready to stretch on time! Sportsmanship is key – slip with your team, help carry clothes, cheer on your teammates. Don't make plans to leave early! No one leaves until they are excused by the head coach.

TEAM RULES AND EXPECTATIONS

Grades

Athletes must be passing all classes 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 race 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. Remember students are not allowed to drive to or from any on snow training or races. This is a school and league rule and will result in disqualification from the race.

Finally, make sure you have arranged for a ride home from the bus. We don't like leaving kids at the school late at night. Racers should plan on having a way to contact their transportation if unexpected delays occur while at the mountain.

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.

Race Day

In order for our team to perform at its highest level on race days, we expect the following:

Be on snow 20 min prior to lifts opening. It is critical that racers are on snow at least 20 minutes prior to the lift opening to have time to stretch and get on the lift. The goal is to be the first team on course so we have plenty of time to inspect and warm-up.

Bring a lunch or snacks and a water with you to the top of the course in the morning. The amount of time between runs is limited so please bring food and water with you to the top of the course. Timing looks different almost every race day. The best practice is to bring everything with you to the course just in case.

All racers are on course until the race is finished. It should be understood that racers are expected to be on or immediately around the course during the ENTIRE duration of the race. With our league operating with a second run flip system, the spot you race in second run could be different and the timing of when you race is unpredictable. This means that there will be no free skiing while the race is going on and racers should expect to help each other prepare and carry coats until the last racer has finished.

Missed your start? You might not race. You are expected to keep an eye on the race and be at the top of the course at least 10 minutes before your start time. Mistakes happen, but if you repeatedly miss your start, the coach at the top will no longer pull strings to get you put into the end of the line. Missing your start is disrespectful to your teammates and the league volunteers and will not be tolerated. If you continue to miss your start, expect to be put at the bottom of the start order the following race regardless of results or attendance.

If there are circumstances that seem exceptional to this rule, plans need to be arranged with the head coach in advance of race day.

Overnights

To be able to stay at the mountain overnight as a team is a great opportunity for team bonding and quality, consecutive training/racing. It is also a privilege. Athletes should be prepared to listen to the designated chaperones, be in their rooms and go to bed on time, and overall take responsibility for their well-being so that they are prepared to be athletic the following day.

Failure to follow the instructions of the parent chaperones, coaches, or staff of the accommodations during an overnight stay will result in disciplinary action with the possibility of your membership on the team being terminated.

Club Racers and Other Sports

If you are a club racer who also wants to compete on the high school level, that's great! These schedules can conflict sometimes, but we are willing to work with you to make it work. It is expected that you train with the team 75% of the time in order to compete on race day. In order to race Varsity throughout the season (assuming you qualify for that level), we require a 4 out of 6 race commitment.

We understand that some athletes also participate in other sports which is awesome and encouraged. However, during ski season we require that their commitment is to the Ski Team. That means that again they are required to attend our dryland and on-hill trainings and missing for another sport practice is not an excuse. The only leniency on this is if they are attending ski training on the mountain on Friday nights.

In the past, the start of the spring sport season has bled into the State race and State training. If you are an athlete that qualified for the State race and a spring sport coach is not allowing for tryout or practice leniency

during this period, please bring it to the head coach immediately. This is not in the spirit of Lakeridge Athletics and will be brought to the attention of the Athletic Director.

Any exceptions to these guidelines are to be taken under consideration by the coaching staff and ultimately determined by the head coach. Please note: It is extremely rare that an exception to these guidelines is granted.

SCORING, SEEDING, AND WINNING A LETTER

Lakeridge is blessed with many outstanding skiers. Many team members have extensive skiing backgrounds or have been involved in club racing for many years before high school. This makes us a very competitive team and make inter-team competition for Varsity spots very tough.

League Competition

High school scoring is as follows: the top three Varsity times for each run are added together and totaled. The lowest team time wins the race. Team points are assigned on the basis of the team's finish. Points are accumulated during the year for both slalom and giant slalom. Individual finishes are also awarded points each week and individual awards in each discipline and the overall are awarded at the end of the season.

The top three times must come from the top six seeds for both boys and girls. These top six seeds represent the Varsity teams for the week. Junior Varsity times are kept and posted each week and the league will award and publish individual standings for JV at the end of the year.

Each week, the head coach will submit the week's seeding (start order) to the league office. Once the start order is submitted, no changes can be made. **Any known absence on a race day should be communicated to the coach prior to Thursday** on the week of the absence (or sooner if it's known). Failure to do this can significantly hurt the team's chances for State. The seeds are to ensure the best possible finish for the team each week. Seeding decisions are based on coach judgment. The factors supporting this judgment include previous weeks' results, progress in skill development during practice, attendance and effort at practice (including dryland), sportsmanship, and leadership. There may also be other factors that make an unusual seed selection more advantageous for the team. Seeds may change from week to week as the coaches adjust to the competitive situation (including snow conditions), improvements in individual results, and other factors. Please note: the seed order of athletes each week is not up for discussion and is a decision made only by the coaches. **It is not solely made on race results.**

State Qualification

Should Lakeridge qualify for State as a team on either the boys or girls side (or both), the coaches will make the decision regarding who will be on the State team and which discipline those racers will participate in. It is possible that a racer is invited to compete in the slalom but not the G.S. or vice versa. These are brutal decisions every year and the following are some of the items taken into consideration (in no particular order):

- ☐ Race results, finish rate, and attendance
- ☐ Training results and effort
- ☐ Dryland and training attendance
- ☐ Ability to race in ruts
- ☐ Contribution to the team time throughout the season
- ☐ Attitude and leadership
- ☐ Sportsmanship
- ☐ Seniority
- ☐ Academic eligibility
- ☐ Progression over the season
- ☐ Effort put into fostering a supportive team atmosphere

It has happened in the past where a racer with the "better" overall results from the season was not invited to State because another racer had significantly progressed over the season and at that point was a better racer and a more supportive teammate. This means that a racer who has been on Varsity all season is not

guaranteed an invite to State. These decisions are not always cut and dry. We are willing to explain our reasoning but at the end of the day you must accept the decision that has been made.

The Lakeridge Ski Team separates the "State season" from the "league season". Membership on the team means that you are encouraged/welcomed/required to be at team trainings and events from November 13 until the last league race. For the 2024 season, that is February 25th. Starting February 26th, apart from the Three Rivers League end of year awards and the Lakeridge end of year team banquet, all dryland and on-snow training will be considered part of the "State season" and will only be open to the individuals that have qualified for the State Championship race.

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.

OTHER NOTES

Don't chase results

If you focus on your own growth and mastery, you will see improved performance and the results will follow. If you set your goals, work hard, and focus on achieving those goals, all while being a good teammate, you will eventually get the results you are looking for.

Communication

Ski racing presents considerable challenges to communication. We will attempt to give all of you the information you need, but sometimes things fall through the cracks. The team captain(s) will be the easiest people to find and they are our first line of communication defense. The team captains will be in constant communication with the head coach and are an excellent avenue for questions and answers. If the team captains can't answer your question, please contact the head coach or the parent representative.

Helmets

Helmets must be worn at all times on the mountain including free skiing, training, and race days. In addition, OISRA and the league rules state that the helmet worn to race or race train must be one that is approved for ski racing. Only helmets with hard (non-detachable) ear protection are acceptable for race events, training days/nights, and team ski days.

Have fun

At the end of the day, we are all up at the mountain to have fun. Remember to laugh, enjoy yourself, and create lifelong memories and friendships. You will get out of ski team what you put into it. I promise you will have more fun if you are willing to fail, pick yourself up, laugh, and learn. It will be a great ride!

Push yourself

Along with your peers to push you, it's up to you to face challenges. You will learn to improve and grow from your mistakes and losses. Face those feelings, learn from them, dig deep by taking a chance to put it all on the line and soon you'll be beaming with pride. The tougher the challenge, the more satisfying the reward. The ultimate goal is to get better each and every day. Eventually, it will all add up and you will experience a life you never imagined.

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.