

Fryeburg Academy Ski Team Nordic Team Information & Guidelines

Practices:

- *Practices start each school day at 2:45pm. Practices end at 4:45pm.
- *You are expected to show up prepared with the proper clothing suitable to the temperature and be ready to go at 2:45.

Clothing:

You should have with you everyday: Gloves, change of clothes, hat, rain coat/windbreaker, sneakers, warm clothing. You may want to have a pair of glasses for practices and races when it is snowing. It will help you eyes! Also some chap-stick.

To Be A Participating Member Of The Team You Must:

- *ATTEND PRACTICES AND MEETS.
- *Follow the rules of the team as set by the coaches.
- *Act in a responsible and mature manner not only at practice but in school and in the community (ie driving).
- *Dress appropriately for outside activities.
- *Follow the rules set by Fryeburg Academy.

FA Attendance Policy: Any unexcused absence from one or more classes will result in non-participation in practice or races that day.

FA Substance Abuse: No use of drugs, alcohol, or any tobacco at any time! Offenses are cumulative.

First offense = Race suspensions

Second offense = Suspension

Basis For A Varsity Letter:

- 1.) ATTEND ALL PRACTICES AND MEETS unless excused by the Head Coach

*Excused Absences:

- Family Matters
- Doctors Appointments (although effort should be made to schedule around practices and meets)
- School Functions/Field Trips
- Sickness
- Vacation Absences are officially excused but not recommended

-Anything approved by the Head Coach

*Unexcused Absences:

- Detentions
- Homework Back-up – Exceptions can be made
- Injury without telling coaches
- Any absence without a proper note

2.) Be a responsible and mature team leader.

3a.) Be a consistent scorer on the team. Top 4 skiers in each race score points for the team.

3b.) Be a veteran of the team of at least 3 years.

