



DRYLAND PRACTICE RULES

- 1) All Ski/Board Team members need to understand that dry land practice is important for both the teams and individual's success. Therefore, a 3 mile run will be assigned for each practice missed regardless of the reason. Coach Volek will monitor the 3 make-ups before school or after practice. If makeup is not completed by Friday then makeup will be on the hill at Sierra at Tahoe.
- 2) All dry land miles need to be made up before a member may participate in the time trials on Jan 7, 2012.
- 3) Tardies to practice will result in miles as well. Each half hour of practice missed equals one mile. This tardy consequence is regardless of the reason.
- 4) Being at school on Friday is required if you want to race on Monday or Tuesdays. It is a CIF rule.
- 5) You should be aware of the consequences if these rules are violated. The rules apply to ALL team members. Our program demands dedication, hard work, serious attitude, and the will to win for the TEAM.

Return to School

I understand the above policy and will adhere to it.

Athlete

Parent