

**MOUNTAIN VIEW
HIGH SCHOOL**

**NORDIC SKI TEAM
HANDBOOK**

2022 - 2023



NORDIC SKI TEAM

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COACH'S PHILOSOPHY

I value commitment to team above self. I believe a student learns important lessons about life by dedication to a team. And that this dedication develops them as individuals, not just as individuals but as great individuals. And this dedication to team does not compromise their ability to become a great athlete.

I value highly that the students should have fun in this program and that the friendships they develop are as high a value as the lessons they learn in developing the discipline to do the hard work it takes to be a cross country ski racer.

I value the Philosophy of the American Sports Education Program which places development of a winning athlete over an athlete winning. I teach the principles of good sportsmanship, which include respect for others, compassion, humility, and fair play.

I value providing equitable participation opportunities for students. Each student will be treated fairly with neither prejudice nor favoritism shown toward any student.

I value guidelines that encourage students to participate in a variety of school activities, including more than one sport per year.

I value the student's right to pursue their goals and their dreams and their pursuit of excellence. I believe that each student will get out of this program what they put into it.

By Eric Martin

Mission Statement: Provide an opportunity for students to enjoy cross-country skiing, where they improve their own fitness and skiing technique, measure their progress by racing, represent their school, and share the camaraderie of the team.

Overview of Program: NO PREVIOUS EXPERIENCE NECESSARY! Even if you have never skied before, if you have some basic fitness and want to make a commitment to learning cross-country ski racing techniques, this is the place for you. Anyone can join the team and we have a no-cut policy--all who train with the team can race in the league races.

This ski racing program is governed by the Oregon Interscholastic Ski Racing Association Nordic (OISRAN) and operates in compliance with all OISRAN rules.

A summary of the OISRAN Eligibility Rules can be found in Appendix I. You can view the OISRAN rules in their entirety at the OISRAN website: www.oisran.org

The school gives the MVHS Nordic team permission to use the name, mascot, and colors of MVHS. The school does not provide funding, supervision or services for this program. Private and donated funds and volunteers support this program.

MVHS belongs to the Southern League of the OISRAN.

Communication Advice:

If situations arise where students or parents have concerns that need to be addressed, **the first step in all cases is to express the concerns directly to the coach.** If the coach does not provide a satisfactory resolution, then the next step is contact the OISRAN Southern League Rep (Sarah Swaney).

In cases of hardship eligibility appeals, application can be made to the OISRAN Executive Director. You may appeal the OISRAN Executive Director's decision to the OISRAN Board of Directors.

MVHS Nordic Ski Team Internet Presence: The MVHS ski team has a website at mtviewnordic.com and a facebook page (MVHS Nordic Ski Team) that we recommend you check periodically for interesting Nordic information, photos and events. The team also has an Instagram account ([mt_view_nordic_ski](https://www.instagram.com/mt_view_nordic_ski)).

Training: See Calendar at www.mtviewnordic.com/schedule/. Training will be both on snow and dryland. When we are on snow we will concentrate on technique more than conditioning. Dryland training will emphasize technique and conditioning and will include ski specific drills, running, weights, and games. Occasionally we will use ski poles in dryland training. Both dryland and on-snow practices will last approx. 1 ½ to 2 hours.

Attendance: Attendance at training sessions and races is mandatory with the following exemptions:

1. There will be some **non-mandatory** training sessions.

These optional events can not be used as make-ups for missed mandatory training sessions.

2. **Excused absences** from mandatory training and races

a. Bereavement, illness or injury.

b. If you are attending another school activity. The coaching staff supports the philosophy that students should be encouraged “to participate in a variety of school activities.” Therefore, attending another school activity will be considered an “excused absence.”

c. Olympic Development team activities.

The **parent** must notify the coach by email or phone prior to the absence from practice or a race.

•The coach keeps the records of excused and unexcused absences.

3. **Unexcused absences** from mandatory training and races.

The coaching staff understands that a student athlete may miss a mandatory practice or race for occasions that would not be considered an excused absence. The consequences for “unexcused absences” are as follows:

a. One unexcused absence = Reminder and warning

b. Two unexcused absences = Can not ski on the varsity relay race for the next league race that follows the 2nd unexcused absence.

c. Three-four unexcused absences = Can not ski on the varsity relay races at league races or the state meet

d. Five unexcused absences = Dismissal from the team.

Varsity Letters: Varsity letters are awarded to any student in good standing who satisfies one of the following criteria:

- Ranks in the top five individual finishes for the MVHS team at any OISRAN race
- Ranks in the top eight individuals in the final individual league standings
- Is a senior

“In good standing” means no more than 2 unexcused absences.

Races: Five League Race events and the State Championships have been scheduled.

- Each Southern League Race event is a one-day event and it includes a ~5K individual race and a few will also include a 3 X 1K relay.
- The State Championship is a two-day event. The State Championships include two individual ~5 K races and a 3 person team skiing 1 Kilometer relay race.
- Scoring: Each race will be scored by teams as in a cross country running race with points being given to the first 3 finishers. If a relay race is included in the event, the results of the relay race are added to the results of the individual race to arrive at a total team score.
- Awards: Teams and individuals are ranked in the “Southern League race series” and cumulative scores determine the Southern League Champions, who are recognized with team trophies. The top ten cumulative individual results in the “Southern League race series” for boys and for girls are also recognized. The State Championships results are determined by the scores at that 2-day event. State awards are for teams and for individuals.

You qualify to go to the state meet if you participate in at least three league races, from any of the three leagues.

Transportation: Parents are responsible for transportation to and from on-snow practices and races. The team may provide busses for some distant races, if busses are available from the school district.

Some of our practice/race areas require a State of Oregon Sno-Park permit. We primarily practice at Meissner Sno-Park. A permit is required there. Permits are available for purchase through the DMV or local outdoor retailers. For more information: [Oregon Department of Transportation : Sno-Park Parking Permits : Oregon Driver & Motor Vehicle Services : State of Oregon](#)

Non-OISRAN sanctioned events: When students attend citizen’s races, clinics or events that are not sanctioned by the OISRAN, they are participating as members of the general public. Their transportation and supervision are the responsibility of their family and they will not be representing their school.

Fees:

A team participation fee of \$55 helps cover the following expenses for this season: trail passes for training and racing, bus transportation, waxes and waxing equipment for the team, and clerical costs.

OISRAN charges a \$45 registration fee that covers insurance.

There are team policies concerning partial waivers of participation fees. Check with the team administrator to get an application for financial aid.

Because fees cover less than 50% of the team expenses, families are expected to participate in the fundraising program of the team.

Registration: Registration is a two part process. 1) Register online with the ski racing organization at OISRAN.org 2) Pay the team fee. The student must have a current (within 2 years) physical on file with their doctor's office before he/she has permission to train with the team. Some ski area waiver forms may need completion during the season.

Equipment: Some costs are inevitable, but this does not have to be an expensive sport. We will do everything we can to ensure that equipment limitations do not prevent anyone from participating. Each skier should have two pair of skis (one pair for the skating discipline and one for the classic), boots that work for both disciplines, and 2 pair of poles.

- The Mountain View Nordic team owns a fair amount of used equipment. This equipment can be rented for a usage fee. (Older equipment rents for \$2 poles (x2), \$4 boots, and \$6 skis (x2) for the season, newer equipment is \$10 poles (x2), \$25 boots, \$25 skis (x2)).
- Sunnyside Sports and WebSkis offer high school racers a discount on equipment. Please contact the coach for more information.
- There are secondhand stores where you can find used equipment.

IMPORTANT NOTE: If you are gathering your own equipment, be sure that boots and bindings are compatible. There are several different styles and they are not all interchangeable. It is good to consult with a coach before purchasing equipment.

Clothing: Appropriate clothing is very important because athletes will sweat a lot while training and their clothing must move that moisture away from the skin while keeping them warm. **COTTON JUST WON'T WORK.** Don't try it unless you have no other choice. Synthetics work best. If you need suggestions on clothing, check with a coach. Basics include a wicking layer next to the skin, an insulating layer, and an outer shell that can be removed. Also needed: snow footwear, two hats, two pair of gloves, sunglasses, a water bottle and carrier, and a warm dry layer to put on after skiing. Having a ski bag or duffel bag to put all this stuff in is a great idea.

Team Uniforms: A numbered team jacket, tights, shirt and wind pants will be assigned to each athlete at the beginning of the season. The assigned pieces must be returned to the team at the end of the season. Sponsors have donated the money to buy these uniforms.

Parent Volunteers: Parent help is vital to the success of the team. Everyone can help in some way so nobody is overburdened. Here is the type of help we need:

- Be the MVHS parent rep—the person who communicates between the coach and the parents and coordinates other volunteer work for the team.
- Transportation coordinator for MVHS team - arranges bus transportation for race days.
- Treasurer for MVHS team – Keeps track of the team's money by working with the school bookkeeper, who manages the student body account.
- Race Help – Parents run all the races. MVHS hosts several races, and your help is needed at the other races as well.
- Volunteer Coordinator – arrange for volunteers to staff the races

- Host a waxing party for the MVHS team on a Friday evening before a league race.
- Help with Awards event at the end of the season. Either chair the event or help the chairperson.
- Fundraising – requests for donations, thank you letters, poster distribution
- Caretaker for team uniforms
- Photographer for MVHS team. And other parents taking photos and videos that can be used for web pages, yearbook, poster and video presentation at Awards Dinner.
- Learn how to wax skis and help the coaches and racers with waxing on race days
- Come train or ski with us at practices. We are a large team, and having more helpers is great.

Team Captains: Depending on the size of the team, there will be four to six team captains. The team captains work as a communication link between the coach and the racers and take a leadership position, inspiring and motivating teammates and providing extra help and support to the coaches. The Team Captains are expected to set a good example by following the coach’s lead at practices and to lead by example on the course by cheering ALL racers on ALL teams.

Waxes: OISRAN has a list of approved waxes [Approved Glide Waxes - OISRAN](#). The team will provide waxes for glide and grip. If you have questions about waxes or waxing your own skis, please ask the coaches. Fluorinated waxes have been removed from the approved list.

Procedures followed should your child be injured during participation:

- A coach will carry a team roster with the following information
 - Names of athletes
 - Parent name, address and phone number
 - Emergency contact number of other than parents
- In the event of an injury, which requires medical attention, an adult will accompany the athlete to the medical facility. If the athlete’s parents are not present, the accompanying adult will be chosen by the coach as circumstances dictate.
- The adult going with the injured athlete will stay until contact has been made with the parents. When the parents are reached, they will be completely informed: who is with the athlete, where the athlete is, who the doctor is.
- If the parents cannot be reached, an adult will stay with the athlete until the parents are reached or until other arrangements can be made.
- At ski races, Ski Patrol or Emergency Medical Technicians are available to manage the first aid.

Contact People:

Head Coach Eric Martin (C) 541-419-1621 emartin@bendcable.com

Asst. Coach/
Team Admin Sarah Swaney (C) 541-420-4255 sarahmvhsnst@gmail.com

Asst. Coach Bob Maddox

Asst. Coach Imran Wolfenden

Asst. Coach Joel Tranby

“All of us do not have equal talent, but all of us should have an equal opportunity to develop our talents.” JFK

Appendix I: Summary of Eligibility Facts

- Student must represent the school in which they are enrolled. (OISRAN rule).
- When a student who registers with OISRAN is the only student enrolled at their school who is registered with OISRAN, they may compete for a school other than the school where they are enrolled, if the coach petitions the OISRAN Board and the Board approves. The petition must be submitted prior to the first scheduled OISRAN race.
- Students are on the honor system to ensure OISRAN that the student is enrolled in high school / home school and are on track to graduate (OISRAN rule).
- Any student who reaches the age of 19 before August 15, 2022 is not eligible. (OISRAN rule)
- Student must have had a current physical (within 2 years). (OISRAN rule)
- No mandatory team practices or OISRAN races shall be missed unless the student meets the specific exemptions permitted by the team's written policies. (Coach's rule)
- As an OISRAN athlete, you are expected to demonstrate sportsmanlike behavior and refrain from using profanity during your participation in OISRAN training and competitions. You will not be in possession of or under the influence of controlled substances (including tobacco products) at any time during OISRAN activities, including the night after the State Championships event. (OISRAN rule)