

**CALDERA  
HIGH SCHOOL**

**NORDIC SKI TEAM  
HANDBOOK**

**2022 - 2023**



# NORDIC SKI TEAM

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## COACH'S PHILOSOPHY

Students learn important life lessons thru the experience, dedication and participation on teams. By embracing and committing to the overall goals and focus of the team, the students develop into great individuals, not just into great athletes; and that this commitment develops them as great individuals. And in the end, to achieve this, the athlete must dedicate to team above self.

Students should have fun in this program and 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 become 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 and involvement in other non-athletic endeavors.

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.

Brian Dumais  
Caldera HS OISRAN Head Coach

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**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 (OISРАН) and operates in compliance with all OISРАН rules.

A summary of the OISРАН Eligibility Rules can be found in Appendix I. You can view the OISРАН rules in their entirety at the OISРАН website: [www.oisran.org](http://www.oisran.org)

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

CHS belongs to the Southern League of the OISРАН.

**Communication:**

Team communication will be via the team email distribution list and text messages. Team will NOT be using social media at this time for communications.

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 OISРАН Southern League Rep (Sarah Swaney - <mailto:sarahmvhsnst@gmail.com>)

**CHS Nordic Ski Team Internet Presence:** The CHS ski team does NOT have a website (maybe in future!)

**Training:** See Calendar in Appendix II. 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. Other to be discussed on individual basis.

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.

**Races:** Five League Race events and the State Championships have been scheduled. See Calendar in Appendix II.

- 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 Championship include two individual ~5 K races and a 3 person team skiing a 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:** Parent/athletes are responsible for transportation to and from on-snow practices and races.

Some of our practice/race areas require a State of Oregon Sno-Park permit (\$25 directly from State, \$30 from local authorized seller). 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 \$125** helps cover the following expenses for this season: trail passes for training and racing, race fees, waxes and waxing equipment for the team, and per athlete donation to Meissner Nordic (\$30/skier).

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

**Financial Hardship:**

Financial scholarships are available for student athletes if needed. Please see information at this link, and feel free to reach out to coach as needed: <https://oisran.org/student-family-resources/scholarships/>

**Fund Raising/Donations:**

Because fees cover less than 50% of the team expenses, team will discuss fund raising/donation opportunities.

**Registration:** Registration is a two part process:

- 1) Register online with the OISRAN ski racing organization at: <https://oisran.org/registration/>
- 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.

- Thru a partnership with the Mountain View Nordic team, who owns a fair amount of used equipment, equipment rentals are available. 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:** TBD at this time. Cost is an issue until we upsize the team or secure a generous sponsor!

**Parent Volunteers:** Parent help is vital to the success of the team. I hope everyone can help in some way so nobody is overburdened. Here is the type of help we may need:

- Be the CHS parent rep—the person who communicates between the coach and the parents and coordinates other volunteer work for the team.
- Transportation coordinator for CHS team - arranges carpooling for race days.
- Treasurer for CHS 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. Coach will reach out to you for most events with volunteer opportunities.
- Volunteer Coordinator - TBD.

- Host a waxing party for the CHS team on a Friday evening before a league race.
- Fundraising – requests for donations, thank you letters, poster distribution
- Photographer for CHS team. And other parents taking photos and videos that can be used by team.
- Learn how to wax skis and help the coaches and racers with waxing on race days
- Bring snacks to practices.

**Team Captains:** Will be established as the team grows. 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. The team will provide waxes for glide and grip. If you have questions about waxes or waxing your own skis, please ask the coach.

**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 always available to manage the first aid.

**Contact People:**

Head Coach                      Brian Dumais (206) 388-8397 [Brian Dumais](#)

Helper Coach                    Erik Hammer (541) 390-7396 [Erik Hammer](#)

“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 Meet event. (OISRAN rule)

**Caldera High School  
Nordic Ski Team Calendar  
2022 - 2023**

**NOVEMBER 2022**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
13	14	15 Practice	16 Practice	17 Practice	18	19 Optional Practice
20	21 NO SCHOOL	22 NO SCHOOL Optional Practice	23 NO SCHOOL	24 NO SCHOOL Thanksgiving	25 NO SCHOOL Optional Practice	26 Optional Practice
27	28	29 Practice	30 Practice			

**DECEMBER 2022**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Practice	2	3 Practice
4	5	6 Practice	7 Practice	8 Practice	9	10 Practice
11	12	13 Practice	14 Practice	15 Practice	16	17
18	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24
25	26 NO SCHOOL	27 NO SCHOOL Optional Practice	28 NO SCHOOL Optional Practice	29 NO SCHOOL Optional Practice	30 NO SCHOOL	31 Optional Ski Camp With Other Teams @Meissner

**JANUARY 2023**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Optional Ski Camp With Other Teams @Meissner	2	3 Practice	4 Practice	5 Practice	6	7 Jamboree Race
8	9	10 Practice	11 Practice	12 Practice	13	14 Diamond Lake Skate Race
15	16 NO SCHOOL	17 Practice	18 Practice	19 Practice	20	21 Race XC Oregon All Leagues Mt. Bachelor Skate
22	23	24 Practice	25 Practice	26 Practice	27	28 Mt Bachelor Intentional - Skate interval start
29 Messiner Classic 30K	30	31 Practice				

**FEBRUARY 2023**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 Practice	2 Practice	3 NO SCHOOL	4 Hoodoo Race- Classic Interval & Paintball
5	6	7 Practice	8 Practice	9 Practice	10	11 Mt Shasta Race - Skate
12	13	14 Practice	15 Practice	16 Practice	17	18 Practice
19	20 NO SCHOOL	21 Final Practice	22	23	24 STATE MEET Mt. Bachelor Skate	25 STATE MEET Mt. Bachelor Classic & Relay  State Awards Ceremony in Bend