South Eugene Nordic Ski Team
Southern League
www.oisran.org

Handbook
2026-2027

Introduction

1. About OISRAN and the Team

The Oregon Interscholastic Ski Racing Association (OISRA) began as a high school Alpine ski racing organization in 1963 and added Nordic as a new sport in 2000. South Eugene High School joined and launched a team in 2002. In 2022, the Nordic division formed a separate organization: the Oregon Interscholastic Ski Racing Association Nordic (OISRAN).

The SEHS Nordic Ski Team is a community club team that has permission to use the SEHS school name, although ski team activities are independent from and receive no funding, services, or supervision from the school or district.

2. Policies

The SEHS Nordic Ski Team follows the Bylaws, Policies, and Race Rules established by the OISRAN.

3. Mission and Guiding Principles

The SEHS Nordic Ski Team works to uphold the OISRAN mission and guiding principles:

Mission. To provide leadership and coordination for high school Nordic ski racing activities that are accessible to committed students.

Guiding Principles
- Stress fun and adventure, within the boundaries of safety and fairness
- Stress team participation, while including individual recognition
- Have flexibility that builds inclusiveness

4. Schedule

A detailed schedule for Southern League events is on the OISRAN website.

October: Info meeting, equipment rentals;
November: Pre-season starts November 1st; Winter season begins November 17th
December: Rainbow Camp, on snow practices
January: Southern League Races
February: Southern League Races, State Race
March: Honors Dinner

5. Team Operations

The SEHS Nordic Ski Team is made possible almost exclusively by parent volunteers and volunteer coaches who share organizational and coaching duties. Ski team coaches are registered with OISRAN either as Certified Coaches or as Helper Coaches. Current coaching registrations can be viewed on the OISRAN website at Coaching Registration Completions. Volunteers who work with skiers at events are also required to be registered through OISRAN.

6. Team Communication

The team will communicate primarily through **GroupMe** and the **SEHS Nordic 2025–26 Team Coordination Sheet**. Skiers and families should use GroupMe, including the DM feature, as the primary tool for reaching the coaching team and should make sure their settings are set to send notifications or posts to text. Please reserve cell phone texts and calls for time-sensitive communications.

For questions and concerns, the first point of contact is the Head Coach. For serious concerns not resolved by the coaching team, the next point of contact is Southern League President Sarah Swaney.

7. Adult/Parent Volunteer Responsibilities

Volunteer Contributions. Skier families are expected to support the team by volunteering for their share of team responsibilities. Parents should sign up at the beginning of the season on the SEHS Nordic Team Coordination document. Signing up well in advance helps minimize the communication load on the coaching team.

Communication. Skier families ("organizing adult/parent") are expected to be responsive and reachable and to keep track of team communications, updates, and requests in a timely manner.

8. Skier Responsibilities

Conduct. All skiers are expected to participate in building a safe, positive, learning-centered environment for athlete teamwork and growth. This includes:

- Modeling commitment, energy, hard work, learning, resilience, and growth; preparedness, responsibility, and safety.
- Looking out for one another's well-being and checking in with teammates as needed.
- Avoiding cliquish behavior and language.
- Avoiding actions that could be excluding or undermining.
- Modeling professionalism and respect for all teammates, coaches, race officials, and community members.
- Understanding that these expectations apply to team activities and to interactions on social media, by phone/text, and outside of official team activities.

Communication. Skiers are expected to be responsive and reachable and to keep track of team communications, updates, and requests in a timely manner.

9. Disciplinary actions

Serious misconduct that may result in discipline, suspension or dismissal at the discretion of the coaching team includes but is not limited to: Unsportsmanlike or disrespectful behavior, unsafe behavior, bullying or hostility, or violation of the anti-discrimination and anti-harassment policy.

10. Attendance Policies

Practice Attendance. Dryland practices are fundamental for skier and team development and for injury prevention. Skiers are expected to attend all strength and conditioning practices and aerobic

development practices during the winter season.

Skiers with more than three absences (excused or unexcused) from practice will require an evaluative conversation with the coach to determine whether a skier is prepared to return to practice and/or to race. Excused absences are those for bereavement, illness, or injury.

- Skiers with three unexcused absences are ineligible to participate in the relay race at the next league race.
- Skiers with three to five unexcused absences are ineligible to participate in the relay race at the State Championship.
- More than five unexcused absences from practices are grounds for dismissal from the team.

Camp and Race Attendance. Rainbow Camp, league races, and practicers on the snow after races are keystones to skier development on the snow. It is critical that skiers attend all events, particularly early-season events designed to build skills incrementally.

If a skier misses more than one race or after race practice in a row, they are not eligible to return to racing until the coach has established a return-to-race plan. Skiers who miss more than two races may be deemed ineligible to return to racing.

11. Team Travel

Winter Travel. Given distance and winter weather, travel to races requires care and planning by all skier families. Skier parents/adults are responsible for decisions regarding skier travel safety, including in carpools. The team does not verify the safety of drivers, their vehicles, or their insurance coverage; this is the skier family's responsibility. Team policy is that high school skiers do not drive to races, and the team requests (but does not verify) that adult drivers have ODOT-compliant traction tires, experience driving in winter conditions, and an AWD vehicle.

Team Carpool. The team will provide a carpool coordination link for each race. Skiers are required to list their current travel plans on the carpool list. This list is for two purposes:

1) For coaches to track attendance and travel plans and

2) To assist families in coordinating carpools.

Arranging safe travel to races and other events is the responsibility of skier families, including coordinating with other families who are prepared for winter travel using the contact list on the SEHS Nordic Team Coordination document.

Families who are prepared for winter travel are asked to generously share seats in their cars. Skiers using carpool seats in others' cars are asked to be communicative, timely, prepared, and helpful.

Arriving at Races. In advance of each race, the coach will list a location and skier arrival time on the carpool sheet, generally two hours before the first race. This allows time for warm-up and course review. For safety reasons, skiers who do not arrive in time to join the team warm-up and course review will not be permitted to race that day.

12. Coaches

All coaches participate in modeling and supporting a safe and positive learning-centered environment for athlete teamwork and growth.

Head Coach: Erin Moore

- Lead team, athlete, and coaching team development
- Lead team operations
- Primary point of communication for skiers and parents
- Point of contact for OISRAN and SEHS
- Lead pre-season aerobic development dryland practices in communication with the strength and conditioning coach

Support Coach: Laura Greene

- Support the Head Coach in team and athlete development and team operations • Stand in as Acting Head Coach at team events as needed
- Team treasurer and financial operations
- Take on specific organizational tasks including team uniforms
- Build athlete skills for on-snow preparedness and wellbeing

Technical Coach: Trevor Merrifield

- Skier point person and lead on the snow for technical skill development
- Lead technical and race strategy

Strength and Conditioning Coach: Alexis Matthesien-Johnson

- Work with Head Coach to develop and lead strength and conditioning dryland practices focused on foundational strength, race performance, teambuilding, and athlete and team mental performance

Wax Coach: Chris White

- Team ski wax operational lead
- Athlete wax knowledge and skill development
- Works with Technical Coach on wax strategy

Helper Coaches

- Support teamwork and skier learning on the snow for warmups and for building comfort and skill
- Run warm-up skis and technical drills for small groups of skiers
- May occasionally run dryland aerobic development practices

13. Team Captains

Team captains for the upcoming year are named by the coach(es) at the conclusion of the previous season. Where coaches are also ski parents, they will institute a plan for mitigating conflicts of interest in naming captains.

Team Captain Responsibilities

Lead by Example:
- Model commitment, energy, hard work
- Model care, learning, resilience, and growth
- Model a culture of preparedness, responsibility, and safety

Lead with Action:
• Connect with teammates and offer encouragement
• Interrupt interactions that may be undermining
• Communicate with coaches and amplify coach directions
• Lead team cheers and warmups
• Support inclusion and check in with teammates who appear isolated
• Communicate concerns to coaches as needed

14. Race Day Coaching

Because coaching staffing may vary by race, roles and duties are assigned before each event. All coaches should wear an armband with their name and a list of participating skiers with medical and emergency contact information.

Head Coach or Acting Head Coach

- Check in at registration table and pick up bibs
- Coordinate delegation of duties
- Represent the team at coaches' meetings and with race officials
- Educate skiers about race schedules and rules
- Lead warm-up skiing for beginning or short-course skiers

Support Coach

- Serve as Acting Head Coach when the Head Coach is not on site
- Distribute bibs and check skier gear
- Coach students on nutrition and weather management
- Serve as point person for skier health and well-being

Technical Coach

- Lead warm-up skis and course introductions
- Pre-race seeding, in consultation with the Head Coach
- Offer skate and classic technique coaching
- Check skier equipment and coordinate with Wax Coach
- Support the Head Coach with race strategy

Wax Coach

- Bring and set up team banner and shelter as needed
- Communicate with Technical Coaches about expected conditions
- Bring wax and waxing equipment and guide skiers in preparing skis

15. Safety and Emergency Procedures

Injuries and accidents should be reported to the Head Coach immediately.

OISRAN provides a medical plan for each event.

A team emergency action plan is available separately.

16. Non-Discrimination and Anti-Harassment Statement

The SEHS Nordic Ski Team is committed to actively providing a safe and inclusive environment for all participants. Discrimination, bullying, or harassment including based on race, color, gender, sexual orientation, religion, national origin, disability, or any other protected status will not be tolerated.