

2016 – 2017 Lettering Changes for

Rochester Nordic Ski Team

- The 1st year of participation on the Rochester Nordic Ski Team is an introductory year. Skiers will be learning the techniques of skate skiing and building skills and endurance. First year skiers will not be eligible to earn a Varsity Letter.
- The 2nd year and every year after that, the following criteria will be used to determine if a skier is eligible to receive a letter:

Minimum expectation: Approximately 136 Points

1. Community Service – Requirement – 12 hours (12 Points)

An on-line form (link provided in Appendix B) describing the service must be turned in prior to the last practice.

- The online information may be filled out anytime during the season until the deadline of Sunday February 12th, 2017.
- Any Community Service hours should be a benefit to your community, church and neighbors with no benefit to yourself except for the good feeling or the thanks you may receive for the service.
- The Community Service hours may be accumulated anytime from March 1, 2016 through February 12th, 2017.
- Please indicate the specific community service and for whom the service was provided (Supervising Adult).
- The online form is found at <http://tinyurl.com/RNSTservicehours>
- Submit your hours by filling out the form. A parent/guardian's e-mail address must be entered at the same time as entering community service hours. An email confirming hours entered will be sent to the parent/guardian's address.
- Completed hours will be reviewed by Coach Darald Bothun.
- 12 hours are the minimum number of hours required for lettering from the RNST. These hours are in combination with other requirements to letter.
- ALL RNST MEMBERS ARE ENCOURAGED TO PARTICIPATE IN THIS VALUABLE ACTIVITY.

2. Demonstration of Proper Skiing Techniques - Requirement - Four Techniques (16 points)

Each first time lettering candidate must demonstrate he/she can properly perform the four basic skiing techniques - double pole, V-1, V-2 and V-2 alternate. Testing will be done by selected coaches at designated practice sessions on a pass / fail basis. Under normal circumstances, it will only be necessary to pass skills testing one time during a skier's RNST career. However, all four tests will need to be passed in the same year for this to carry to the following year.

3. High School Meets – Requirement – 3 events (60 Points)

A skier must compete in three scheduled RNST high school ski meets. Each event is worth 20 points. An RNST make-up race (if scheduled), a non-RNST high School race, or a citizens ski race may be used in place of one of the required high school ski meets. If a non-RNST ski race is used in place of one of the required meets, it is the skier's responsibility to provide the RNST coach coordinating the lettering requirements with information on the race (name, location, date, results). *Schedule – to be determined and will be announced in advance.*

Junior National Qualifiers (JNQ) - Alternative to RNST meets

At the highest level of junior racing is Junior National Qualifiers, with the top skiers competing for spots on the Junior National Team to compete with top juniors from around the country. For those skiers who wish to ski at a competitive level, skiers can substitute 2 RNST high school ski meets with Junior National Qualifier events. If you plan to compete in the JNQ races, please let the coaches know in advance as these events require significant preparation. More details at JNQ website:
<http://cxcskiing.org/pages/events/junior-national-qualifiers.html>

4. Practice – Requirement – attend a minimum of 85% of the total of held practices (approximately 24 sessions = 48 points)

It is expected that each skier will be in attendance at a minimum of 85% of the held practices. Each practice is worth 2 points. **A maximum of 4 bonus points can be applied to practices.**

Bonus Point Sources

Up to 4 bonus points can be substituted to achieve practice requirements.

- 1) 2 points will be granted for each workshop or ski camp attended. These workshops are in addition to regular practices and must be conducted by the coaches or other qualified skiers.
- 2) Maplelag ski camp credit **depends on number of practices attended** – the 3 practices will count towards 2 practices (4 bonus points), 1 race credit – if skier raced.
- 3) Wax clinic (only one clinic allowed) will count towards 1 practice (2 bonus points).

Coaches' Discretion

The coaches may use their discretion to award a letter. This includes but is not limited to the list below:

1. If an athlete is injured during the season and is unable to participate fully because of the injury, the coaching staff will decide whether they feel that the injured athlete would have

met the lettering criteria had the injury not occurred. This decision will be based largely on whether the athlete had been on pace to letter at the time of the injury.

- a. Please communicate any injuries that impact practice attendance immediately by emailing rnst3128@gmail.com. Credit for practice will be at the coach's discretion.
 - b. A doctor's note may be required to document an injury when it impacts lettering.
2. Letter winners are expected to uphold team spirit and proper team conduct. A letter will not be awarded to anyone who does not uphold these qualities.
 3. Intra-team races may be scheduled to substitute for meets or practices cancelled due to weather.
 4. A citizen's race may be substituted for 2 practices.
 5. If weather limits the number of planned practices, 85% of held practices will be used to determine the total minimum number of points.