



2008-2009

Student/Parent Handbook

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Math Teacher: _____

Science Teacher: _____

Social Studies Teacher: _____

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Other Contacts:

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Dear Sugar Bowl Academy Students and Families,

Sugar Bowl Academy is dedicated to providing outstanding opportunities for students to develop excellence in academics and athletics. Pursuing these goals takes hard work and inevitably results in great personal growth. Members of the SBA community are often asked to complete tasks that are more demanding than those found at traditional high schools. As a result, our students are challenged to develop their body and spirit, as well as their minds. To encourage the academic, personal, and athletic growth of Sugar Bowl Academy students, SBA sets clear expectations, allows opportunities for independence, and hosts a variety of community events throughout the academic year. Much of this is outlined in the handbook that follows.

The SBA Student/Parent Handbook outlines the policies and regulations by which we live. In addition to the explicit guidelines, please pay careful attention to the values expressed in the handbook and think about how one individual's actions may affect others. Each SBA student-athlete must be willing to accept the challenges presented and become an integral member of our community. During the second week of school, each SBA student will be asked to sign the Student-Athlete Pledge. In doing so, each student-athlete agrees to live by and support the standards of the school.

Please read though the Student/Parent Handbook carefully and sign the acknowledgements as you come to them. Lastly, sign the insert indicating that you have received and read the Handbook, that you will support the Student-Athlete Pledge, and that you understand the Internet Acceptable Use Policy and bring it to school with you on registration day. Having both parents and students sign these agreements signifies a mutual support for the values of Sugar Bowl Academy.

Welcome to the 2008-2009 school year – I am confident it will be a great one!

Sincerely,



Tracy Wilson
Head of School

Sugar Bowl Academy

Statement of Purpose:

Sugar Bowl Academy was established for the purpose of providing competitive skiers the opportunities to maximize their athletic potential without compromising their academic standards. Because academic and athletic endeavors are only parts of the life experience, Sugar Bowl Academy seeks to empower each student with the skills necessary to enjoy an educated and enriched life. Sugar Bowl Academy is designed around a flexible yet demanding college preparatory curriculum, a regimented athletic training program, and community-minded living.

Mission:

Sugar Bowl Academy is a private, non-profit college preparatory school dedicated to the development of the mind, body and spirit of the world's snow sport athletes.

Minds are developed.

Through small classes and ever-improving technology, Sugar Bowl Academy students receive appropriate support to help ensure academic success.

Sugar Bowl Academy student-athletes are well prepared academically and emotionally to thrive in the college of their choice.

Student-athletes develop critical thinking skills, sound judgment, integrity, and the ability to adapt to a changing global society.

Student-athletes apply skills, determination, and strengths learned from their sport to achieve academic success and help face life's challenges.

Bodies are developed.

Student-athletes receive world class coaching and training for alpine ski racing, free riding and Nordic skiing. A comprehensive year-long training program enables all athletes to reach their fullest potential in the sports.

Athletes work to achieve their full potential in snow-sports, including selection to U.S. or foreign national teams and successful participation at the Olympics and other international competitions.

Athletes are challenged to push themselves physically to achieve higher levels of skill and fitness.

Spirits are developed.

Student-athletes have fun and find happiness in the pursuit of academic, athletic, and personal excellence.

Student-athletes accept responsibility for their performance and actions.

Student-athletes have the confidence as well as the moral and ethical strength to make a positive contribution to society.

Student-athletes respect themselves and others, including those of diverse backgrounds, cultures, beliefs, and abilities.

Student-athletes have opportunities to develop their spirituality.

Student-athletes choose to live a life free from the harmful effects of drug and alcohol use and to act as leaders in promoting a lifestyle free of substance abuse.

A strong community is enhanced and sustained.

Families value and contribute to Sugar Bowl's tradition and community.

Individuals work together and demonstrate mutual respect and support for others.

Alumni are an integral part of the foundation.

SUGAR BOWL SKI TEAM HANDBOOK

In addition to the Sugar Bowl Academy Student/Parent Handbook, students and parents must read and adhere to the policies set forth in the Sugar Bowl Ski Team Handbook when it is distributed in the fall.

Sugar Bowl Academy—A Program of the Sugar Bowl Ski Team Foundation

The Sugar Bowl Ski Team Foundation is a non-profit corporation that oversees both the Sugar Bowl Ski Team and the Academy. The Foundation is governed by a Board of Directors whose primary functions of the board are to set policy, ensure the financial viability of the organization, and oversee/hire the Executive Director. The Board of Directors is not involved in the day-to-day management of foundation programs.

The Executive Director supervises the work of the Academy Head of School. He/she oversees all business functions of the ski team and the Academy, including managing communications, travel, human resources, budgeting, and accounting. He/she supervises all athletic staff and race department personnel. He/she manages race schedules, on-snow resources and other equipment aspects of the athletic program, sets ski team schedules and collaborates with Head of School on Academy schedules. Please refer to the Ski Team Handbook for complete policies and regulations regarding the Sugar Bowl Ski Team.

Although the Sugar Bowl Academy and Ski Team are both branches of the same parent foundation, fees for the Academy and the Ski Team programs are paid separately.

Sugar Bowl Academy seeks to make its program available to all qualified students, regardless of financial background, and does not discriminate based on gender, race, national origin, or religion.

Administrative Structure of the Academy

The Head of School oversees all academic and administrative staff for the Academy, sets school curriculum, manages school credentialing, admissions, scholarships, and disciplinary issues, sets annual calendars and addresses all academic, athletic and personal needs of Academy students.

Three Deans assist the Head of School in the day-to-day operations of the school:

The Dean of Student Life oversees the daily organization of student life at the Academy including discipline, student activities, and communication with parents.

The Dean of Studies oversees the academic aspects of the program including attendance, standardized testing, grading, grade reports, scheduling, curriculum, and travel-related academic issues.

The Dean of Residential Life oversees and the residential life curriculum of the Academy including planning weekend activities, communicating with parents about travel plans, and coordinating dormitory staff.

A Sugar Bowl Academy Graduate is prepared:

Scholastically for the collegiate experience, demonstrating the knowledge base, study skills, work ethic, communication skills, and critical thinking abilities necessary to succeed at the post-secondary level.

Kinesthetically through the pursuit of strength, agility, endurance, and balance to compete successfully at an elite level of Alpine, Nordic, or Free-skiing.

And As An

Individual developing sportsmanship, cooperation, integrity, perseverance, a sense of community, and the personal responsibility to be a successful citizen through the rigors of the SBA experience.

Student Rights

We believe Sugar Bowl Academy students come to us with a desire to excel in all areas – personal, academic, and athletic. Therefore, we believe that students have the right to...

- an environment that encourages academic, athletic, and personal development
- an environment that is safe, clean, and drug-free
- an environment that recognizes achievement and success
- an environment where people are treated equally, fairly, respectfully, and courteously

To ensure these rights, SBA students are encouraged to...

- develop into responsible citizens
- reach their full potential
- strive to acquire an understanding that learning is life long
- develop skills necessary to participate successfully in society
- show concern for others

ACADEMICS

Sugar Bowl Academy is the only fully accredited college preparatory school for the competitive skier in California. It provides a rigorous academic experience for students who wish to pursue Alpine, Nordic and Free-skiing at the highest competitive levels. Therefore, SBA's daily and yearly academic schedules are designed around the unique needs of skiers.

Graduation Requirements

Sugar Bowl Academy expects students to exhibit the highest standards of academic performance. The minimum number of units required for graduation exceeds the minimum entrance requirements of the University of California system and fulfills the NCAA core curriculum requirements for freshman eligibility. The recommended units reflect what is expected by most selective colleges and universities.

In order to graduate from the Academy, a student must have completed at least his/her entire senior year of enrollment at the Academy and must have a minimum of a 2.00 G.P.A. Only grades earned at the Academy are included in the calculation of student G.P.A. All credits earned at other institutions are shown on the student's transcript. Students are expected to maintain a 2.00 for continued enrollment. Freshmen are expected to take 5 courses per semester, sophomores and juniors at least 4 courses, and seniors and PG students at least 3 courses in addition to an ongoing senior project. The number of courses required does not include P.E. Students enrolled at SBA in their freshman and sophomore years are normally expected to complete the Visual or Performing Arts requirement by the end of the sophomore year. In the table below, a year-long course earns a credit of one unit. Credit for graduation may be earned only in grades 9-12.

Subject	Minimum(15 Units)	Recommended(19 Units)
English	4 units in grades 9-12	4 units
Math	2 units, but through at least Alg. 1&2, Geom.	4 units
Lab Science	2 units	3 units
Social Studies	3 units from US History, World History, Am. Gov.	3 units
Foreign Language	2 units, or through 2 nd year lang.	3 units in the same language
Visual & Performing Arts	1 unit	1 unit
P.E.	P.E. Full Year of Conditioning /Skiing for each year of enrollment	Same
Elective	One more unit in Math, Science, or Social Studies	Same

NECESSARY SCHOOL SUPPLIES

dictionary and thesaurus
spanish dictionary
4 notebooks
4 three ring binders and dividers
lined loose-leaf paper
pencils and pens
colored pencils and markers
stapler
scissors
ruler, protractor, compass
graphing calculator (10th grade)
assignment planner
poster board
index cards

Senior Project

As a prerequisite for graduation, all SBA seniors are required to complete a year-long senior project. The Senior Project program is designed to be the culminating experience of each student's academic experience at Sugar Bowl Academy. It is a meaningful opportunity for SBA seniors to pursue their personal and academic interests in and outside of the classroom. The Senior Project is a unique personal journey in which each student gains an in-depth understanding of a particular subject area through research and real-life learning.

Grading

Percentage	Grade	GPA Equiv.
98-100	A+	4.33
93-97	A	4.00
90-92	A-	3.67
88-89	B+	3.33
83-87	B	3.00
80-82	B-	2.67
78-79	C+	2.33
73-77	C	2.00
70-72	C-	1.67
68-69	D+	1.33
63-67	D	1.00
60-62	D-	0.67
<60	F	0.00
Pass	P	N/A

PAST SENIOR PROJECT TOPICS

School Planning (new campus for SBA)
Interior Design
Whitewater Rafting
Golf Course Design
Animal Rights
Corporate Liability Law (Bratz v. Barbie)

Sugar Bowl Academy does not publish students' class rank, although grade point averages are computed for the school's internal use. Students enrolled in AP-level classes earn an additional grade point for those classes (a student in AP Biology who earns a B, for example, would earn a 4.00 for this class). AP students are expected to take the appropriate AP exam in the spring; students who do not sit for the AP exam will not have their classes weighted when computing GPA. Physical Education is graded as pass/fail and is not used in GPA computation. Regardless of teacher-determined differences in course structure, students must maintain a passing grade in class assessments in order to earn a passing grade for the course.

A valedictorian is selected from each year's senior class. For a student to be eligible for selection as valedictorian, the student must have attended Sugar Bowl Academy for a minimum of two years.

Extra Help & Tutoring

All Sugar Bowl Academy teachers are available for extra help outside of the classroom and hold regularly scheduled office hours each week. It is expected that students will seek help from their teachers when necessary. A teacher may mandate meetings, however, when a student returns from travel, falls behind, or performs poorly on tests. Should additional help beyond the scope of regular teacher meetings be required for success, SBA can assist a student's family in finding outside tutoring.

Homework and RenWeb

Sugar Bowl Academy's schedule and college preparatory curriculum demand that students spend a significant amount of time outside of the classroom doing schoolwork. Students in 7th and 8th grade may expect up to 45 minutes of homework per night in each class, while upperclassmen taking AP-level classes may need up to 90 minutes of homework per night in each class. Time management is paramount, as homework demands may require work beyond regular study hall hours.

Teachers post assignments on the internet via RenWeb, SBA's online resource for accessing student homework. In order to use RenWeb, parents and students must have a valid e-mail address on file with the school. Once logged in, parents and students can select a personal, more easily remembered password than the one e-mailed to them after their "New Parent" or "New Student" login. Homework assignments can be accessed via the link named "Classrooms" on the left side of the page that appears after login.

Standardized Testing

Sophomores and juniors take the PSAT in October. Juniors take the SAT Reasoning Test in April, May, or June and again in October of their senior year if necessary. Students should consult with their advisor or the Director of College Counseling regarding the advisability of taking SAT II subject tests upon the completion of certain courses. Many colleges require such tests. Students in 7th through 10th grade take the Educational Records Bureau Test in May; their scores are available to parents during the summer. Additionally, students taking May AP exams receive their scores in July.

Courses Offered

Sugar Bowl Academy makes every effort to offer a full range of college preparatory middle school and high school level classes each year. Because of our small size, course offerings may be affected by enrollment. In some instances, there may be an additional charge for a class when there are less than four students enrolled in that class.

We encourage all of our students to consider participation in Advanced Placement classes when they are offered and are appropriate. Advanced Placement scores are a strong indication of a student's readiness for college. Participation in such classes shows a student has chosen the challenge of the most rigorous curriculum offered by the school. However, because of the skills necessary, admission to AP classes requires teacher permission. Students enrolled in AP classes should expect the academic load to be heavier and the grading to be more rigorous.

Classes and Coursework Not Offered by SBA

Sugar Bowl Academy offers our students a broad selection of academic, elective, and Advanced Placement courses in keeping with the college preparatory experience. Students wishing to enroll in classes or coursework beyond the scope of SBA's catalogue shall have the following support: Sugar Bowl Academy will provide, to the best of its ability, classroom space, class scheduling, technology access, transcript assistance, and textbook ordering resources in order to facilitate learning opportunities in courses not offered at SBA. Additionally, for classes or coursework taken online, SBA will provide students with a faculty advisor to oversee the completion of work and to assist with questions or problems that arise. Sugar Bowl Academy will not provide financial support to cover the costs of registration, enrollment, textbooks, or other fees and materials associated with non-SBA classes.

Grade Reports

The school's academic year follows a semester system. Each semester contains two quarters. Grade reports will be issued at the mid-way point and at the end of each quarter. Reported grades will indicate the student's progress for the current quarter. The student's transcript shows only semester grades. Students entering Sugar Bowl Academy for the winter term (November-April) will have their grades from their previous school averaged with their work at the Academy.

In an effort to address Sugar Bowl Academy's mission of developing each student's mind, body, and spirit, SBA conducts yearly "Whole-Child" evaluations which are mailed in early March. Whole-Child reports are compiled by faculty advisors and incorporate input from teachers, coaches, and dorm staff. They are intended to give parents a thorough assessment of their child's progress at SBA, beyond simple grade reporting.

Drop Dates

The fourth Tuesday of each semester is last day for a student to drop a class without it appearing on his/her transcript. Dropping a course after these dates will result in no credit for the course. The student's transcript will list the date of withdrawal and the grade to date. Drop dates for each semester appear on the annual calendar.

Textbooks

UPPER SCHOOL COURSES OFFERED BY SBA

English 1
English 2
Rhetoric and Writing
Contemporary Literature
California Literature and Film
AP English Language & Comp.
AP English Literature & Comp.

Modern World History
U.S. History
AP U.S. Government & Politics

Algebra I
Algebra II
Pre-Calculus
Statistics
AP Calculus

Biology
Chemistry
Physics
Microbiology
Astronomy

Spanish 1
Spanish 2
Spanish 3
Spanish 4 (Honors)

Art
Music
Various Electives

RENWEB ADDRESS:

<http://www.renweb.com/login.htm>

SBA School Code (necessary for access): SBA-CA

**ORDERING TEXTBOOKS
FROM VARSITY BOOKS**

Varsitybooks.com

1-877-827-2665

Sugar Bowl Academy students are responsible for purchasing their own textbooks. SBA recommends Varsity Books as our main textbook supplier. Once students know which classes they are enrolled in, they can visit the Varsity Books web site and the SBA page to see which textbooks are required for each class. If a class is not listed on the web site, SBA will provide and bill the student for that class's books. If students choose to purchase books from anywhere other than Varsity Books, please check that the ISBN number matches that of the textbooks listed on the Varsity Books site. Boarding students may have textbooks shipped directly to the school.

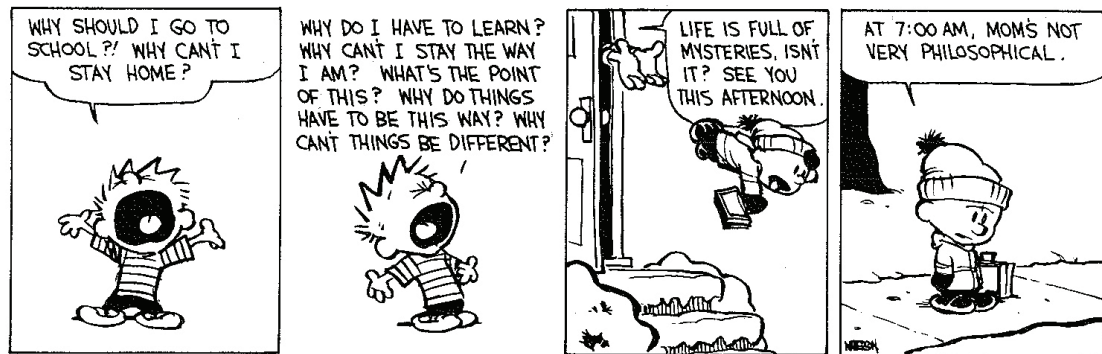
Academic Dishonesty

All academic institutions view academic dishonesty as a very serious matter. All forms of cheating and plagiarism are infractions against Sugar Bowl Academy's Student-Athlete Pledge. When work is presented by a student, it is expected to be entirely his/her own work. Any work that is derived from others requires proper citations. The on-line environment offers particular temptation in regard to plagiarism; students are expected to exercise honesty when presenting work that has been researched on the Internet. The normal consequences for academic dishonesty will include a zero on the assignment and a period of suspension. Repeat offenses may result in dismissal.

I acknowledge Sugar Bowl Academy's academic policies and agree to uphold the standards indicated above.

Student Signature _____

Parent Signature _____



ATHLETICS

The athletic program at SBA is a vital component to life within our community. Sport is used to help develop self motivation, strong work ethic, and ability to push personal limits. Central to each student-athlete's athletic program is on-snow competition, fall and spring conditioning sessions, and an independent summer conditioning program. Student-athletes are encouraged to demonstrate hard work in athletics, as it is crucial to the success of the entire SBA program. Through our athletic curriculum, all student-athletes will experience improvements in their skiing knowledge and ability, aerobic conditioning, strength, coordination, agility, and confidence.

Grade Policy for Athletic Participation

While the SBA athletic program is an integral component of life at the Academy, student-athletes must maintain grades of 70% or better in order to participate in athletic events. If a student's grade drops below 70% for a three-week period in any class, the student may be restricted from ski-related travel until the grade improves. Teachers and coaches reserve the right to restrict athletes from training or travel due to incomplete work or substandard grades.

Ski Competition

All SBA student-athletes will participate in USSA and/or FIS competitions. Each athlete will receive an individualized racer management plan designed to evolve as his/her abilities improve. All athletes must register with USSA for J3 and Freeride competition licenses by the June deadline. All J1/2 athletes must register with USSA and FIS by the June deadline or a late fee will be assessed.

Training Periods and Schedule

The Sugar Bowl Academy athletic program consists of four periods. The fall is marked by intensive conditioning activities including rollerblading, biking, running, hiking in the Sierras, and other agility sports. Winter is our competition season, although we also utilize recovery and strength maintenance workouts during this period. Upon completion of our competition season in April, student-athletes begin a lifting and aerobic training period. During the summer break, all student-athletes are given a lifting and conditioning plan to be done independently.

If student-athletes are injured and are unable to participate in the regularly scheduled training, they are required to participate as they are capable as determined by medical professionals. In many cases, student-athletes will need to visit local doctors or undergo a rehabilitation program. We ask that students and/or parents schedule all medical appointments outside of the class day so as to minimize academic impact and to insure timely transportation.

IMPORTANT WEB SITES

Far West Skiing
www.fwskiing.org

USSA
www.ussa.org

FIS
www.fis-ski.org

NECESSARY SPORTS EQUIPMENT

*ski pants and jacket
speed suit
skis and poles
ski boots
helmet
shin guards
goggles
tuning gear and wax
rollerblades
sleeping bag and pad
tent (optional)
headlamp
overnight backpack and daypack
camp dishes
running shoes and hiking boots*

Fall

The Sugar Bowl Academy athletic program begins during the second week of school with intensive conditioning. Students attend two to three early morning sessions per week and five afternoon sessions. Fall conditioning focuses on gaining strength through lifting, developing coordination, increasing agility, and improving anaerobic fitness levels. It is very important that athletes arrive in September having had significant aerobic training and having been exposed to a multitude of summer sports. We start the fall season with the USSA fitness test which we retest at the end of the fall to track improvement. Participation in the testing and the Desolation Wilderness hike is mandatory. Additionally, participation in the fall conditioning program is required for Physical Education credit and vital to student-athletes' success on snow.

SBA student-athletes attend a mid-November on-snow training camp in Colorado to kick off the ski season. Students begin daily on-snow training upon return from Colorado.

Winter

The competition season begins in early December, as does training at Sugar Bowl Resort. Student-athletes attend on-snow training sessions on Tuesday, Wednesday, and Thursday mornings, on Friday afternoons, and on Saturdays and Sundays when not racing. Student-athletes are expected to attend all training sessions. Additionally, they must arrive on time, with the right equipment, and prepared for the day's training conditions. Student-athletes who are unprepared or late for their scheduled training sessions may be asked to leave.

Race schedules and recovery/maintenance programs are based on the coaching staff's insight and are discussed with student-athletes and parents in early December.

Spring

After seven months of intense training, spring is a time for rest, rejuvenation, and a break from skiing. Student-athletes begin the conditioning cycle again, with six training sessions per week, plus the opportunity to play lacrosse, enjoy weekend student life trips, and explore other activities. Student-athletes complete the USSA fitness test during the last week of school to help establish an adequate summer training program.

Summer

Summer training programs are handed out during the last week of school, after the spring fitness test. While lifting and aerobic/anaerobic training are still the main concerns, participation in other sports benefits the overall fitness and coordination of our student-athletes. SBA student-athletes are also encouraged to attend any or all of our three on-snow summer camps.

Athletic Evaluations/ Parent-Athlete Meetings:

Communication between coaches, athletes, and parents is crucial to a successful competition season. We facilitate this communication triangle through the following means:

During the Sugar Bowl Ski Team October orientation weekend, the coaching staff is available for a conditioning report and explanation of the winter competition plan.

Mid-season evaluation meetings are scheduled over SBA's Winter Parents' Weekend to discuss training, maintenance, and race performance.

End-of-season evaluations are held with each athlete's respective coach in April.

Additionally, all parents and athletes are encouraged to arrange phone calls or meetings throughout the season to discuss conditioning, work ethic, skill development, race schedules, and any other concerns.

Ski Equipment

SBA has great relationships with most major ski and boot companies that support Junior Ski Racing and Free ride programs. SBA coaches assist in equipment ordering for student-athletes based on athlete preference and on available equipment sponsor or lease programs. All athletes are encouraged to provide coaches with a list of equipment needs during the summer and fall.

SBA also works closely with the Start Haus, a specialty ski shop in Truckee. This local retailer gives athletes the same pro-form price as direct ordering and provides competitive prices on wax, ski tools, and other ski equipment.

Other Necessary Equipment

Running Shoes – Appropriate running and workout shoes are needed for conditioning sessions.

Water Bottles – Hydration is a key element to training and recovery. Therefore, water bottles should be used for every training sessions on and off the snow.

Mountain or Road Bike – Optional, but we do use mountain and road bikes for aerobic workouts. Such workouts are great for those recovering from injury who cannot run. Hard shell helmets are required for biking.

Roller Blades/Harb Carvers – We use the Harb Carver rollerblades for fall conditioning and skill development. You can order them through Hermann Gollner. Hard shell helmets are required to rollerblading.

FOR HARB CARVERS

*Call Hermann Gollner at
(530) 277-7492*

Pads and Gloves – We suggest wrist guards or leather gloves and knee pads for rollerblading exercises.

Heart Rate Monitor – These are great tools for increasing the effectiveness and efficiency of training.

Proper winter attire for snow, rain, and wind.

Season Passes

Each Sugar Bowl Academy student receives a Sugar Bowl Resort season pass to be used on a daily basis. Additionally, athletes are encouraged to purchase season passes to Boreal Mountain Resort and Mammoth Mountain depending upon their travel schedules.

Transport to Mountain

Sugar Bowl Academy student-athletes are transported to and from training by faculty members. Student-athletes are dropped off in the West Bay parking lot at Sugar Bowl and then walk to the Village Hall.

Locker Rooms

SBA is equipped with a ski storage locker room and tuning facilities. The locker room is to be used by SBA athletes only and cleaned after each use. Locker room privileges may be revoked at any time by the coaching or Academy staff if athletes mistreat or misuse the facility.

In addition to the use of the SBA ski room, the SBST Village Hall houses ski storage lockers, a wax room, and coaches' offices. Student-athletes are expected to utilize the Village Hall as their daily skiing locker room throughout the winter. Privileges for this facility may be revoked at any time.

Injury Protocol

The SBA coaching staff has medical releases on hand when traveling and uses the following protocol in the event of an injury:

- Contact the appropriate help, (i.e. driving to urgent care, contacting ski patrol, local authorities)
- Contact parents.
- Stay with athlete until properly cared for by parents or medical personal.

Appropriate Behavior

It is the goal of the Sugar Bowl Ski Team Foundation and Sugar Bowl Academy to foster the personal growth and favorable development of all who participate in our programs. By their enrollment, all participants and parents agree to and will abide by all Foundation/Academy rules and policies.

Travel Rules

1. Travel lightly. Pack all clothes and equipment in the following bags: one large duffle bag, one carry-on or handbag such as a backpack, one ski bag.
2. No women in men's rooms, or men in women's rooms unless accompanied by a staff member.
3. No travel expenses are covered in tuition fees. For a full explanation of financial policies regarding travel, please see the SBST handbook.
4. Lodging is expected to be clean and organized on a daily basis.
5. The rights of other athletes and guests must be respected.
6. Teachers and coaches will determine study hours; students are expected to be quiet during these hours.
7. Any damage to rooms is the responsibility of its occupants.
8. Before training and race days, lights out will be 10:00-10:30pm determined by coach; before rest days, lights out will be 11:00pm.
9. Only coaches or chaperones may drive a team vehicle.
10. All school rules apply while participating in travel with Sugar Bowl Academy and Ski Team staff. Violations will result in the student forfeiting the trip, being sent home, and incurring additional penalties from the Academy and/or the Ski Team.

TRAVEL AND TRANSPORTATION TO AND FROM SBA

All efforts will be made to pick up and drop off students to and from the airport on scheduled breaks and for ski related travel.

Air Transportation:

Students may fly into Reno International Airport.

Ground Transportation from Reno International Airport:

*North Lake Tahoe Express
(866) 216-5222*

*Squaw Valley Taxi
(530) 584-6244*

*Greyhound
1-800-231-2222*

*Amtrak
1-800-USA-RAIL*

SUGAR BOWL SKI AREA

http://www.sugarbowl.com

MAMMOTH MOUNTAIN

http://www.mammothmountain.com

BOREAL MOUNTAIN RESORT

http://www.rideboreal.com

I acknowledge Sugar Bowl Academy's athletic policies and agree to uphold the standards indicated above.

Student Signature

Parent Signature

CODE OF CONDUCT

Sugar Bowl Academy trusts each student to uphold the highest standards of respect and individual responsibility. All members of the community are expected to uphold the policies set forth in the SBA Student-Athlete Pledge. This pledge is signed in the presence of the Head of School, Dean of Academics, Dean of Residential Life, and Director of Competition, as a promise to uphold the highest standards of academic honesty and abide by Academy and Ski Team rules which prohibit the use of alcohol and illegal drugs. Furthermore, students and staff members are expected to report violations of the Student-Athlete Pledge to the Head of School.

EXAMPLES OF EXCUSED ABSENCES

Ski related travel with an SBST coach

Ski related travel with a regional or national team that has been approved by an SBST coach

Illness

Injury

Pre-approved doctor's appointments

EXAMPLES OF UNEXCUSED ABSENCES

Non-recommended ski related travel

Family vacations

Mental health days

Being tired after a week long trip

Sugar Bowl Academy Student-Athlete Pledge:

As a student, an athlete, and a member of the Sugar Bowl Academy and Ski Team community, I agree to take responsibility for my actions, exemplify strong work ethic, and act always with respect for myself, for my peers, and for Sugar Bowl Academy and Ski Team rules.

I therefore make the following pledge:

To my teachers and my fellow students I pledge to uphold to highest standards of academic honesty. The work that I present will always be my own. When I use written or Internet sources, I will always cite them.

To my coaches and fellow athletes I pledge to strive for the highest standards of sportsmanship and work ethic. I pledge to abide by Academy and Ski Team rules prohibiting the use of drugs and alcohol.

To the Academy and Ski Team communities I pledge to be honest in all my dealings so that my word shall always merit trust.

I acknowledge that by honoring this commitment, I will earn the respect and the trust of the Academy and Ski Team staff, and that they, in turn, will provide me with the very best opportunities to succeed in academics, athletics, and life.

Attendance

Students are expected to arrive on time and attend all scheduled classes. Teachers will inform students of their policy for missed quizzes or class participation grades due to tardiness in their class syllabi and during the first day of class. However, tardies will be tallied by the administrative staff and excessive tardiness will lead to disciplinary action.

Inevitably, students will miss school due to illness and/or ski-related travel. In the event that students cannot attend school due to illness or injury, we ask that parents contact the school prior to the beginning of the academic day at 8:00am. Students who miss classes should contact their teachers to make up any missed work. Ski-related travel must be

pre-approved by the SBST coaching staff and the SBA administration. Absences due to ski-related travel that has not been recommended by the coaching staff will be considered unexcused.

Many of our students miss a number of days for athletic travel. Since absences are disruptive to the pace of the academic program, we ask that families of boarding and day students adhere to the SBA attendance policy. Our winter schedule and the overall academic success of our students depend upon student attendance. Excused absences include those due to illness, pre-approved travel for training or competition, and family emergencies. Please pay particular attention to scheduled breaks and vacations. It is essential to the continuity and integrity of the school program that parents and students respect the dates that mark the beginning and end of all vacations. All planned absences must be pre-approved by the Head of School.

Any student who travels without authorization from the Head of School or Dean of Studies risks losing credit for work missed during such unexcused absences.

Classroom Behavior

All students are expected to conduct themselves appropriately in the classroom. Behavior that disrupts the learning environment will not be tolerated. Cell phones may not be brought to classes or study halls. In the interest of promoting a positive learning environment, Sugar Bowl Academy students are required to dress in a manner befitting an academic setting. Inappropriate or excessively casual dress (slippers, pajamas, hats, etc.) is not acceptable from breakfast through the end of the academic day. Unusual hairstyles, unnatural hair dyes, and body and facial piercings can be disruptive to the athletic and academic environment. Should there be any question as to the appropriateness of the above, students must gain clearance from an administrator prior to arriving at school. Students who violate SBA's dress code will not be admitted to class, and their absence will be unexcused. All students are expected to act as positive role models and conduct themselves as ambassadors for the Academy.

Late Work Policy for Ski-Related Absences

Sugar Bowl Academy exists to facilitate the development of responsible, competitive student athletes. The schedules of competitive skiers often necessitate school absences. Because SBA will not compromise academic excellence, missed work must be completed in a timely manner.

Students are expected to contact their teachers regarding their progress while traveling and check RenWeb frequently for updated assignments. Students must make every possible effort to complete assignments while traveling. If students have concerns with their work load and have contacted their teachers, an appropriate timetable will be determined to complete work. If, upon return from travel, a student has incomplete

THE BOTTOM LINE ON SCHOOL WORK WHILE TRAVELING

Communicate with your teachers via:

*e-mail
cell phone
school phone
fax*

Expect to be kept off the hill if you return with incomplete work

Expect to receive zeros if you have not communicated with teachers while on the road

Make every possible effort to get your work done

Find a reliable Internet connection (for those traveling extensively, a wireless Internet card is suggested)

work and has not contacted the appropriate teacher, no credit will be given for the unfinished portion. Work that is submitted outside of this timetable will receive no credit.

Students who return from travel with incomplete work and who have been granted an extension by their teacher will be assigned to proctored study hall and may not resume on-snow training until all work is completed. Failure to complete work within the limits of the timetable may result in loss of credit for missing assignments.

Personal Conduct

Students are expected to carry themselves within the boundaries of appropriate displays of public affection while at school and at school functions. Prolonged embracing or kissing and other forms of personal affection are not acceptable on the SBA campus or at school sanctioned events.

Additionally, sexual behavior is not appropriate to the academic, athletic, or residential life of our school community. Should students engage in sexual activity while under the care of the school, their parents will be notified, and the students will be disciplined.

Profane language or vulgarity is not acceptable within our community.

I acknowledge Sugar Bowl Academy's Code of Conduct and agree to uphold the standards indicated above.

Student Signature

Parent Signature

STUDENT LIFE

There is more to life at Sugar Bowl Academy than classes and athletic training. In order to foster the growth of independent, responsible young adults, SBA offers community building programs and requires student-athletes to abide by certain obligations and protocols.

Orientation

Sugar Bowl Academy values its setting in the heart of the Sierra Nevada mountain range. Therefore, each academic year begins with an overnight backpacking trip that provides the SBA community an opportunity to develop natural, personal relationships with one another. Upon return from the annual backpacking trip, students attend a half-day session designed to familiarize themselves with SBA policies and procedures. Due to regular revisions of Academy policies, both new and returning students are required to attend the orientation activities. The orientation program concludes during the second week of school with a Student-Athlete Pledge signing ceremony held at our first formal dinner.

We encourage winter term students to attend our fall orientation, yet we realize that many students cannot schedule a three day trip up to Tahoe in early September. As a result, we have a separate orientation program for our winter-term students.

Upon arrival to Sugar Bowl Academy, winter-term students are introduced to the community through the SBA Advisor-Advisee Program. Advisory groups play a fundamental role in winter-term orientation through review of SBA policies and procedures and integration into the greater SBA community. Additionally, the December and January formal dinners are designed as Student-Athlete Pledge signing ceremonies for new students.

Advisor-Advisee Program

Students are assigned a faculty advisor at the beginning of each academic year. Opportunities are created on a weekly basis for interaction between advisors and their advisee groups to establish natural personal relationships. Advisors develop a sense of the different aspects of students' lives and are able to provide information about their advisees' academic and personal progress. Parents will receive periodic reports from their child's advisor and should contact him or her with questions or concerns.

STUDENT MAIL

All SBA students can receive mail at the following addresses:

Regular U.S. Postal Service mail

*Sugar Bowl Academy
P.O. Box 68
Norden, CA 95724*

Fed-Ex, UPS, and other delivery services

*Sugar Bowl Academy
19195 Donner Pass Road
Norden, CA 95724*

STUDENT BANKING

It is encouraged that students have local bank accounts with ATM/Debit cards. Accounts can be opened and used world wide.

*Well's Fargo
11262 Donner Pass Road
Truckee, CA
(800) 869-3557*

*Bank of America
11265 Donner Pass Road
Truckee, CA
(530) 546-8475*

PAST WEEKEND ACTIVITIES HAVE INCLUDED

*whitewater rafting
surfing
hiking
camping
San Francisco Giants or Oakland A's games
UNR sporting events (baseball, football, etc.)
Reno Rib-Cookoff lunches out in Truckee
shopping in Reno
shopping in Truckee
Truckee Renaissance Fair
Truckee High sporting events
paintball
Earth Day celebration at Squaw Valley*

BIRTHDAY PARTIES

SBA hosts small birthday parties with a gift and dessert for all boarding students. Special dinners, cake, and ice cream parties are available at the cost of the parents.

Weekend Activities

SBA holds several weekend activities during the fall and spring semesters, which we encourage all students, both day and boarding, to attend. While we realize that it is important for boarding students to spend time with their families on the weekends, we encourage them to stay on campus several times throughout the year to participate in such activities. Annual fall activities include whitewater rafting, hiking in Desolation Wilderness, and surfing along the coast of Santa Cruz. Spring activities include an overnight camping trip and an end of the year scavenger hunt. In many cases, students incur costs associated with weekend activities which are collected prior to departure or billed out to students after the fact.

Formal Dinners

Formal dinners are a way for students, teachers, and other individuals affiliated with the Sugar Bowl Ski Team to interact in a non-traditional setting. On these nights, the dining room is transformed into a fine dining establishment. Dinner is typically followed by a faculty or guest-led presentation.

Formal attire is required for formal dinners. Boys must be dressed in slacks, collared shirts, and dress shoes. Girls should wear dresses or skirts of appropriate length, slacks, and dress shoes. Flip flops, sneakers, or skate shoes are not acceptable. Boarding students should bring appropriate clothing upon arrival to SBA at the start of the school year. If students do not have appropriate clothing, it will be provided for them and billed to their families.

Student Council

Sugar Bowl Academy values input from all students and staff to create opportunities for growth. Therefore, students who are interested in leadership are encouraged to join the SBA Student Council. Due to our small student body, the Student Council is made up of three leadership positions, President, Vice-President, and Secretary/Treasurer, and three representatives. In the past, the Student Council has sponsored talent shows, spirit weeks, holiday festivals, ping-pong tournaments, and an annual gift to the graduating seniors.

Senior Leadership

Sugar Bowl Academy is committed to graduating students with the ability to succeed in all aspects of life. A central component to post-graduate success is leadership and independence. Therefore, members of the SBA senior class are encouraged to take on leadership roles within the SBA community. Setting good examples to underclassmen and acting as mentors are common ways in which seniors fulfill this role. Additionally, SBA seniors are required to enroll in a Leadership course focused on completion of a community-based Senior Project.

Community Service

Sugar Bowl Academy believes in the importance of contributing to the local community. To this end, several community service opportunities will be provided throughout the school year. Because of the busy schedule during the academic year, students are encouraged to research and develop their own community service projects over the summer. Continued participation in Sugar Bowl Academy's community service program is a requirement for graduation.

Clubs

Although the primary activity of Sugar Bowl Academy students is competitive skiing, we encourage students to pursue other interests. This can be done through academic elective offerings such as Astronomy, Fine Art, Photography, participation in Truckee recreation sports including Lacrosse, or through the development of special clubs. In the past, SBA students have organized Astronomy, Road Biking, and Frisbee Golf clubs. The Truckee Donner Recreation and Park District provides numerous opportunities for SBA students to pursue their other interests or hobbies.

Parents' Weekends

Parental involvement is critical in the development of a student-athlete and the success of the SBA program. Therefore, SBA hosts two parents' weekends which provide parents and guardians with insight into the daily life of their children and an opportunity to meet with teachers and coaches. Parents' weekends typically include a social event for parents, teachers, and coaches, and parent-teacher or parent-coach conferences. Fall parents' weekend is scheduled for October 24-25, 2008 and winter parents' weekend for February 13-14, 2009.

Study Hall

During the academic day, unscheduled periods are to be used for study. Additionally, mandatory nighttime study hall is normally scheduled the evening before a school day. Teachers evaluate their students on a biweekly basis to assess levels of preparation, effort, and in-class contribution. Those students who are recognized by their teachers during a two-week period as having displayed adequate preparation and effort, and have not fallen short in any classes may study on their own, rather than in the formal, proctored study hall. Inappropriate behavior during study periods will result in a student's immediate return to proctored study hall, regardless of the student's academic standing.

LOCAL RESTAURANTS

*Dragonfly
(530) 587-0557*

*Moody's
(530) 587-8688*

*Cottonwood
(530) 587-5711*

*Pacific Crest
(530) 587-2626*

*Zano's Pizza
(530) 587-7411*

*Pianeta Ristorante
(530) 587-4694*

*Casa Baeza
(530) 587-2161*

*Java Sushi
(530) 582-1144*

*Wong's Garden
(530) 587-1831*

*Taco's Jalisco
(530) 587-1131*

*Thai Na-Koin
(530) 550-0503*

*Blue Coyote Bar and Grill
(530) 587-7777*

*The Lodge at Tahoe Donner
(530) 587-9455*

*Los Altos
(530) 587-7872*

LOCAL AREA LODGING

Truckee Hotel
(530) 587-4444

Holiday Inn Express
(530) 582-9999

River Street Inn
(530) 550-9290

Hampton Inn and Suites
(530) 587-1197

Donner Lake Inn
(530) 587-5574

Squaw Valley Lodge
(530) 583-5500

Rainbow Lodge
(530) 426-3871

Sugar Bowl Resort
(530) 426-6742

Assigned Tasks

All members of the Sugar Bowl Academy community share the day-to-day responsibility for the general up-keep and appearance of the school. Students should expect to be assigned cleaning or other ongoing tasks throughout the school year.

Meals

Sugar Bowl Academy serves three meals a day for its students and staff. Boarding students are required to attend all meals. Day students are automatically enrolled in the lunch program and will be charged \$5.00 per day. Day students may opt out of the lunch program by making a written request to the Head of School. Day students may also eat dinner at the school if they have notified the kitchen staff by 3:00pm.

Illness

If a day student is absent or tardy, the school expects to be notified by a parent or legal guardian prior to the start of the school day. Parents should contact the Head of School's Assistant at 426-1844, ext. 2. Boarding students who are sick should notify the Faculty or Dorm Staff on Duty. Failure to comply with this policy will result in an unexcused absence with academic consequences and/or disciplinary action.

Snow Days

In our high alpine environment, school may be delayed or canceled due to poor driving conditions. Unless there is notification to the contrary, families should assume that school is in session. On mornings when there is no scheduled ski training, the school's snow phone, 426-6757 ext. 9, will be updated by 7:00 a.m. if there is to be a delay or cancellation of school. On mornings with ski training, families should check their respective coach's training hotline to determine whether or not training will be held. SBA's snow phone will be updated by 10:00 a.m. on days with scheduled morning training should there be a delay or cancellation of school. If school is to be dismissed early, every effort will be made to contact families.

Computers, E-mail, and Acceptable Use Policy

Students are strongly encouraged to have a laptop computer that will function on the school's wireless network and run Microsoft Office Suite. SBA's network provides access to the Internet. School support staff will help configure students' computers. Students are required to sign the school's acceptable use policy (see addendum). Laptops and school computers may only be used for academic purposes during the school day. Students are provided with a school e-mail address and are expected to check their e-mail on a daily basis for communications from their teachers, coaches, or school administration.

Fire Safety

Students must comply with all statutory and regulatory fire codes and the following precautions:

An open flame, unless under the direct supervision of a staff member, is forbidden. Nothing is to be burned in dormitory rooms, including candles and incense.

Fire anywhere on school grounds is prohibited.

All doorways and fire exits must be free from obstructions.

Tampering with fire safety equipment is a major disciplinary offense.

Students are cautioned to avoid the use of personal products that may activate smoke detectors.

Student cooperation with periodic fire drills is mandatory.

Off Campus Policies

Sugar Bowl Academy maintains a closed campus throughout the academic day; students are required to remain on campus from the time that they arrive until the end of classes. However, we recognize the need for boarding students to spend time away from campus once school has been adjourned for the day. Additionally, students who return home for weekends are encouraged to invite other boarding students to join them.

Sign Out

Boarding students must obtain permission from the on-duty staff member before leaving campus and sign out. Day students must also sign out if they leave campus during the academic day. Students must check in with the on-duty staff member and sign back in when they return. Failure to follow the proper check out procedures is considered a major rule violation.

Weekend Leave

Boarding students who plan on leaving for the weekend must submit a Weekend Leave form to the on-duty staff member no later than Thursday at 6:00 pm. The Dean of Residential Life must have permission from the parent of the student and the host family before students can be cleared to leave on Friday afternoon. After leaving the school for weekends, students must return by 7:00 pm on Sunday unless prior permission has been granted.

VOLUNTEER OPPORTUNITIES FOR PARENTS

SBA fall volunteer day

Hosting students

SBST Village Ball and Silver Belt Auction

Ride-shares

Host a student event

Clean up around campus year-round

Help with races and competitions at Sugar Bowl

Cars and Transportation

Daily transportation from Truckee to Sugar Bowl Academy and back is available to day students for \$100/month. Students are picked up at McDonald's in Truckee half-an-hour prior to the start of the school day and dropped off there half-an-hour after the conclusion of the school day.

Safe driving is an absolute necessity. It is also a considerable challenge in the winter conditions common to the Northern Sierra. Every precaution must be taken to ensure the safety of students enrolled in the program.

Risk is always present when driving and should be minimized by using common sense and courtesy and by obeying all the rules and laws of the road. A motor vehicle is not the place for chance or daring, either by students, parents, or staff. Given these concerns, the following rules apply to car travel by Sugar Bowl Academy students:

The school's staff may forbid a student from driving or riding with others if they believe that circumstances warrant such action.

If a student wishes to ride in a car driven by someone other than a staff member or an adult relative, he/she must have permission from his/her parents and a school staff member. A vehicle permission form will be provided in the enrollment materials at the start of school. Violations will result in disciplinary action.

Students may not drive a school vehicle under any circumstance.

Student Vehicles

Those students wishing to drive and have their own car at the Academy must apply to the Dean of Student Life for permission. Applicants seeking permission to drive and to have a car at school must submit the following:

- A completed Driving Permission Form
- Proof of Insurance, Driver's License, and Registration
- A spare key to ensure on-site vehicles can be moved during snow storms.

All of the above requirements must be completed and approved prior to the student bringing his or her car to campus. The school reserves the right to deny driving privileges at any time for any reason.

Students are required to park in parking spaces designated by the school.

DID YOU KNOW...

The Pacific Crest Trail runs through the SBA parking lot?

The SBA facilities have served as Cal Trans fueling station and Alpine Skills International guide house?

Students may not leave campus during the academic day without permission from their parents and the school administration. Failure to uphold the school driving rules will result in the loss of driving privileges and/or disciplinary action.

Students are not to drive to and from races or school-sanctioned events without the consent of Sugar Bowl Academy staff.

Students must ensure that their cars can be moved in the event of their absence to allow for plowing. The Academy is not responsible for any damage done to a vehicle as the result of snow removal.

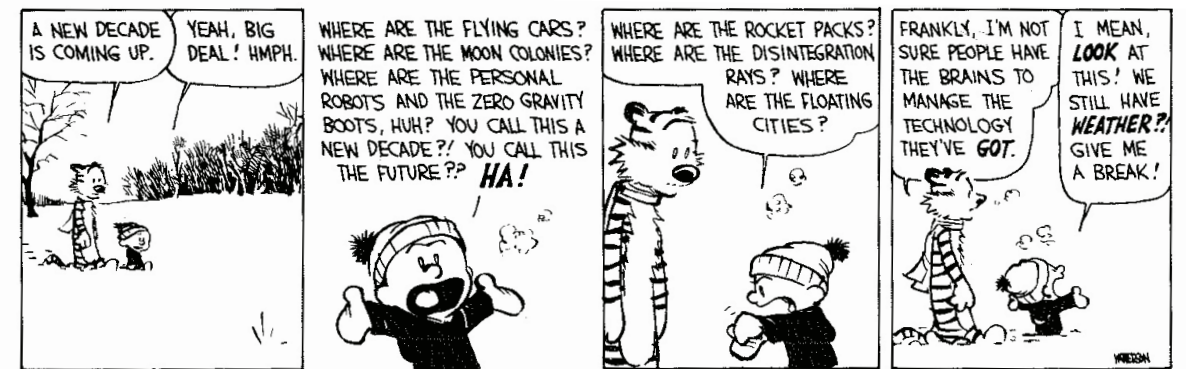
The following will result in the loss of driving privileges and possible disciplinary action:

1. Reckless or careless driving, or any moving violation
2. Leaving campus in a vehicle without permission
3. Providing transportation to other students without permission
4. Parking in an unauthorized location

I acknowledge Sugar Bowl Academy's student life programs, its on campus and off campus policies and agree to uphold the standards indicated above.

Student Signature

Parent Signature



INFORMATION FOR BOARDING STUDENTS

The goal of the Sugar Bowl Academy residential life program is to create an atmosphere that is like a “home away from home”. We strive to establish this tone in terms of comfort and in our expectations of student behavior. We provide around-the-clock supervision that is firm yet caring and is built on an understanding of the trials and challenges of adolescents with goals and high expectations of themselves. Our first priority as a staff is to make students feel that they are a part of a special family that cares about them.

Accommodations

SBA’s main building houses nine dorm rooms each which houses two or three students. Room assignments are made by the Dean of Residential Life after consideration of student age, interests, compatibility, and student requests. Room changes are made only with the approval of the Dean of Residential Life. Each room is furnished with beds, dressers, shelves, desks, and closets. Showers, toilets, and laundry facilities are shared by students. Students are free to decorate their rooms as they wish provided satisfactory standards of taste and safety are maintained and provided that the rooms and furniture are not altered. Students will be responsible for keeping their personal and public areas clean. Biweekly chores are assigned to keep the facility clean. If accidental damage does occur it must be reported immediately. Damage beyond normal is not acceptable and those responsible will be charged for repair costs.

A minimum cleaning charge of \$100 will be assessed to any departing student who leaves a room in poor condition.

Responsibility and Safety Issues

Flammables are not allowed in the dorm. This includes candles, incense, lighters, and matches.

For reasons of safety and hygiene, students are not permitted in the kitchen other than when assisting with meal preparation and cleanup under the direct supervision of the kitchen staff.

For reasons of personal safety and to prevent damage, students are not allowed on the roof or fire escape.

Each student assumes full responsibility for all personal belongings. Sugar Bowl Academy is not responsible for damage to, or loss of, any such articles, and our insurance policy does not cover damage to any personal articles. Students may wish to consider a personal insurance policy for these items. A small lockable container is advisable for valuables. Students should not be in possession of large amounts of cash.

Sugar Bowl Academy reserves the right to search and inspect all campus facilities for illegal or contraband materials, dangerous items, or stolen articles. Such checks will only take place when due cause exists.

Study Hours and Quiet Periods

The school is to remain quiet for studying during the academic day and the 7:00 - 9:00 pm evening study period. Study halls are considered classes, unexcused absences and tardiness are not acceptable.

SBA has a tiered schedule of quiet hours and lights out depending on students’ ages. For 8th and 9th graders, quiet time begins at 9:30pm and lights out is at 10:30pm. For 10th and 11th graders, quiet time begins at 10:00pm and lights out is at 10:30pm. For 12th graders, quiet time begins at 10:30pm and there is no lights out time. These times may be varied at the discretion of the dormitory staff on duty; students may request a later lights out time if they need extra study time. During quiet time students must be in their own rooms settling down, showering, finishing homework, and getting ready for bed. All students must respect the differing daily habits of other students and maintain quiet should others wish to retire earlier than these times. Prior to bedtime, cellular phones are collected and Internet usage is disconnected. Students are expected to remain in their rooms until 6:00 am. On weekend nights, these times are adjusted according to the following day’s schedule.

Dorm parents will make periodic, random late night tours of the building.

Visitors and Room Visitations

Visitors are generally welcome at Sugar Bowl Academy provided they do not interfere with the residential, academic, or athletic life of our school community. Parents and other adult guests are not permitted to spend the night in the dormitory. Overnight guests must obtain permission from the Dean of Residential Life before they may stay in the dorm. Residents are responsible for the conduct of their guests, who are expected to follow all of the rules and procedures outlined in the handbook and to participate in the daily SBA routine.

School visitors must leave the dorm by 7:00 pm on weekdays and 10:00 pm on weekends unless they are visiting specifically to study, participate in a scheduled evening activity, or stay overnight.

Students are only allowed to enter the hallway of the opposite sex with permission from a dorm parent. Students may not have visitors of the opposite sex in their dorm rooms at any time.

LOCAL HEALTH CARE PROVIDERS

Sierra Multi-Specialty Medical Group
(530) 582-1212

Tahoe Forest Hospital
(530) 587-6011

Truckee Tahoe Medical Group
(530) 581-8864

Gateway Urgent Care
(530) 582-2070

STAYING HEALTHY AT SBA

Eat Right!
Exercise!
Sleep!
Stay Focused!
Smile and Laugh!

Weekend Activities and Leave

Students leaving for the weekend will need to have plans approved by a parent and the Dean of Residential Life. Plans are to be submitted by the Thursday prior to the weekend.

Students staying at the dorm for the weekend should expect daily and nightly activities. These could include a trip to Donner Lake or Lake Tahoe, bowling, movies, dinner in Reno, a trip to Sacramento, camping trips, ice skating, shopping, etc. Student requests for activities are always welcome.

WHAT TO BRING TO THE SBA DORM

Room Furnishings:

- alarm clock
- two sets of twin sheets
- twin size mattress pad
- pillow(s)
- comforter
- two sets of towels
- hangers
- desk lamps
- laundry bag
- three prong surge protector

Personal Items:

- toiletries
- sunscreen
- laundry soap
- school clothing
- workout clothing
- dress clothes
- snow boots
- rain gear
- swim suit

Optional Items:

- stereo, music, headphones
- posters, pictures, decorations
- camera
- storage bins
- computer
- cell phone
- small fan
- musical instruments
- misc. sports equipment
- USB thumb drive

Dorm Closure and Travel

School breaks are indicated on the school calendar (see pages 40-41). Travel arrangements must not conflict with the beginning and end of term dates. No students will be allowed to stay on campus during these breaks. Travel arrangements must be submitted to the Dean of Residential Life one week prior to vacation.

Please adhere to the following schedule when making travel arrangements for your son/daughter.

	<u>Dorm Closes</u>	<u>Dorm Re-opens</u>
Thanksgiving Break	Wed., Nov. 26th – 6:00pm	Sun., Nov. 30th – 2:00pm
Holiday Break	Fri., Dec. 19th – 12:00pm	Sun., Jan. 4th – 2:00pm
Winter Break	Wed., Feb. 18th – 6:00pm	Sun., Feb. 22nd – 2:00pm
Spring Break	Thurs., April 2nd – 6:00pm	Sun., April 12th – 2:00pm
Memorial Day Weekend	Fri., May 22nd – 6:00pm	Mon., May 25th – 2:00pm

I acknowledge Sugar Bowl Academy’s residential life policies and agree to uphold the standards indicated above.

Student Signature

Parent Signature

DISCIPLINARY PROCEDURES

Students who violate the SBA Student-Athlete Pledge, attendance policy, late-work policy, or other expected behaviors will face consequences. To foster the positive growth of student-athletes and allow them to learn from their mistakes, the Ski Team and Academy have adopted a system by which they may measure the severity of various disciplinary infractions. This system allows the tracking of a team member’s disciplinary record, communication of this record to parents, and assignment of the following consequences:

Detention: Students with excessive tardiness will be assigned to a one-hour proctored study hall.

Work Detail: Behavioral infractions may result in additional chores assigned by staff.

Probation: After a major offense, a student may be subject to a probationary period during which any subsequent offenses may result in immediate dismissal.

Suspension: After a major offense, a student may be suspended for a length of time. When suspended, a team member will not be permitted to participate in the daily life of the Academy, train with the Sugar Bowl Ski Team, nor attend races for the specified period. Instead, he or she may be required to do work detail during training or racing times, be isolated from the school community while on campus, or may be sent home. No outside accommodations will be made to complete work missed due to suspension.

Dismissal: Violations of certain SBA/SBST policies or repeated misconduct may result in a student-athlete’s permanent removal from the Sugar Bowl Ski Team Foundation Programs. Dismissed students’ Sugar Bowl season passes will be revoked.

Major Offenses

The responsibility for determining that a student has committed a major offense lies in the hands of the Head of School or the Dean of Student Life. Once it is confirmed that a Major Offense has taken place, a Disciplinary Committee (DC) will normally be convened. The DC is composed of the Dean of Student Life, Dean of Studies, the student’s designated Advisor (or a faculty representative, should his/her advisor be otherwise involved in the incident), and at least one designated student representative. Parents are not permitted to attend DC meetings. The function of the DC is to counsel the student as to how their failure to abide by the school’s rules has impacted the community. The DC will recommend consequences to the Head of School. After a review of the Committee’s recommendation(s), the Head of School will make a final decision as to consequences. The Head of School or Dean of Student Life will then inform the involved student and his/her

EXAMPLES OF MAJOR OFFENSES

Violation of the Student-Athlete Pledge

Possession of a weapon or firearm

Physical and/or psychological harassment

Vandalism

*Misuse of fire safety equipment/
Violation of fire codes*

Unauthorized use of a vehicle

*Unauthorized entry into rooms,
offices, or computer networks*

Sexual harassment

*Engaging in sexual activity while
under Sugar Bowl Academy
supervision*

*Conduct unbecoming to a Sugar
Bowl Academy student (including
direct disobedience to a staff
member)*

*Prejudicial behavior toward or
against any person*

*Out of room or building after
hours*

*Leaving campus without permis-
sion*

parents of consequences. At his/her discretion, the Head of School may impose consequences without convening a DC, or may recommend to the parents that they withdraw their student from the school, thereby circumventing the necessity of a DC.

Should students fail to appear at their scheduled Disciplinary Committee, they will be dismissed from the Academy.

The typical punishment for a first offense will be a suspension. Second offenses will result in a longer term of suspension or dismissal. Parents may be asked to enroll their student in drug or alcohol counseling. In the case where it is confirmed that one member within a group is deemed to have used or been in possession of drugs or alcohol, other members in the group who had knowledge of the possession will also be punished.

EXAMPLES OF MINOR OFFENSES

Poor display of manners and general behavior

Avoidance of room and duty responsibilities

Missing class or training without prior notification

Disruptive behavior during classes or training

Other offenses as judged by Head of School, individual faculty, and coaches

Minor Offenses

SBA faculty or coaches may not minor offenses which will be dealt with on an individual basis. Disciplinary action will normally entail work detail and/or loss of privileges. Continued minor offenses may be viewed collectively as major offenses.

Important Note on Discipline

- Foundation members traveling in- or out-of-division with Far West, Regional, or National Teams are subject to the rules governing those teams. However, should disciplinary action arise as a result of their conduct while under the supervision of those teams, their continued membership in Foundation Programs may be affected.
- In the event of dismissal or suspension, no team race or camp fees shall be refunded.
- Members who are both Sugar Bowl Academy students and Ski Team members may face consequences coordinated by administrators from both programs. Dismissal or suspension from the Ski Team automatically calls for the same consequences (as applicable) at the Academy and vice versa.

I acknowledge Sugar Bowl Academy’s disciplinary procedures.

Student Signature

Parent Signature

FINANCIAL INFORMATION

Enrollment in a private school and the pursuit of competitive skiing requires a significant financial commitment from families. Although many of the expenses incurred by Sugar Bowl Academy student-athletes are covered by tuition, many others are not. All Sugar Bowl Academy billing goes through the Sugar Bowl Ski Team Foundation business office located in the Village Hall.

Sugar Bowl Ski Team Fees:

Sugar Bowl Ski Team fees are not covered by Sugar Bowl Academy tuition.

Travel Expenses:

Travel expenses are not covered by SBA tuition payments. They will be billed on a per trip basis and may include the costs of transportation, lodging, meals, coach expenses, passes, and training fees. Deposits, in amounts pre-determined by the coaching staff, are required before student-athletes depart for a trip. Additionally, a valid credit card must remain on file with the business office throughout the academic year. Student-athletes are not allowed to travel on SBSTF trips without the consent of the business office. Only athletes in good standing will be given permission to participate in SBSTF funded trips.

Miscellaneous Expenses:

There are many additional expenses incurred by SBA students that are the responsibility of students’ families. These may include weekend activities, off campus meals, SAT Preparation, birthday parties, etc. Such costs will be paid for by the Academy and then billed out to students.

Scholarships and Financial Aid:

The primary responsibility for financing Sugar Bowl Ski Team Foundation (SBSTF) programs rests with the family. However, it is part of our mission to create a diverse association of people sharing a common interest in the positive development of children that is accessible to those of all socioeconomic backgrounds. SBSTF is committed to providing financial assistance as available. SBSTF may also provide merit based scholarship opportunities. Families who feel they need financial assistance are encouraged to apply for SBSTF financial aid as well for other scholarships available from outside organizations.

SBSTF shall not discriminate in selection of scholarship and financial aid recipients on the basis of race, color, national and ethnic origin, gender, religion, or sexual orientation. Applying for (or receiving) financial

aid or merit scholarship will not affect one's chances for admission to SBSTF programs. Requests for financial aid and all financial information submitted are kept in strict confidence. Only members of the Award Committee will be aware that you have applied for aid. Scholarship and financial aid awards will be determined by Foundation Staff. The Executive Director and at least one other staff member will sit on the Award (Financial Aid or Scholarship) Committees.

Other than in the case of specific merit scholarship programs, SBSTF shall not provide financial aid or scholarships to individuals without consideration of objective evidence of need. Because awards are evaluated annually, a renewal application must be filed each year. Joining SBSTF programs often requires financial sacrifice, and those families receiving financial assistance will be expected to contribute amounts appropriate to their financial means. Financial aid recipients are held to the same standards as all other SBSTF members. SBSTF expects the same level of commitment and participation from all of its members, regardless of their financial situation. Setting a great example for others in regard to sportsmanship, eagerness to help, attendance, and general commitment to the SBSTF community may be taken into consideration in determining awards.

Sugar Bowl Ski Team Foundation Financial Policies & Procedures:

The Sugar Bowl Ski Team Foundation implements the following fee and tuition collection procedures:

- 1.) A \$800 non-refundable enrollment deposit is required for the Sugar Bowl Academy. The deposit is due along with the tuition contract. For further information regarding Academy contracts, please contact Head of School, Tracy Wilson, at 530-426-1844.
- 2.) Sugar Bowl Academy tuition payments are due according to dates set forth in each student's enrollment contract.
- 3.) A \$300 non-refundable deposit per athlete is required for the Sugar Bowl Ski Team Fees. The cancellation policy is located on the financial and fee schedule page of the SBST handbook.
- 4.) Sugar Bowl Ski Team fees are due in full by September 1. Installments are available prior to September 1 beginning in May. If registering after September 1, full payment must be paid.
- 5.) SBSTF families and customers will receive monthly e-statements (PDF file) between September and July. Statements are sent out on the first of the month and reflect all charges from the previous 30 days. Balances are due by the end of the billing month. Customers must have an updated e-mail address on file with us. If unable to open attachments, statements are available via fax or hard copy per customer's request.

All accounts are reviewed by the Executive Director on a monthly basis.

STUDENT HEALTH & WELLNESS

Students must obtain a medical clearance from their physician prior to attending school. A form for this purpose is provided in the school enrollment materials. Snow sports require great coordination, skill, and include the risk of high-speed impact accidents. Certain medical conditions can contra-indicate these sports, and these must be ruled out by a physician prior to school entrance.

Students must have up-to-date immunizations and must provide evidence of such immunization prior to school entrance. This information is included on the medical form mentioned above. Students will not be allowed to participate in any facet of Academy or Ski Team life unless this form has been completed.

Sugar Bowl Ski Area staff will be the first responders in the case of a serious on-snow injury. They will determine whether emergency transport and care are needed. For care to be administered, students must have a medical release on file signed by their parents and a copy of their most recent medical insurance card. All students are required to have medical insurance coverage. An attempt will be made to reach parents prior to obtaining emergency medical care; however, in the event that parents are not reachable, treatment will proceed.

Should a student require non-emergency medical treatment, parents will be contacted for approval if possible. School staff will make arrangements for doctor's appointments and will transport students to and from such appointments if parents are unavailable. The student's family is responsible for all fees generated through obtaining medical care. Please check your insurance policy regarding procuring care outside of your area.

The school will keep certain first aid supplies and over-the-counter medications on hand. Parents will need to fill out a permission form for students to receive this medication. When medication is needed, students should request it from school staff.

Students are not permitted to self-administer medication without school permission. Prescription medications must be turned over to the Dean of Residential Life to be administered. The dormitory staff must be informed of all medications in the possession of boarding students.

Additional Immunization Requirements and Recommendations

In addition to those immunizations required by the State of California, Sugar Bowl Academy families are urged to discuss the following recommendations with their health care provider.

Sugar Bowl Academy requires the Hepatitis B vaccination series for enrollment.

Sugar Bowl Academy strongly recommends that all students receive the Hepatitis A vaccine series as well. Hepatitis A, which may be

transmitted through contaminated food or water, has been found on California beaches.

The meningococcal meningitis vaccine is generally recommended for young adults living in dormitory settings. The infectious meningitis agent, a bacterium, is transmitted via respiratory secretions, and the carrier is frequently asymptomatic. Because of the nature of transmission and the characteristics of carriers, the disease may be spread quickly among dormitory residents.

Counseling

SBA recognizes that certain situations warrant the aid of professional counseling services. The Academy retains a school counselor who is available for periodic confidential student consultation about other matters. The counselor also uses group settings to address issues common to today's youth throughout the year. SBA can also assist in finding more intensive assistance for students when necessary.

Sugar Bowl Academy Internet Acceptable Use Agreement

We are very pleased to bring this Internet access to you and believe the Internet offers vast, diverse, and unique resources to both students and teachers. Our goal in providing this service to teachers and students is to promote educational excellence in schools by facilitating resource sharing, innovation, and communication.

The Internet is an electronic highway connecting millions of computers all over the world and billions of individual users. Students and teachers have access to:

- 1) Electronic mail (e-mail) communication with people all over the world.
- 2) Information and news from NASA as well as the opportunity to correspond with the scientists at NASA and other research institutions.
- 3) Public domain software and graphics of all types for school use.
- 4) Discussion groups on a plethora of topics ranging from Chinese culture to the environment to music to politics
- 5) Access to many University Library Catalogs, the Library of Congress, and ERIC, a large collection of relevant information to educators and students.
- 6) Graphical access to the World Wide Web, the newest and most exciting access tool on the Internet.

With access to computers and people all over the world also comes the availability of material that may not be considered to be of educational value in the context of the school setting. Sugar Bowl Academy has taken precautions to restrict access to controversial materials. However, on a global network it is impossible to control all materials and an industrious user may discover controversial information. Sugar Bowl Academy firmly believe that the valuable information and interaction available on this worldwide network far out weighs the possibility that users may procure material that is not consistent with our educational goals.

Internet access is coordinated through a complex association of government agencies, and regional and state networks. In addition, the smooth operation of the network relies upon the proper conduct of the end users who must adhere to strict guidelines. These guidelines are provided here so that you are aware of the responsibilities you are about to acquire. In general this requires efficient, ethical and legal utilization of the network resources. If a Sugar Bowl Academy user violates any of these provisions, his or her account will be terminated and future access could possibly be denied.

Your signature at the end of this document is legally binding and indicates that you have read the terms and conditions carefully and understand their significance.

Internet Terms and Conditions of Use

1) **Acceptable Use** - The purpose of the backbone networks making up the Internet is to support research and education in and among academic institutions by providing access to unique resources and the opportunity for collaborative work. The use of your account must be in support of education and research and consistent with the educational objectives of Sugar Bowl Academy.

- Transmission of any material in violation of any local, state, or federal law. This includes, but is not limited to: copyrighted materials, threatening or obscene material, or material protected by trade secret.
- The use of profanity, obscenity or other language that may be offensive to another user.
- Any form of vandalism, including but not limited to, damaging computers, computer systems, or networks, and/or disrupting the operation of the network.
- Copying and/or downloading commercial software or other material (e.g. music) in violation of federal copyright laws.
- Use of the network for financial gain, commercial activity, or illegal activity, e.g. hacking.
- Use of the network for political activity.
- Use of the network to access pornographic or obscene material.
- Creating and/or placing a computer virus on the network.
- Accessing another person's individual account without prior consent or accessing a restricted account without the prior consent of the responsible administrator or teacher. The person in whose name an account is issued is responsible at all times for its proper use. Passwords should never be shared with another person and should be changed frequently.

2) **Privileges** - The use of the Internet is a privilege, not a right, and inappropriate use will result in a cancellation of those privileges. (Each student or teacher who receives an account will be part of a discussion pertaining to the proper use of the network.) The system administrators will deem what is inappropriate use and their decision is final. Also, the system administrator may close an account at any time as required. The administration, faculty, and staff of Sugar Bowl Academy may request the system administrator to deny, revoke, or suspend specific user accounts.

3) **Network Etiquette** - You are expected to abide by the generally accepted rules of network etiquette. These include (but are not limited to) the following:

- a) Be polite. Do not get abusive in your messages to others.
- b) Use appropriate language. Do not swear, use vulgarities or any other inappropriate language.

- c) Illegal activities are strictly forbidden.
- d) Do not reveal your personal address or phone numbers or those of other students or colleagues.
- e) Note that electronic mail (e-mail) is not guaranteed to be private. People who operate the system do have access to all mail. Messages relating to or in support of illegal activities may be reported to the authorities.
- f) Do not use the network in such a way that is disruptive to the use of the network by other users.
- g) All communications and information accessible via the network should be assumed to be private properly.

4) Sugar Bowl Academy makes no warranties of any kind, whether expressed or implied, for the service it is providing. Sugar Bowl Academy will not be responsible for any damages you suffer. This include loss of data resulting from delays, non deliveries, mis-deliveries, or service interruptions caused by it's own negligence or your errors or omissions. Use of any information obtained via the Internet is at your own risk. Sugar Bowl Academy specifically denies any responsibility for the accuracy or quality of information obtained through its services.

5) **Security** - Security on any computer system is a high priority, especially when the system involves many users. If you feel you can identify a security problem on the Internet, you must notify a system administrator. Do not demonstrate the problem to other users. Do not use another individual's account without written permission from that individual. Attempts to logon to the Internet as a system administrator will result in cancellation of user privileges. Any user identified as a security risk or having a history of problems with other computer systems may be denied access to Internet.

6) **Vandalism** - Vandalism will result in cancellation of privileges. Vandalism is defined as any malicious attempt to harm or destroy data of another user, Internet, or any of the above listed agencies or other networks that are connected to any of the Internet backbones. This includes, but not limited to, the uploading or creation of computer viruses.

Sugar Bowl Academy Internet Use Agreement

I understand and will abide by the above Internet Use Agreement. I further understand that any violation of the regulations above is unethical and may constitute a criminal offense. Should I commit any violation, my access privileges may be revoked, school disciplinary action may be taken, and/or appropriate legal action.

User's Full Name: _____

User Signature: _____ Date: _____

2008-2009 ACADEMIC CALENDAR

August

Cultural Immersion Trip to Chile		Aug. 15 - 22
Speed Elements Camp (Chile)		Aug. 21 - Sept. 6

September

Faculty In-Service	Thurs. & Fri.	Sept. 4 & 5
SBA Volunteer Day	Saturday	Sept. 6
Registration: Parent Orientation	Monday	Sept. 8
Student Orientation: Backpacking Trip	Mon. - Wed.	Sept. 8 - 10
Formal Dinner: Student-Athlete Pledge	Thursday	Sept. 11
Whitewater Raft Trip	Sat. & Sun.	Sept. 20 & 21
Student Council Car Wash	Sunday	Sept. 21
Desolation Wilderness aka Shackleton Hike	Saturday	Sept. 27
Academic Drop Date	Tuesday	Sept. 30

October

SAT	Saturday	Oct. 4
Donner Rim Trail Volunteer Day	Sunday	Oct. 5
Surf Trip (Santa Cruz)	Sat. - Sun.	Oct. 11 & 12
PSAT	Saturday	Oct. 18
Parents' Weekend	Fri. & Sat.	Oct. 24 & 25
Physical Fitness Testing	Saturday	Oct. 25
SBST Orientation & Pancake Breakfast	Sunday	Oct. 26
Fall Festival	Friday	Oct. 31

November

SAT	Saturday	Nov. 1
Formal Dinner	Wednesday	Nov. 5
Colorado Camp		Nov. 7 - 16
Dorm Closes for Thanksgiving	Wednesday	Nov. 26 (6:00pm)
Thanksgiving Break		Nov. 26 - Nov. 30
Dorm Re-Opens	Sunday	Nov. 30 (2:00pm)

December

Winter Schedule Begins	Monday	Dec. 1
Formal Dinner: Student-Athlete Pledge	Wednesday	Dec. 3
SAT	Saturday	Dec. 6
Holiday Celebration	Wednesday	Dec. 10
Final Exams	Wed., Thurs., & Fri.	Dec. 17 - 19
Dorm Closes for Holiday Break	Friday	Dec. 19 (12:00pm)
Holiday Break		Dec. 19 - Jan. 4

DATES SUBJECT TO CHANGE

January

Dorm Re-Opens	Sunday	Jan. 4 (2:00pm)
2nd Semester Begins	Monday	Jan. 5
Formal Dinner	Thursday	Jan. 8
MLK Holiday (No School)	Monday	Jan. 19
Academic Drop Date	Tuesday	Jan. 27

February

Winter Festival	Monday	Feb. 2
Parents' Weekend	Fri. & Sat.	Feb. 13 - 14
Dorm Closes for Winter Break	Wednesday	Feb. 18 (6:00pm)
Winter Break		Feb. 18 - 22
Dorm Re-Opens	Sunday	Feb. 22 (2:00pm)

March

Formal Dinner	Wednesday	March 4
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April

Dorm Closes for Spring Break	Thursday	April 2 (6:00pm)
Spring Break		April 2 - April 13
Dorm Re-Opens	Sunday	April 12 (2:00pm)
Spring Schedule Begins	Monday	April 13
Formal Dinner	Wednesday	April 29

May

SAT	Saturday	May 2
AP Exams		May 4 - 15
ERBs	Thurs. & Fri.	May 14 & 15
Cultural Immersion Weekend (San Francisco)	Sat. & Sun.	May 16 - 17
Spirit Week	Mon. - Fri.	May 18 - 22
Talent Show	Thursday	May 21
Dorm Closes for Memorial Day	Friday	May 22 (6:00pm)
Memorial Day Weekend		May 22 - 25
Dorm Re-Opens	Monday	May 25 (2:00pm)
Senior Day	Friday	May 29

June

Senior Project Defenses	Thurs. & Fri.	June 4 & 5
All School BBQ (Donner Lake)	Friday	June 5
Student Council Car Wash	Saturday	June 6
Final Exams	Mon. & Tues.	June 8 & 9
Graduation (mandatory event for all students)	Wednesday	June 10
Dorm Closes for the Year	Wednesday	June 10
Faculty In-Service	Thursday	June 11

DATES SUBJECT TO CHANGE

