

Sun Valley Ski Education Foundation
&
Blaine County School District
Together We Achieve Success



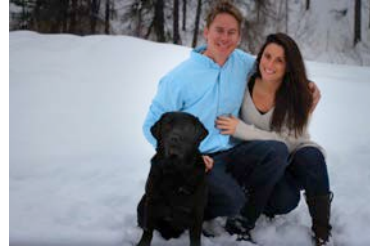
Academic Policy Handbook

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Academic Director

Place of Birth: Holmes, New York
Sport: Alpine Skiing
Education: B.S. University of Utah, Sociology
M.A University of the Rockies, Sport Psychology



Erika, Carl and Riggin Rixon

Erika began her love for skiing at the age of three, when she would have it no other way than chasing her brother down the slopes. Her youth consisted of many sports but for some reason she was drawn to the cold, snowy winter days, in search of fast skiing filled with adrenaline rushes. At the age of 13 she realized that she had outgrown the small hills of southern New York and had to make the transition to the “mountains” of the east in Stratton, Vermont at Stratton Mountain School. From that day until now, the sport had become her passion in all aspects the lifestyle has to offer.

Erika attended the University of Colorado and the University of Utah as a student-athlete, racing for the NCAA Ski Team. There she received a B.S in Sociology (2006), attended World University Games two times with a third place finish in 2002, and was a four-time NCAA participant receiving First Team All-American honors in 2003 with a second place finish. After her college career and a few years of coaching under her belt, she realized that there is so much more information she could benefit from. She embarked on a M.A in Sport and Performance Psychology in 2010 from the University of the Rockies, completing it in 2012.

During her first years here at SVSEF, Erika started as assistant coach of the U18-U21 program and moved into the position of head women’s FIS coach. Following her season as head women’s FIS coach, the opportunity arose to travel the World Cup Slalom circuit for the 2014-2015 ski season, in pursuit of not only an amazing experience but capturing a wealth of knowledge that is only conceivable through hands-on experience at the top level of ski racing.

After gathering all this knowledge at the highest level that ski racing has to offer she brought it back to the SVSEF program. Erika headed up the North Series Team in the 2015-2016 season, implementing a World Cup curriculum into a deliverable suitable for the North Series Team. The summer of 2015 she married alumni of SVSEF, Carl Rixon. She was honored and fortunate to be the recipient of the Life Coach Award in 2013.

Erika is once again excited to shift roles and adapt her knowledge as the Director of Academics. She and her family, Carl, Ford and Riggin Rixon look forward to her overseeing the academic component that SVSEF has to offer. This is a very important program for SVSEF and the kids that partake in SVSEF.

Email: Erika@svsef.org • Cell: 845-234-2780

Academic Program Overview

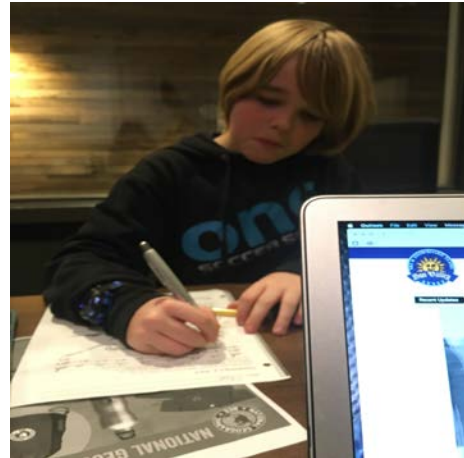
The Academic Program has three primary components:

1. The first is to **COMMUNICATE** with the school systems to identify the goals of SVSEF programs, and help schedule appropriate programming to facilitate both athletics and academics.
2. The second piece is to establish a minimum grade requirement for traveling and to **MONITOR** the academic progress of athletes.
3. Finally, the academic director is available to provide assistance in finding a **TUTOR SUPPORT** that suits the student athletes' needs.

Academic Center Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN	3:30-6	3:30-6	3:30-6	OPEN	OPEN	OPEN

The Academic Center will be open to all student athletes every day. The days that hours are posted there will be subject specialists supervising the session and ready for on-site help. Please refer to the SVSEF website to access the Academic Calendar. The calendar is on a rotating schedule so it is important you check in every week.



Academic Policies

There are academic policies in place to ensure that athletes know that SVSEF is serious about their education. It is our philosophy to create Strong Minds, Strong Bodies and Strong Futures; therefore, the educational component is on the forefront.

Grade Reporting and Teacher Communication

If the athlete will be missing school for a competition or training camp, athletes are required to communicate with their teachers and fill out a Pre-Excuse Travel Grade Report **THREE DAYS** prior to a traveling competition or camp where school days will be missed. The forms are available at the front office of WRHS and WRMS. ****The Pre-Excuse Travel Grade Report is in place so that students communicate with their teachers, making the students accountable for their work.**

- WRHS – SVSEF provides a list of traveling athletes to the school so students **DO NOT** have to turn the high school forms to the attendance secretary. The SVSEF Pre-Excuse Travel Grade report (or copies) should be handed to your coach or the Academic Director via email (Erika@svsef.org).

Sun Valley Ski Education Foundation
Pre-Excuse Travel Grade Report
 Student Name: _____
 Race Date: _____ Location: _____
 Date(s) of School Absence: _____ thru _____

Students: This form must be filled out by your teachers and you must present this to the Academic Director three (3) days prior to leaving for any competition where school days are missed. A completed form is REQUIRED to qualify to travel.
Teachers: Please provide an appropriate grade for the absences. Any remarks you have regarding the athlete's academic performance are welcome. SVSEF officials should also be communicating with you about work they will miss during the competition. Any questions, please contact Erika Hegan, erika@svsef.org

- WRMS – SVSEF provides a list of traveling athletes to the school but their parents will **HAVE** to excuse them for it as well. At the time of parent excuse, they will be given a pre-excuse form, found at the WRMS front office, which needs to be completed before departure. Please provide SVSEF a copy of this form before handing it into the WRMS administration.

Period	Class	Current Grade	Teacher's Comments & Assignments Missed	Teacher's Signature
1				
2				
3				
4				
5				
6				
7				
Advisory				

Travel Eligibility

The SVSEF requires every athlete to maintain at least a “C-” letter grade, or 71% or higher **IN EVERY CLASS** regularly attended and an “F” letter grade or 59% or higher **IN EVERY Idaho Digital Learning Academy (IDLA)** to be eligible to miss school and travel to an SVSEF training camp or competition. ****For year-round SVSEF programs, these policies are in effect for the entire academic year.**

Disciplinary Policies

If a student falls below the C- in a regularly attended courses or an F in an IDLA course grade requirement, they will not be eligible to travel with SVSEF teams. Attendance with any SVSEF program activity may be suspended if the student does not make an effort to bring up their grades per their Academic Recovery Plan. This can include turning off individual ski passes. Please refer to the Academic Recovery Plan for further information.

Academic Monitoring

Monitoring procedures are:

- WRHS and WRMS students and parents will receive an “alert” email if any grade falls to a “C-” or below in regular classes or an “F” or below in IDLA. These emails are intended to help PREVENT a student from travel restrictions.
- Students will have one week to improve any grade below a “C-” or below in a regular class or an “F” in IDLA before travel/training restrictions go into effect. A follow up email will be sent if necessary.
- WRMS policy requires that students with a GPA below 2.0 or any grade below a “D” NOT be allowed to skip class for regular training.

In addition, the Academic Director will follow up with teachers in order to better understand and have perspective on the academic issue.

Academic Recovery Plan

An Academic Recovery Plan will be put in place once communication is established via the “follow-up” email with parents, athlete, teacher and coach. Each recovery plan will be on an individual basis due to the circumstance of the athlete in question. An “Academic Recovery Plan” will include resources provided by SVSEF and Blaine County Schools as well as effort put forth by the athlete to bring grades back to travel and training standards. After a realistic time frame, established by all partners involved in the email, the student’s travel and training privileges will be discussed and disciplinary means may or may not need to be discussed.

Academic Assistance

In order to support SVSEF athletes, help balance academics with team training and competitive schedules, the SVSEF Academic Program has an open tutoring program available for all SVSEF student-athletes 3-4 days a week. This service will help coordinate need-based one-on-one tutoring, provides open tutoring with subject specialists and facilitates communication with school representatives at no additional cost to families.

School Attendance

Athletes are expected to attend school on time the morning following a travel day, regardless of the time of arrival the prior night. This Code incorporates by this reference and all athletes must abide by all guidelines set forth by the Blaine County School District, The Community School, Inc., The Sage School, or other schools as applicable.

Wood River High School (WRHS)

General Information

Wood River High School continues to work in close partnership with SVSEF and Erika Rixon to accommodate the needs of our athletes. During spring registration, students can sign up for “release periods” in the spring and fall semesters to free up afternoon training time and lighten their academic load during the competitive ski season. It is important, however, for students to communicate clearly with their individual teachers when they will miss school for a SVSEF event.

WRHS teachers continue to build and develop their online web pages. Some are better than others at posting coursework and other information on these sites. This can be an invaluable tool for athletes who are on the road to pull assignments off the teacher’s website at <http://www.blaineschools.org/domain/808>. Take a moment to get familiar with your teachers’ websites to see how you can utilize them this season.

Contacts

Feel free to contact me with any questions:

Erika Rixon: (845) 234-2780 • erika@svsef.org

Your WRHS advisors are the primary point of contact within WRHS:

Jeff Ford (Last Names A-GL):

578-5020 ext. 2126 • JFord@blaineschools.org

Sharma Thornton (Last Names G0 – N):

578-5020 ext. 2125 • SThornton@blaineschools.org

Deborah Greenberg (Last Names O-Z):

578-5020 ext. 2128 • DGreenberg@blaineschools.org

Mille Reidy (College & Career Counselor):

578-5020 ext. 2271 • MReidy@blaineschools.org

Daily Schedule

Office Hours	7:45 AM - 4:00 PM
Staff Hours	8:00 AM - 4:00 PM
School Day	8:25 AM - 3:30 PM

SCHOOL DAY BELL SCHEDULE - MONDAY, THURSDAY AND FRIDAY

Period	Time	Duration
1st Period	8:30 AM - 9:30 AM	60 Minutes
2nd Period	9:35 AM - 10:25 AM	50 Minutes
3rd Period	10:30 AM - 11:20 AM	50 Minutes
4th Period	11:25 AM - 12:15 PM	50 Minutes
Lunch	12:15 PM - 12:45 PM	30 Minutes
5th Period	12:50 PM - 1:40 PM	50 Minutes
6th Period	1:45 PM - 2:35 PM	50 Minutes
7th Period	2:40 PM - 3:30 PM	50 Minutes

*****For most students training takes place in the afternoon. Please refer to "Release Period" section for more information**

SCHOOL DAY BELL SCHEDULE - TUESDAY BLOCK DAY

Period	Time	Duration
1st Period	8:30 AM - 9:55 AM	85 Minutes
Advisory	10:00 AM - 11:00 AM	60 Minutes
3rd Period	11:05 AM - 12:20 PM	75 Minutes
Lunch	12:20 PM - 12:50 PM	30 Minutes
5th Period	12:55 PM - 2:10 PM	75 Minutes
7th Period	2:15 PM - 3:30 PM	75 Minutes

SCHOOL DAY BELL SCHEDULE - WEDNESDAY BLOCK DAY

Period	Time	Duration
2nd Period	8:30 AM - 9:55 AM	85 Minutes
Advisory	10:00 AM - 10:30 AM	30 Minutes
4th Period	10:35 AM - 11:50 AM	75 Minutes
Lunch	11:50 AM - 12:20 PM	30 Minutes
6th Period	12:25 PM - 1:40 PM	75 Minutes
Optional Student Study Session in Room C209	1:45 PM - 3:30 PM	105 Minutes
Staff Professional Learning Community	2:00 PM - 4:00 PM	120 Minutes

Release Periods

Rather than skip classes at WRHS, students drop classes altogether by signing up for “Release Periods.”

- Nordic Athletes need only one release period to accommodate afternoon training.
- Alpine/Freestyle/Snowboard athletes need two or three releases to accommodate afternoon training.

There are two important points to realize about how the semester schedule overlaps with SVSEF competition seasons:

- Students have to take release periods in BOTH fall and spring semesters in order to cover the entire competition ski season.
- This means that students/athletes will be getting released from school early during the fall and spring shoulder seasons when there is often no official SVSEF training.

Public school students need to be enrolled in 5 classes a day for the school to receive “full-time” compensation from the state. Anything less than 5 classes results in the school district getting only “part-time” compensation.

Enrolling SVSEF athletes in an IDLA Lab creates a work-around for 5th period. Athletes are required to sign into 5th period class (for attendance purposes), but are then allowed to leave for training. Alpine athletes who train in the A.M. will sign in once they arrive to school for attendance purposes.

It is not recommended for 9th and 10th graders to take 3 Release Periods, but certain exceptions exist in each SVSEF discipline. The most important thing to do when requesting your courses is to write “SVSEF” in bold on top of your course request sheet so it will be flagged during the scheduling process.

*When registering for courses, simply request the number of release periods you want by writing “release” on your list of course selections. It would be good to also indicate the period for which you are requesting the release i.e. “release – 5th.”

Credit Accumulation

Because WRHS athletes drop classes when they take a Release Period, they have to make up those credits in order to stay on track for graduation. All told, WRHS students accumulate credits by:

- WRHS – Credits accumulated while in class at the high school.
- IDLA – State certified online curriculum called Idaho Digital Learning Academy (IDLA).
- Pass Through Credits – High School credits accumulated while in Middle School (Math/Language).
- Zero-Hour – An early A.M. period for PE/Band/Orchestra etc.
- Advisory – Part of WRHS daily schedule. Students receive .5 credits/year or 2 credits/4 years.

Four-Year Roadmap



MULTI-YEAR GRADUATION PLAN (MYGP) SKI TEAM STUDENTS

SKI TEAM PROGRAM OF STUDY

This is an example of what a Ski Team student's program of study at Wood River High School might look like. It should be noted that Ski Team students typically take 2 classes over the summer and 4 classes during the school year via IDLA (Idaho Digital Learning Academy), an online school. Registration for summer classes typically opens around April 15th and is facilitated by the Wood River High School Counseling office. Ski Team students are enrolled in 4 classes per day and 1 computer lab per day during the school year to accommodate either a morning or afternoon training program.

***On the following page there is an example of what a student's high school career could look like. Please keep in mind that all students' needs are different so it can vary student to student.

FRESHMEN		SOPHOMORE	
English 9 or Honors	English 9 or Honors	English 10 or Honors	English 10 or Honors
World Language	World Language	World Language	World Language
Physical Science	Physical Science	Biology	Biology
Math: teacher recommends	Math: teacher recommends	Math: teacher recommends	Math: teacher recommends
<i>World History via IDLA</i>	<i>World History via IDLA</i>	<i>Global Perspectives via IDLA</i>	<i>Elective via IDLA (PE)</i>
<i>Elective via IDLA</i>	<i>Elective via IDLA</i>	<i>Elective via IDLA</i>	<i>Elective via IDLA</i>
<i>Summer: Computer Apps</i>	<i>Summer: Health</i>	<i>Summer: Speech</i>	<i>Summer: Elective</i>
JUNIOR		SENIOR	
English 11or AP or College	English 11or AP or College	English 11or AP or College	English 12 or AP or College
World Language	World Language	World Language	World Language
Math: teacher recommends	Math: teacher recommends	Math: teacher recommends	Math: teacher recommends
Science	Science	Science	Science
<i>US History 11 via IDLA</i>	<i>US History 11 via IDLA</i>	<i>Government via IDLA</i>	<i>Government via IDLA</i>
<i>Elective via IDLA (PE)</i>	<i>Elective via IDLA</i>	<i>Elective via IDLA</i>	<i>Elective via IDLA</i>
<i>Summer: Economics</i>	<i>Summer: Elective</i>		

Requirements typically taken via IDLA (*in italics above*):

1 credit Health

2 credits Humanities—World Languages and Arts

2 credits Physical Education

1 credit Speech

1 credit Economics

All juniors must take a college entrance exam (SAT, ACT, Compass)

NEW!!! 2021 Graduation Requirements:

1 credit Health or 1- year med tech

4 credits Humanities— 2 World Languages and 2 Visual/Performing Arts *in the past it was only two*

2 credits Physical Education

1 credit Speech or Debate A and B

2 credits Math in the 12th grade

3 CTE (Career and Technical Education) *in the past it was just two*

Idaho Digital Learning Academy (IDLA)

General Information

“The Idaho Digital Learning Academy (IDLA) is a state-sponsored, accredited, online virtual school created through the Idaho State Legislature (Title 33 Chapter 55) to provide Idaho students with greater access to a diverse assortment of courses and to highly qualified faculty. This virtual school was created to address the educational needs of all Idaho students: traditional, home schooled, at-risk, and gifted student” (from the IDLA website).

As WRHS students take their “release periods” during the fall and spring semesters, they will not fall behind in their overall credit accumulation. It is necessary for students to take IDLA online courses both over the summer and during the school year to stay current with the rest of their class and stay on track for graduation. For more information and course catalog, visit [IDLA Website](#) for the courses offered which are consistent with the state and Blaine County curriculum. They appear as IDLA online courses on your college transcript and provide a convenient way for students to make up credits they missed during the competition season. IDLA is currently offering two different types of courses: Cohort Courses and Flex Courses.

Contact

Feel free to contact me with any questions.

Erika Rixon: (845) 234-2780 • erika@svsef.org

Your WRHS primary point of contact:

Sharon Olson: solson@blaineschools.org

Registration

Students have to BE APPROVED for IDLA courses through their WRHS counselor and then SIGN UP through the IDLA Site Coordinator, Sharon Olson. You can email her with any questions at solson@blaineschools.org.

Tuition

The cost for IDLA courses is typically \$75. If a SVSEF student takes 4 IDLA courses a year, that adds up to \$1200 in IDLA fees over a 4-year period. The Idaho State Department of Education offers the Fast Forward program in support of Advanced Opportunities. Fast Forward provides state aid for students attending an Idaho public school to use towards Advanced Opportunities in grades 7-12. This money may be applied when students are taking more than the required schedule load of classes, Dual Credit Courses and Advanced Opportunity Courses. To learn more about this new opportunity go to: www.sde.idaho.gov

IDLA Travel Policy

All SVSEF student/athletes enrolled in an IDLA course(s) will adhere to the same weekly grade check reports as regular daily courses. If the student/athlete falls below an F or 59% at any time, they will be subject to travel restrictions per SVSEF Academic policy as well as put on an Academic Recovery Plan. Please contact Erika Rixon at Erika@svsef.org or (845) 234-2780.

Cohort Courses

These are nationally accredited courses that meet all WRHS curriculum requirements. The full semester credit course is offered in a 12-week and 16-week format. (** Please note that the 12-week course has to follow a more intense work schedule in order to accomplish the necessary work in just 12 weeks, this is called “Early Fall” and “Early Spring”). Students are EXPECTED to “attend” class and finish work on a regular schedule. There is flexibility within this format, however, as the student has a two week time frame to accomplish the assigned unit.

Advanced Placement & Dual Credit Courses

IDLA is offering many Advanced Placement (AP) and Dual Credit Courses. Please refer to their course catalog for current semester offerings. Advanced Placement courses are based on the curriculum outlined by the AP College Board. The AP exam is a separate test from the end-of-course exam required in all Idaho Digital Learning courses. This exam is offered in May. Dual Credit Courses are offered through Boise State University, Northwest Nazarene University, College of Southern Idaho and North Idaho College. These courses meet the standards set by the local university and prepare students for the rigor of college course work. Additional registration forms and fees with the university are also required to receive college credit.

Flex Courses

Flex courses are designed to be delivered on a flexible schedule that is driven by the student’s needs. These self-paced courses allow students to work at their own speed and on their own schedule. While this seems like a great option for SVSEF athletes, please be aware that currently, **** FLEX COURSES ARE NOT ACCEPTED BY THE NCAA **** as part of the core course requirement for eligibility.

The flex Computer Applications and Health courses, however, are the two exceptions. They fulfill WRHS graduation requirements, so they are an option for our athletes – but take note that the NCAA does not accept these courses.

Summer/Fall and Spring Courses

The IDLA website <https://www.idahodigitalllearning.org> has lots of information of the various courses and programs. SVSEF athletes at WRHS are highly encouraged to take 2 IDLA credits over the summer and 2 more during the regular school year (ideally in the fall). SVSEF Athletes need to sign up for both the summer AND fall courses with the IDLA coordinator Sharon Olson (solson@blaineschools.org) **BEFORE THE END OF THE SCHOOL YEAR.**

Visit the website to download the catalog of courses.

Custom IDLA Courses

Sometimes the summer and fall course offerings don't provide the ideal combination of online courses to match your 4-year plan. It is possible to schedule a custom IDLA course in the subject matter you are looking for in one of the regular 12- or 16-week windows. Custom scheduled courses require nine students to keep the course fee at \$75/person. If there are fewer than nine students, the full \$500 cost of the course will be split among however many students sign up. Please contact either Sharon Olson (solson@blaineschools.org) or Erika Rixon (Erika@SVSEF.org) to discuss setting up a custom IDLA course.

IDLA Monitored Lab and Contact

Yes, there is a monitored IDLA lab class. Students are typically signed up for a 5th period IDLA lab and should do their online course work in a daily monitored environment.

- Fall & Spring IDLA Lab – During the early fall and late spring when there is no daily training, athletes are **REQUIRED** to stay in their 5th Period IDLA lab.
- Winter IDLA Lab – Some athletes may be finished with courses by December (August 12-week). If not, students can skip the IDLA lab (after signing in) for after school training and complete their IDLA coursework at home.
- Minimum Grade Requirement – Students need to maintain a minimum grade of an “F” in order to skip the IDLA lab for winter training; otherwise, they need to stay in the 5th period class.

Sharon Olson (solson@blaineschools.org) is the IDLA coordinator at

WRHS. You should contact her with any questions related to the IDLA lab class or signing up for IDLA courses.

The link to the IDLA website is: www.idahodigitallearning.org.

Wood River Middle School (WRMS)

General Information

Wood River Middle School is part of the Blaine County School District. It is one of several schools that SVSEF athletes have the option of attending in the Wood River Valley. The campus is located in Hailey, ID. We all know that there is an inherent conflict in being a ski/snowboard athlete AND going to school. In order to attend afternoon training sessions and travel to regional competitions, athletes will miss school. While athletes at the Middle School level have a fairly light travel load, they can train up to four times a week.

We work closely with WRMS counselors in the spring to identify who will be on SVSEF teams the following school year. Each year, they try to schedule classes that are easier to miss so that SVSEF athletes will not miss strenuous important classes.

We communicate with the staff at the WRMS about SVSEF events and programs. In general, they are familiar with our programs and are willing to work with students who are missing school for SVSEF sanctioned training and events. It is still the responsibility of the student and family to keep up in their classes. Sometimes, it is in the best academic interest of the student to selectively skip training sessions in order to keep up in school.

Please continue to read thoroughly to help clarify any questions or concerns, or feel free to contact Erika Rixon at Erika@svsef.org.

Contacts

Holly Coiner (8th, some of 6th): hcoiner@blaineschools.org

Stani Malmgren (7th, some of 6th): smalmgren@blaineschools.org

Parents

The most important thing parents can do is to be involved. Familiarize yourself with the schedule and curriculum at WRMS. It is very important to communicate with counselor Holly Coiner (hcoiner@blaineschools.org – 8th some of 6th) and Stani Malmgren (smalmgren@blaineschools.org – 7th some of 6th). In particular, they appreciate the following information:

- That your child is an SVSEF athlete
- What subjects would be particularly challenging for your child to skip on a regular basis.
- What subjects your child CAN handle to miss on a regular basis. If they are strong in math, science or language and can manage missing those courses regularly for daily training, it will make it easier for the counselors to make class schedules.
- OR if you as a parent have specific skills in a subject and can provide additional assistance at home, that would be good to point out.

Daily Schedule/Release Periods

Athletes skip the 6th and 7th periods for training. The school has requested that athlete leave at the 5th/6th period break at 1:32 in order to limit disruption to the 5th period classes. Note that during the 7th grade year, the ELECTIVE blocks DO NOT fall in the afternoon. This means that 7th graders will skip two CORE classes.

All athletes depart school via bus provided by Blaine County School District to transport WRMS students at 1:32 to the base of Warm Springs.

6th graders – Miss 2 CORE classes (1 being a blended course)

7th graders – Miss 1 ELECTIVE and 1 CORE (blended course)

8th graders – Miss 1 ELECTIVE and 1 CORE (blended course)

1:32 bell @ this time ski team athletes, on their training days, go to the ski bus for transportation to Warm Springs Training Center.

Missed Class	6th Grade	7th Grade	8th Grade
6 th Period	CORE/Elective	CORE	CORE/Elective
7 th Period	CORE/Elective	CORE	CORE/Elective

***Please note that the school district is working hard to better accommodate SVSEF students. The above information may be subject to change.

Transportation to training

There is a bus that will pick WRMS students up at the school during the 5th/6th period break at 1:32. The students will not be allowed to leave the school earlier than the break time, as it is disruptive to the other students. The students will not be allowed to bring gear on the bus. The bus will make one stop at the base of Warm Springs at the Training Center.

***Parents need to fill out an “early release” form in the front office each year to allow their child to leave for training. This should be done in the fall before on-snow training begins.

Travel Competition Absence Protocol

The SVSEF academic director sends travel rosters to the WRMS attendance secretary so they know who will be missing school, BUT it is still necessary for parents to call and release their students from school.