



Team Name and Team Mission

The organization shall be known as the '*Your Name*' Mountain Bike Team.

The team's mission is to provide student-athletes the coaching, support and camaraderie to help them achieve both competitive and noncompetitive cross-country mountain bike goals in a safe and enjoyable manner.

Team Service

Important team tasks must be completed on a yearly basis. Because club members benefit from the behind the scenes work, club members should assist with team operations and logistics. To encourage an equitable distribution of the work, team membership shall require **four** hours of team service. Team service includes, among other things, registering the team for a race, mailing promotional materials for the team, and participating in fundraising activities. Acceptable team service activities may be determined by consulting the team director.

Club Goals

(Set these at the team's annual pre-season meeting.)

Minimum Participation Requirements

Club membership requires having, at any time, an attendance record of two-thirds present (2/3). A member not willing to attend at least two of the three practices a week may be subject to consequences. Attending all team meetings is also a required obligation of club members.

The team dues assessment shall be as follows: Each member will be asked to make a \$250 dollar voluntary donation. Scholarships are available to eligible students to cover the cost of dues.

Consequences

The consequence for not attending practice rides depends upon the reason for absence. Based upon the 2/3 requirement, a member can miss up to 23 days of practice. However, of those twenty three days, a maximum of 10 days may be unexcused.

*Based upon a full season of practice days (Tuesday, Thursday, Sunday) excluding holidays. There are **70 days** of practice in a season. Also, missing team meetings contributes to missed practices (2 meetings = 1 practice).*

Consequences for not fulfilling these requirements are as follow:

Step 1: Occurs when member has missed 12 days for excused reasons, and/or 5 days for unexcused reasons. Warning is issued that member becomes ineligible for racing with the club if no immediate improvement is observed.

Step 2: Member has missed 23 days for excused reasons, and/or 10 days for unexcused reasons. Member is ineligible for racing. Warning is issued that member becomes ineligible for participating in club rides, or other activities unless immediate improvement is observed.

Step 3: Warning as specified in part STEP 2 has been issued and no improvement has been observed, member becomes ineligible for participating in club rides or other activities — the member is dismissed from the club.

Excused absences include: Sickness or injury, religious or family obligations, mechanical problems (Max. of 3 days per mechanical problem) and racing.

Unexcused absences include: School-work, forgetting, poor time management, oversleeping, sold bike. Permission for **independent training** may be granted for planned, verifiable, and approved training. This must be pre-approved by the coach.

Rider Conduct Rules

1. Never Take Risks. This is the number one rule, athletes that have a risk taking attitude or are witnessed to take risks will not be tolerated. A risk is defined as willingly attempting anything which is beyond one's ability to control in a safe manner.
2. Ride with Respect: When riding with others always ride in a straight, steady, and predictable manner. Swerving onto sidewalks, berms, or jumps is unacceptable and will result in consequences.
3. Wear a helmet at all times. Under no circumstances should a student be on their bike without a helmet fastened to their head. Team members will be suspended from the team for violating this rule.
4. Always Yield to Other Trail Users. Being sensitive to how others perceive you will assure a positive image for your sport and minimize the restrictions that follow confrontations and negative encounters. *Remember* that bicycles in the backcountry can be an unwelcome experience for horses and hikers.
5. Pass with Care. Let others know of your presence well in advance. Use a bell or audible greeting to avoid startling others. Be especially careful when passing a horse, as each will react differently; stop and ask the rider for instructions. Sometimes it may necessary to dismount and remove your bike from the trail to allow others to pass.
6. Stay on Trails. Riding off-trail damages fragile ecosystems. Never cut switchbacks as this accelerates erosion. Do not ride muddy trails. Ride through puddles, not around them.
7. Control your speed. Safe speeds are relative to terrain and your experience as a rider. Be able to stop safely without skidding. Approach switchbacks and turns anticipating someone coming around the bend.
8. Respect Wildlife and Livestock. Do not frighten animals. Close gates as you pass through unless it is posted it should remain open.
9. Do Not Litter. Pack out what you pack in, and if possible, carry out trash you find on the trail.
10. Ride Only on Authorized Trails. Check with local authorities regarding open trails and conditions, and with landowners regarding private land access. Stay off trails closed to bicycles.
11. Plan Ahead. Bring tools, food, water, jacket, pump and spare tube. Expect weather changes. Leave word where you plan to go and when you plan to return when not riding with the team.
12. Minimize Impacts. The practice of minimum impact wilderness use is the philosophy of responsible off-road cyclists. Take only pictures.

Team Information

Meeting Place:

Meeting Time and Place Meets every Wednesday at lunch in Room C321

Officers

President:

Duties: Organize meetings, serve as liaison between school administration and club.



NICA

Vice President:

Duties: Coordinates between P.R. and other officers

Public Relations:

Duties: Works with sponsors, identifies sponsors/ potential supporters for club

Captain:

Duties: Leads rides, most experienced rider shares experience with other members

Sponsoring Teacher/Director:

Assistant Coach: