

# 2015 YHS MTB Rider Contract

updated 10/15/2014

## Students:

- 1. Helmets.** An approved helmet must be worn if a rider is on a bike (around town, on campus) and must be strapped properly. Failure to wear a helmet will result in a warning (first offense), a minor punishment (second offense), and the third offense results in forfeiting a race.
- 2. Gloves.** Gloves must be worn during practice; full-fingered strongly recommended.
- 3. Equipment:** A rider may be sent home if self-sufficient equipment (tube, pump, etc.) is not with the rider.
- 4. Cold Weather Concerns:** A rider may be sent home if cold weather gear is necessary and the rider does not have the sufficient gear. under 60 degrees = carry a jacket under 45 degrees = jacket and leggings
- 5. Behavior.** Improper behavior such as vulgar language, disrespecting (verbally or physically) another rider, a coach, a ride leader, or a hiker/horseback rider, will result in a warning (first offense), a minor punishment (second offense), and the third offense results in forfeiting a race.
- 6. Grades.**  
-A GRADE CHECK WILL OCCUR BEFORE THE FIRST OFFICIAL PRACTICE.  
-One week before each race, a grade check will determine eligibility. Only one failing grade is allowed *and* a rider's GPA must be above 2.0.
- 7. Loaner Bikes:** Team bikes are to be kept maintained (eg: tires, tubes, components, lube) and well-cleaned by the borrower. (See loaner bike contract)
- 8. Absences & Make-ups.** A rider may miss **six** practices and still be on the team. On the seventh absence (not counting absences as a result of injury), the rider is removed from the team.  
Riders may NOT participate in any other YHS sport during MTB season, including Powder Puff.  
Riders may NOT participate in any blood drive/donation during the season.  
**IMPORTANT:** If a rider does not inform Coach Bagg/Kennedy of a future absence, the absence counts as 3 (three) absences.
- 9. Broken Bike.** Rider absences as a result of bike maintenance/repair are **not** excused absences.
- 10. Approved Trails:** Riders may only ride approved, marked, and assigned (for the day, by coach) trails. Not holding to this rule will result in a warning (first offense), a minor punishment (second offense), and the third offense results in forfeiting a race. Riders also agree to only ride authorized trails (legal trails) in season and out.
- 11. Cell Phones.** Riders must carry cell phones with them during practice if they own one. If a rider does not own a cell phone, they must ride close to somebody that does own one. Riders may not ride and talk on the phone at the same time.
- 12. Headphones/Earbuds.** Music devices/headphones may NOT be worn during practice.
- 13. Coaching Instructions.** Riders must always follow directions of the coach during practice in order to ensure their and others safety. Not holding to this rule will result in a warning (first offense), a minor punishment (second offense), and the third offense results in forfeiting a race.
- 14. Changing.** Changing of clothes must only take place in restrooms. No changing clothes in classrooms or outside.
- 15. Social Media.** All rider-generated social media (Strava, Twitter, etc.) needs to be 100% positive and encouraging in nature. Any negative posts will result in a warning (first offense), and the second offense results in forfeiting a race.
- 16.** To earn a **varsity letter** an athlete must race in the varsity category 4 of the 5 races **and** race State.

**KEEP THIS PAGE FOR YOUR REFERENCE**

## **PARENTS**

Parents are **REQUIRED** to maintain a reasonable level of contact with the coaches/booster club representatives/team moms. While the coaching staff strives to keep primary communication with riders, there are times when parents need to be able to respond to requests and details. If one or more of the parents cannot keep a reasonable level of communication open, please carefully consider your child's participation.

All of our SoCal High School Cycling League races are volunteer-driven. There are only a few paid workers in our league, and it takes dozens of people to set up and take down a race course and venue.

Parents are required by the league to volunteer at races. The YHS MTB team requires parents to volunteer for **AT LEAST ONE** race this season. If you don't volunteer, your child cannot be on the team.

Please check one or more races for which you plane to volunteer:

- |                                      |             |   |
|--------------------------------------|-------------|---|
| <input type="checkbox"/> Race #1     | February 22 | Lake Perris                               |
| <input type="checkbox"/> Race #2     | March 8     | Vail Lake, Temecula                       |
| <input type="checkbox"/> Race #3     | March 29    | Castaic Lake                              |
| <input type="checkbox"/> Race #4     | April 12    | Keyesville, Kern River                    |
| <input type="checkbox"/> Race #5     | May 3       | Vail Lake, Temecula (SoCal Finals)        |
| <input type="checkbox"/> State Final | May 17      | Los Olivos, Buellton (State Championship) |

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**My son/daughter and I have read the 2013 YHS MTB rider contract and understand its terms.**

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rider (print name)

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rider (signature)

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parent/guardian (print name)

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parent/guardian (signature)

**PARENT VOLUNTEER AGREEMENT:**

I have checked at least one race above and promise to volunteer.

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parent/guardian signature

I plan to volunteer at the following race \_\_\_\_\_

**TURN THIS PAGE IN TO COACH BAGG**