

SOUTH SUMMIT HIGH SCHOOL AND JR DEVO TEAM MOUNTAIN BIKE TEAM STANDARDS 2020

- 1. Represent South Summit Schools and Our Sport** – You represent mountain bike racing, the Utah NICA league, cross-country mountain biking, generous sponsors, and cycling in general. This is true when student-athletes are out on the trail, at school, at a bike shop, and regardless of whether you are wearing your team shirt, jersey, or any other cycling gear.
- 2. Display a Positive Sporting Attitude** - NICA student-athletes are expected to display an excellent sporting attitude during all practices and NICA league events and should treat teammates and all other student-athletes, coaches, spectators, and officials with fair play and respect. Being sensitive to how others perceive you will assure a positive image for our team and sport.
- 3. Stay in Control** – Cross-country mountain biking is not an extreme sport. Our riding and racing is fun and fast, but it must be within the limits of the athlete. Coaches will focus on teaching safety and skills. Athletes that willingly attempt to take risks beyond their ability will not be tolerated. Safe speeds are relative to terrain and experience level. You must always be able to stop safely within the distance that you can see ahead. Approach switchbacks and turns in anticipation of someone coming around the bend.
- 4. Respect the Trail and Other Users** - Ride only on authorized trails. Never ride on muddy trails. Pass with care and let others know of your presence well in advance. Pedestrians have the right of way. Be especially careful when passing a horse. Sometimes it may necessary to dismount get off the trail to allow others to pass.
- 5. Eligibility and Grades** – We recognize the nature of student athletes as both students and athletes. The mountain bike team is open to all registered and active students, grades 7-12 as of the fall race season. We strongly encourage students to maintain a 2.5 GPA or higher.
- 6. Drugs, Alcohol, Nicotine, and Other Controlled Substances** – The use of drugs, alcohol, nicotine, and other controlled substances will not be tolerated. Any use of these at any time during the season will result, *as a minimum*, in two weeks of suspension from practice and a suspension of one race for the first violation. The violator will be suspended from the team for the remainder of the season for the second violation. Please refer to South Summit School District Policy: 6032 “Students Safe Schools/Drugs and Controlled Substances” for more information.
- 7. Attendance** – Each team member is expected to make a dedicated commitment to participate in practices, training, service projects, enrolling the support of volunteers for races, and to race in the league or support those who do. Exceptions should be limited and communicated to the head coach.
- 8. Riding with the Group** – Coaches and volunteer ride leaders will structure practice into groups to accommodate and help riders of all levels to develop. It is critical that riders give their best effort each practice and finish each practice ride with their group. If a rider voluntarily quits a practice ride without a mechanical problem or specific illness, it leaves the rider/coach ratio and safe practices in jeopardy and is highly discouraged. Leaving practices early for any reason should be communicated to a coach. Riding to and from practice independently is not considered a NICA sponsored activity or a team event and should have permission from your parent/guardian.

9. **Bicycles, Proper Gear, Maintenance, and Nutrition** – Team members will be expected to keep equipment in good condition. Come to practice and races with a functioning bicycle and appropriate safety and mechanical gear, clothing, water, and nutrition. Do not rely on others to supply you. Bike problems such as flats are a normal part of riding, and coaches will be teaching basic bike maintenance skills throughout the season. Riders will be expected to learn and perform on-trail repairs. Bring food, water, and sunscreen! Be PREPARED!

10. **Lettering**—South Summit high school athletes are eligible for a varsity letter based on their effort AND performance. This is a sign of excellence. The criteria are not standardized due to evolving NICA classifications, but general guidelines are as follows:

Athletes riding in one varsity race will earn a varsity letter. Freshman placing or earning points equivalent to the top 5% of freshman statewide, or JV placing or earning points in the top 15% of all JV statewide will also earn a varsity letter.

11. **Have Fun and Show It!**

Athlete Signature

Date

Athlete Printed Name

Parent/Guardian Signature

Date

Parent/Guardian Printed Name