



Stargate High School Mountain Bike Team Rider Contract

1.Helmets: Approved helmets must be worn whenever a rider is straddling the top tube of his/her bike. The chinstrap must be fastened. Failure to wear a helmet will result in consequences including warnings or inability to practice or race, as outlined in the NICA rulebook.

2.Ride attire: Appropriate riding attire must be worn during practices and races. Team jerseys are required for racing. Full fingered riding gloves, eye protection, and rain jacket are mandatory at every practice and race. Riders must be prepared for changes in weather at all events.

3.Equipment: Riders must carry a hydration pack or ample water bottles at all practices. Extra tubes, tire levers, pump or CO2 cartridge, and bike multi tool are also required. Snacks, protein bars and/or energy gummies are recommended.

4.Behavior: Improper behavior such as vulgar language, disrespecting another rider, coach or other person on the trail will not be tolerated and consequences will occur as per the NICA rulebook.

5.Grades: Grades will be checked weekly by counselors and athletes with more than 1 "F" will not be eligible to race that week. Athletes with 1 "F" will be asked to skip practices until the grade is improved.

6.Bikes: Bikes must be "Mountain Bikes" with at least 1.75 inch width knobbie tires, no "slick" tires are allowed. 26",27.5" and 29" wheel sizes are acceptable. No drop handlebars or bar ends are allowed.

7.Practices: Practice schedules will be posted on the Stargate website and on the team Shutterfly site. Athletes must logon to Shutterfly and post if they will or will not be attending practice at least 15 minutes prior to the practice start time. Documented attendance is required by the league. Parents are responsible for getting their rider to and from all practices timely. Practices are mandatory and riders must communicate with coaches about planned absences from practice through email or text. Each rider must participate in at least 4 practices prior to entering their first race. If a rider misses more than 6 unexcused practices, he/she may be dismissed from the team . Communication is the key when it comes to missing practices.

8.Approved Trails: Riders must stay on approved trails only and follow all trails signs. Coaches will inform riders at the start of each practice which trails are approved/assigned for that days practice. Failure to follow the assigned/approved trails at any practice or race will result in consequences outlined by the NICA rulebook.

9.Cell Phones: Riders are allowed and it is recommended to carry a cell phone at practices for team communication purposes. Riders may not talk/text while straddling their top tube or riding their bike. The use of headphones/ear buds is strictly prohibited and will result in consequences as out lined by the NICA rulebook.

10.Caffeine/Banned Substances: Caffeine is a NICA banned substance and athletes are not allowed to consume any caffeine products at any team events/practices/races. The use of alcohol, tobacco products, marijuana or any illicit drug is strictly prohibited and will result in consequences outlined in the NICA rule book.

11.Team Communication: All team communications will be conducted via email, text and Shutterfly. This includes time/location changes and cancelations of events for any reason.

12.NICA: All athletes must be registered, paid in full, have a completed Sports Physical and have all waivers signed in the Pit Zone prior to being allowed to participate in any team function/practice. Riders and parents are responsible for reading and understanding the NICA rulebook, as this contract is only a partial list of rules. Please contact you Team Director with questions.

13.Races: Participation in races in not required, but is encouraged. Athletes racing will need to arrive at the race venue by 8:30 am (regardless of their race start time) and will be expected to stay until our last racer is off the course. Riders will need approval to leave races early. All riders are encouraged to Pre-ride the course prior to races, during approved pre-ride times. Team pre-ride plans will be announced the week prior to each race. Riders must come to races with an assigned adult guardian, even if they are old enough to drive themselves. Athletes must communicate with a coach when they are leaving the race grounds. Riders not racing are welcome and encouraged to attend races to support the team and volunteer.

14.Rider Responsibility: All riders must ride with in their own ability level and in control at all times. Speed control thorough corners berms and over obstacles is the riders' responsibility. Athletes must ride predictably on trails with out any sudden or unexpected swerving or stops. Riders should never take risks while riding and never attempt new obstacles with out the approval and/or supervision of a coach.

15.Trail Etiquette: Riders must have appropriate trail etiquette at all times, including yielding to all hikers/walkers and uphill riders. Athletes must STOP for all equestrians and only proceed once the trail is clear or the rider is waived on by the equestrian. A “Leave no trace” motto is to be applied, pack out all trash and do not take “souvenirs” from the trails.

Rider name_____

Rider signature_____

Date_____

Parent signature_____

Date_____