

**The Albany High School Mountain Bike Team Participation Agreement 2018-19**

**A racing team for committed mountain bikers**

**All skill levels are welcome, from beginner to international competitors**

**The team is coached by dedicated volunteers and supported by our sponsors and the families involved**

**Students and parents/guardians must commit to this team and agree to and support the following**

<b>Attend all practices</b>	Mon&Wed after school until dusk, Sun 8:30-1:30.
<b>Be ready to ride</b>	Required: bike, helmet, gloves, glasses ,water, warm clothing, extra tube and chain link, repair tools, lights for the bike, etc
<b>Prioritize academics</b>	Plan ahead to balance schoolwork and cycling and keep up your grades
<b>Maintain the bike</b>	Clean your bike weekly, repair as needed, and get it tuned up at least every other month Learn to repair flat tires and broken chains and be ready to do so quickly during rides and races
<b>Ride safely</b>	Follow the code of conduct and the safety rules
<b>Race all season</b>	1 pre-season + 6 official races, Feb-May, all-day or all-weekend events. Parents participate & support
<b>Help run the team</b>	Students participate in team events/fundraisers - Albany Crit, Triathlon, Solano Stroll, etc - at least 6 volunteer hours/season Parents work at races, drive to races and some Sunday practices, participate in fundraising events, take on team roles
<b>Communicate</b>	Students and parents read emails regularly, reply promptly, communicate with coach and manager
<b>The financial reality</b>	A new bike good enough to race on - \$1800+ (remember the league discounts on some brands, up to 30%) Bike maintenance during the season - \$400-\$500 Gas, food, and sometimes hotels for all the races - Monterey and Sacramento, sometimes So Cal, etc Bike clothes and shoes, replacement tires and chains, race food, etc - around \$250 Race registration fees - \$350-\$400 Kit (uniform required by the league of all racers) - \$150 - \$250
<b>Some support</b>	The team has some bikes it can loan to new riders for one season (See Equipment Use Agreement on website) Families can apply to the league for assistance with race registration fees - See NorCal website for info and deadline Sponsors provide about \$8,000 each year to help meet other necessary team expenses

**I understand and agree to comply with the requirements summarized above and explained in further detail in the  
AHS MTB Information for Riders and Parents**

<b>Rider: Name</b>	Grade	Signature
	Email address	
	Home phone	Cell Phone Date
<b>Parent/Grdn #1: Name</b>		Signature
	Email address	
	Home phone	Cell Phone Date
<b>Parent/Grdn #2: Name</b>		Signature
<b>(optional)</b>	Email address	
	Home phone	Cell Phone Date

**Please keep one copy of this form with the Information document for your reference and complete and submit another copy.**