

Minnesota Junior Cycling Rider Contract

I _____, hereby agree to the guidelines below. If I choose not to follow the guidelines or if the MNJRC Board of Directors, at their sole discretion, determines the guidelines are not being followed, I will resign my position as a MNJrC Team rider and forfeit my ability to ride for Minnesota Junior Cycling.

A: Race Registration, Team Wear, Race Day Coaching

I will register, race for, and wear MNJrC clothing at all races and practices, whenever possible. A rider's request to ride for another team must be approved by the Head Coach, at least 2 weeks prior to an event. I will follow the direction of the MNJRC coach on race day. Coaching, on race day, from other people is not allowed.

B: Helmet

I will wear my helmet whenever I am riding my bike for training and racing.

C: Conduct

I will follow USA Cycling guidelines regarding clothing, rider conduct, and rider sportsmanship. I will represent MNJrC and its sponsors in the most professional manner possible, while in public, with the team, and outside of the team.

I will adhere to the World Anti-Doping Association and US Anti-Doping Association guidelines.

I will not use tobacco, alcohol or recreational drugs of any type.

I understand and acknowledge that MNJrC has worked hard to develop relationships with certain bike shops and other sponsors to give me special discounts and special attention for repairs and adjustments. I will always respect the rules and requirements of these sponsors as outlined by them.

At times, decisions and/or actions of other people may not be fair, reasonable or correct. Regardless of the situation, I will always act in a respectful manner to my teammates, other racers, coaches, officials and race organizers.

D: MNJRC Clause

I understand that cycling is a team sport, much like soccer or hockey. If the Team Coach has set a certain plan of action at any race, I will follow the Coach's direction without exception regardless of my personal desire. If I disagree with the Coach's decision, I will talk to him after the event to make it better the next time.

E: Giving Back

I will volunteer/work at least once during the season at a cycling event that benefits the cycling community or MNJRC. Working for MNJRC at a bike swap or helping at a local race are examples. When volunteering it will be my only focus and I may not be able to race or otherwise participate during the event.

E: Promise

By signing this, I agree to commit myself to Minnesota Junior Cycling and always act and speak in a way that puts respect and sportsmanship first. I will always remember my words and actions are not only a reflection of myself, but a reflection of MNJRC, my fellow teammates, coaches and the MNJRC Board of Directors.

Rider Signature

Parent Signature