



**Lost Sierra Mountain Bike Team:
Athlete, Parent, Coach Agreement**

- I agree to uphold the team values of safety, fun, inclusivity, equity, respect, community, and stewardship.
- I agree to attend **at least one practice per week** during the season, **wearing my team practice jersey**.
- I agree to update my availability in TeamSnap for all practices and events.
- I agree to attend at least one race during the season.
- I agree to participate in at least one team fundraising event.
- I agree to participate in at least one trail maintenance day.
- I agree to always do my best in practices and show respect to my coaches and other riders on my team.
- I acknowledge that I am part of a team and I agree to maintain authentic relationships with those on my team and be a positive role model for others.
- I agree to come to practice and events with the recommended list of equipment and be ride or race ready.
- I understand that my failure to follow these guidelines could result in a temporary suspension or permanent release from the team.

Student Athlete Name: _____

Student Athlete Signature & Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature & Date: _____

Rider Information

Athlete Name: _____

Athlete Phone: _____ Email: _____

Parent/Guardian Name: _____

Parent/Guardian Phone: _____ Email: _____

Athlete, Parent, Coach Agreement Signed and Collected? YES NO

Transportation Information (check box that best describes where you live):

- Portola/Cromberg/Graeagle
- Greenville/Taylorsville/Crescent Mills
- Chester/Westwood
- Quincy/Meadow Valley/Keddie

Jersey Size (circle one): Mens 2XS , XS , S , M , L , XL , XXL

Womens 2XS , XS , S , M , L , XL , XXL

Youth 6 , 7 , 8 , 9 , 10 , 11 , 12

Rider Registration \$85 payment options:

- **Community provided grant- covers rider registration**
- Cash
- Check made to Lost Sierra Mtn Bike Team
- Credit Card via Square

What do you need for the season? Each rider will need the items listed below at practice and events. Please check the box next to items you need.

- A jersey (size is circled)
- A bike
- A helmet
- A backpack
- Closed-toe shoes
- Gloves
- Eye protection
- 2 water bottles
- A tube for your tires
- Athletic clothing (not cotton)- t-shirt, shorts or pants that do not have baggy ankles
- Warm layers (not cotton)
- Rain jacket



Rider Emergency Contact Form

Rider First and Last Name: _____

Parent/Guardian 1 First and Last Name: _____

Parent/Guardian 1 Phone Number: _____

Parent/Guardian 2 First and Last Name: _____

Parent/Guardian 2 Phone Number: _____

Emergency Contact 1 First and Last Name: _____

Emergency Contact 1 Phone Number: _____

Emergency Contact 2 First and Last Name: _____

Emergency Contact 2 Phone Number: _____

Health Insurance Provider: _____

Health Insurance Group: _____

Health Insurance Number: _____

Asthma (check one): _____ Yes _____ No If yes, does rider carry an inhaler? _____

Allergies? _____ Yes _____ No If yes, does rider carry an inhaler/epipen? _____

Ibuprofen OK (check one)? _____ Yes _____ No

List all prescription medications: _____

Describe any medical conditions: _____
