



**Lost Sierra Composite Mountain Bike Team:  
Athletic, Parent, Coach Agreement**

- I agree to uphold the team values of fun, inclusivity, equity, respect, community
- I agree to attend at least one practice per week during the season, wearing my team practice jersey - rider jersey size (circle one) XS S MD LG XL XXL
- I agree to update my availability in TeamSnap for all practices and events
- I agree to follow all the club rules as noted in practices, by the coaches and all USA Cycling rules from the USA Cycling Rulebook.
- 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 Athletic Name: \_\_\_\_\_

Student Athletic Signature & Date: \_\_\_\_\_

Parent/Guardian Signature & Date: \_\_\_\_\_

Coach Signature & Date: \_\_\_\_\_

Parent Phone: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Parent Address: \_\_\_\_\_