

**TAOS AREA HIGH SCHOOL
MOUNTAIN BIKE TEAM**



2019 REGISTRATION

ATHLETE INFO:

ATHLETE NAME: _____ SCHOOL: _____
DATE OF BIRTH: _____ AGE: _____ GRADE: _____
ADDRESS: _____ CITY/STATE/ZIP: _____
ATHLETE'S CELL PHONE: _____ ATHLETE'S EMAIL*: _____

PARENT INFO:

| | |
|-----------------------|-----------------------|
| NAME: _____ | NAME: _____ |
| ADDRESS: _____ | ADDRESS: _____ |
| CITY/STATE/ZIP: _____ | CITY/STATE/ZIP: _____ |
| CELL PHONE: _____ | CELL PHONE: _____ |
| EMAIL*: _____ | EMAIL*: _____ |

RIDER SURVEY

Please describe your mountain bike experience:

Any mountain bike race experience? YES NO
If YES, what is your current race division? _____

What is your commitment level to being on the team? LOW AVERAGE HIGH

Do you need to borrow a mountain bike? YES NO Helmet? YES NO

*Much of the team communication will take place via email so it is critical that we have current email addresses for you and your athlete and that they are checked regularly during the race season for pertinent information.

You must complete and return the **registration form, medical release, athletic participation agreement packet, concussion agreement, and liability form** prior to your athlete attending practice or events. No one may participate in team activities until all forms, and agreements are completed and current and basic fees are paid.

Please contact us if you need scholarship assistance. We do not want to deny participation to any student due to lack of resources but may need time and help in obtaining scholarship funds.

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MOUNTAIN BIKE TEAM**



2019 REGISTRATION

PROGRAM FEES 2019

Athlete Name: _____

REQUIRED FEES

BASIC TEAM FEES (includes Team jersey, t-shirt, all coaching at practices) **\$175***

NICA FEES (annual membership) Paid directly to NICA **\$65***

OPTIONAL FEES These fees will be **wiaved** for all athletes as long as we get the sponsors we need!

A LA CART TRAVEL FEES (includes coaching, travel, food, camping per race) ~~\$80~~ per race

OR (CHOOSE ONE)

ALL TRAVEL FEES (includes coaching, travel, food, camping at all 5 races) ~~\$400~~ all races

A LA CART NICA RACE FEES (race entry fees per race) Paid directly to NICA \$65 per race

OR (CHOOSE ONE)

NICA RACE FEES (race entry fees for all 5 races) Paid directly to NICA \$300 all races

*scholarships to cover race entry fees are available directly through NICA – see “Student-Athlete Scholarship” applications at www.coloradomt.org (Deadlines are July 15th and August 15th)

* Minimum required fees for all riders (let us know if you need scholarship assistance)

Scholarships are available! Scholarships are available! Scholarships are available!

We are actively seeking funding to cover both travel costs and race entry costs for our team. When these funds are secured, costs will be greatly reduced or eliminated for athletes! Please let us know if you would like to help in this process.

**TAOS AREA HIGH SCHOOL
MOUNTAIN BIKE TEAM**



2019 REGISTRATION

2019 Taos Area High School Mountain Bike Team Medical Release

Athlete's Name: _____ Birth date: _____

Athlete's Social Security #: _____ Athlete's Phone: _____

Parent Name: _____

Parent Work Phone: _____ Parent Home Phone: _____

Parent Name: _____

Parent Work Phone: _____ Parent Home Phone: _____

Insurance Coverage

Company: _____ Member #: _____

Policy Number: _____ Expiration Date: _____

Medical History

Allergies

Current Medications

Other Medical Information

Athlete Medical Release Parent hereby authorizes Field Institute of Taos and/or their named coaches, to secure any hospital, medical, dental or surgical care, treatment and/or procedures for the above named athlete. Parent also consents that in the event of injury to the athlete, coaches can sign for competitor to receive care, treatment and/or procedures, under the instructions and directions of the licensed physicians on call at the emergency room of the nearest hospital or emergency facility. The coaches shall notify Parent at the earliest possible time during or after such care, treatment and/or procedures. Parent knowingly and voluntarily consents in advance to such care, treatment and or procedures to encourage the physicians and coaches to exercise their best judgment as to the requirements of such care, treatment and/or procedures. Parent specifically indemnifies and holds harmless Field Institute of Taos and its coaches from any and all costs arising out of such care, treatment and/or procedure.

Parent/Guardian (signature)

Date

Parent/Guardian (signature)

Date

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TAOS AREA HIGH SCHOOL MOUNTAIN BIKE TEAM



2019 TEAM RULES

1. **Wear a helmet at all times.** Under no circumstances should a team member be on their bike with out a helmet fastened properly on their head. While other riders and racers may be seen cruising around before and after races with out a helmet, Taos Area Composite Team members will be suspended from racing and training with the team for violating this rule.
2. **Practice Controlled Riding.** Practice safe riding techniques and be in control of their bicycles at all times. Riding out of control and/or with excessive speed will not be tolerated. Team members that have a reckless attitude or are witnessed taking dangerous risks will not be tolerated. A dangerous risk is defined as willingly attempting anything that is beyond one's ability to control the bike and/or puts someone else in danger.
3. **Respect Other Users.** Yield to other users, even if at times it seems inconvenient. Being sensitive to how others perceive you will assure a positive image for your sport and minimize the restrictions that follow confrontations and negative encounters. *Remember* that bicycles in the backcountry can be an unwelcome experience for horses and hikers. Be friendly. Don't startle others. Yielding means slow down, establish communication, be prepared to stop if necessary and pass safely. You are going slow enough when you can say 'hello' and the hiker can say 'hello' back. Pass with care. Let others know of your presence well in advance. Use a chime or audible greeting to avoid startling others. Be especially careful when passing a horse, as each will react differently; stop and ask the rider for instructions. By asking if the horse is easily spooked, you show an awareness of the rider's needs. Sometimes it may necessary to dismount and remove your bike from the trail to allow others to pass.
4. **Leave No Trace.** Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. When the trail bed is soft, consider other riding options. Ride it, don't slide or skid. Ride through mud puddles, not around them widening the trail. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in. Never build a new trail, jumps, or other riding features without the written permission of the land managers.
5. **Plan Ahead.** Know your equipment, your ability, and the area in which you are riding - and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary gear for changes in weather, darkness or other conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear.

6. **Control Your Speed.** Safe speeds are relative to terrain and your experience as a rider. Be able to stop safely without skidding in the distance that you can see ahead. Approach switchbacks and turns in anticipation of someone coming around the bend. Save the racing for on a closed racecourse.

7. **Respect Wildlife and Livestock.** Do not frighten animals. Close gates as you pass through, unless it appears obvious that they have been intentionally left open.

8. **Ride Only on Legal Trails.** Team members found to be riding on illegal trails at ANY time, whether on team rides or on their own, will face serious consequences. It is the individual rider's responsibility to know which trails are legal for bikes. Building unauthorized trails or adding unauthorized features (such as berms or jumps) is also unacceptable and carries the same consequences.

9. **Obey Traffic Laws.** Team members are required by law to obey all traffic laws. Always ride to the right side of the road and in bike lanes when available. Stop at stop signs and red lights. Signal turns. Use required lights and reflectors at dusk/night. Do not ride on sidewalks. Specific laws that pertain to bicyclists in your state can be found at The League of American Bicyclists: http://www.bikeleague.org/action/bikelaws/state_laws.php

10. **Music Players, Headphones and Cell Phones.** Team members are not allowed to race or ride with headphones or other portable musical devices. Headphones are permitted while riding a stationary trainer only. Team members may not answer a cell phone or make cell phone calls while riding their bike. Team members must safely come to a complete stop and have both feet on the ground in order to use their cell phones.

Please read the NICA 2019 Rules & Guidelines at www.nationalmtb.org for all NICA rules that apply to the Taos Area Composite Team as a NICA Team.

***DISRESPECT OF TEAM OR NICA RULES MAY LEAD TO A
SUSPENSION FROM TEAM ACTIVITIES.***

Athlete (signature)

Date

Parent/Guardian (signature)

Date

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**TAOS AREA HIGH SCHOOL
MOUNTAIN BIKE TEAM**



2019 REGISTRATION

**TAOS AREA HIGH SCHOOL MOUNTAIN BIKE TEAM
ATHLETE CODE OF CONDUCT**

I recognize that participating in the Taos Area High School Mountain Bike Team is a privilege which requires a high standard of responsibility and personal conduct. I therefore agree to:

1. Act as a positive role model, both on & off the bike.
2. Act according to the **NICA Student-Athlete Rules in the current NICA Rulebook.**
3. Remember that I represent my team, school, community, & the sport of mountain biking & must therefore demonstrate responsibility & self-discipline.
4. Contribute to team morale & to a high level of both athletic performance & sportsmanship.
5. Remain physically, sexually & verbally nonviolent.
6. Fighting, hazing, trash-talking, obscene language, or sexual harassment will not be tolerated.
7. Maintain a healthy lifestyle free of drugs, alcohol, tobacco, & performance-enhancing drugs.
8. Respect the rules of the sport & the officials who apply them.
9. Treat opponents & rivals with respect.
10. Respect my coaches.
11. Be responsible for all issued equipment.
12. Commit to following all Team Rules.
13. Show up, both mentally & physically.

I understand that failure to meet requirements, or violation of rules and regulations may result in suspension or termination from athletic participation.

Athlete (signature)

Date

I/we, the parent(s) or guardian of the athlete, have read both the Taos Area High School Mountain Bike Team Rules and the NICA Student-Athlete Rules and agree to these terms. We further agree to fully support our athlete in fulfilling these terms.

Parent/Guardian (signature)

Date

Parent/Guardian (signature)

Date

**TAOS AREA HIGH SCHOOL
MOUNTAIN BIKE TEAM**



2019 REGISTRATION

**TAOS AREA HIGH SCHOOL MOUNTAIN BIKE TEAM
PARENT CODE OF CONDUCT**

As parent(s) or guardian of an athlete, I/we acknowledge that competitive mountain biking is a privilege and serves primarily to promote positive personal development. I understand that the desire to win is never to be placed ahead of the academic, social, emotional, physical and ethical well-being of the athlete. I therefore pledge to:

A. Positively support my athlete:

- Provide positive support to my athlete, win or lose.
- Emphasize effort, skill development, teamwork, and love of the sport.
- Be sure my athlete attends practices and workouts.
- Encourage him/her to go the extra yard in conditioning and skills drills.
- Attend all required meetings and attend as many races as possible.
- Actively support my athlete in maintaining all eligibility requirements.
- Actively support my athlete in abiding by both Taos Area High School Mountain Bike Team Rules and NICA Rule #2 Student-Athlete Rules in the current NICA Rulebook.
- Abide by **NICA Rule #14 Parent Code of Conduct** in the current NICA Rulebook
- Actively contribute to team morale.
- Actively support my athlete in maintaining a healthy lifestyle free of drugs, alcohol, and tobacco.

B. Personally model the highest standards of sportsmanship at races:

- **Let the coach do his/her job:** Yelling criticism and advice will not be tolerated.
- **Let the riders ride:** Shouting instructions or criticisms at racers or at others will not be tolerated.
- **Let the officials do their job:** accept decisions, and never use negative comments.
- **Cheer for the positive:** support good effort, good teamwork, and good sportsmanship.
- **Respect other competitors** and make no derogatory comments.
- Never resort to catcalls, insults, foul language, or violent behavior.
- Maintain an environment free of alcohol and drugs.

C. Resolve issues with coaches, team mates or athletic personnel appropriately:

- Avoid presenting grievances during or immediately after a race or training session.
- Request a meeting with the coach to discuss problems or issues and find resolutions.

I further understand that I/we may be asked to leave the training or race venue and be prohibited from attending future training sessions/races if my/our behavior violates the standards of Taos Area High School Mountain Bike Team, Field Institute of Taos, or National Interscholastic Cycling Association.

Parent/Guardian (signature)

Date

Parent/Guardian (signature)

Date