

Minnesota Valley MTB Team 2024 Rider's Manual

PHOTO RELEASE/CONSENT

I hereby grant permission to use photographs and/or videos taken for publications, news releases, online, and other communications related to the MNV MTB team. Also, note that student-athletes taking pictures of their teammates and peers must be done only by permission; this agreement does not provide for or assume such permission.

SAFETY

The safety and well-being of the MNV MTB Team is of our utmost concern. All conversations online or in person with student-athletes must occur in an environment where at minimum one additional coach is included in the conversation. The behavior and decisions of each cyclist in the group will affect the safety of every other cyclist. You have a responsibility not only to yourself but also to your group.

- SAFETY means looking out for yourself, your fellow riders, coaches, adult assistants, cars, walkers, other bikers, pets, and people in the community.
- SAFETY includes the responsibility of learning, practicing, and mastering the skills for riding and handling a mountain bike to keep you and other riders safe.
- SAFETY is learning and understanding your physical and technical limits as a mountain bike rider and keeping within those limits during all rides.

RISK MANAGEMENT

The coaching staff will work with the team members to develop riding skills and communicate riding rules and safety on trails and public highways. Student-athletes are expected to follow the direction and guidance of the coaches.

DAMAGE TO BIKES DURING TRAINING

Accidental bike damage can occur individually or possibly with another rider. Coaches will attempt to repair the problem but repairs will be the responsibility of the owner of the bike.

SPORTSMANSHIP AND CONDUCT

The Sporting Regulations can be found online at:

minnesotacycling.org/wp-content/uploads/2023/05/2023-Sporting-RegulationsMay23.pdf

The coaches of the MNV MTB Team take sportsmanship and athlete conduct seriously.

- Student-athletes show respect to all race officials/coaches/riders/parents and never act in a manner that would be disrespectful toward them.
- Student athlete's use of drugs, tobacco, or alcohol is not permitted. Consequences for use of these include potential removal from the team.

DISCIPLINE

The coaches and ride leaders will consult and communicate regarding possible student disciplinary action. Action may include exclusion from a particular activity, suspension for a limited time frame, including a race, or a complete suspension from the team.

Minnesota High School Mountain Bike racing does not fall under the governance of the *Minnesota State High School League*. However, the MN Valley MTB Team does follow the same guidelines as the MSHSL for student behavior, minimum grades, and discipline policies.

TEAM MISSION STATEMENT

To provide our youth the opportunity to learn the lifelong sport of biking. We are focusing on teamwork, respect, and good sportsmanship while having fun and getting fit.

We pursue this mission under the guidance and accountability of the Minnesota Cycling Association.

Minnesota High School Cycling League Mission/Vision

The Minnesota Cycling Association builds strong minds, strong bodies, and strong character through cycling. Our vision is that every youth is empowered to be part of a thriving and engaged cycling community. minnesotacycling.org/mission-vision

COACHES/VOLUNTEERS

Minnesota Valley MTB Team dba New Prague MTB Team is a 501(c)3 nonprofit organization. No party involved in this MTB team-related operations is paid.

SOCIAL MEDIA - SOCIAL MEDIA POSTS ARE LIMITED TO TEAM EVENTS ONLY

Team website: www.minnesotavalleymtbteam.com
Team Instagram: [npcomposite.mtb](https://www.instagram.com/npcomposite.mtb)
Email: npbiketeam@gmail.com, mvmteam@gmail.com
Team Snap: (By Invitation)

RIDER GOALS 2024

Please list one or two of the top reasons you are joining the team this year.

1.

2.

Please list two goals for the year. If you have other concerns that you would like us to know and or track with you during the season please write to or talk to the coaches at any time.

1.

2.

MV MTB TEAM POLICIES AGREEMENT 2024

I, _____ the parent/guardian of

_____ have read and understood the

MN Valley Mountain Bike Team Riding Policies and Agreement and understand the consequences if they are not followed.

By signing I permit the MNV MTB team to display my child's name and photo/video for public information purposes.

Signed by Parent/Guardian: _____

Print Name: _____

Date: _____

As a student rider, I have read and understood the MN Valley Mountain Bike Team Riding Manual and understand the consequences if they are not followed.

Signed by Student-Athlete: _____

Print Name: _____

Date: _____