

Senior Jacket Requirements

- Riders must race at least one race their Senior year.
- Riders must attend 25 practices during their Senior year (Mondays, Tuesdays, or Thursdays), or have a pre-approved training plan by the coaches.
- Volunteer at 1 MCA race during their Senior season.
- Complete 4 hours of trailwork with WIKI or KORC (use the form below for tracking).
- Discuss with one of the Head coaches your season goal.
- Discuss with one of the Head coaches your goals regarding mountain biking following high school.

Goal Discussion

Coach Signature _____

Trailwork Log

1. Date _____ Organization _____ Hours _____ Trail Boss _____

2. Date _____ Organization _____ Hours _____ Trail Boss _____

3. Date _____ Organization _____ Hours _____ Trail Boss _____

4. Date _____ Organization _____ Hours _____ Trail Boss _____