

Senior Jacket Requirements

Completed during your senior season (April–the October Finale)

- Riders must attend 25 practices (Mondays, Tuesdays, or Thursdays), or have a pre-approved training plan by the coaches.
- Volunteer at 1 MCA, KORC or Tattersall race.
- 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 _____

Race Volunteer Log

1. Date _____ Organization _____ Hours _____ Position _____