

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 your season goal with one of the Head coaches.
- Discuss your goals regarding mountain biking following high school with one of the Head coaches.

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 _____