



# Marshall County High School

416 High School Road  
Benton, KY 42025

## Marshall County Mountain Bike Team-Practice Attendance

Riders & Parents,

Below are the guidelines for practice attendance for ALL riders, regardless if you are an Adventure (non-racing) rider or Performance (racing) rider.

### ATTENDANCE REQUIREMENTS

1. You must attend at least 2/3 practices each week (66.6%)
2. You must attend 8/10 Saturday (weekend) practices (80%)
3. If you have to miss, you **must notify** Jayson or Brent **before** practice and provide a reason; work, school function, sick, etc.
4. Attendance is being taken to assure compliance.

### CONSEQUENCES

Two unexcused absences from practice per week will jeopardize you racing, regardless of your class position and tenor on the team.

#### Excused absences are:

- Medical issue and a note from your Doctor
- Playing a School sport, i.e.: football, volleyball, cheering, band, etc.
- Holding a part-time job after school,
  - If you are working all the time and not riding, we need to discuss your ability to train enough to race.
- If your bike is broken and you are waiting for repairs--you should attend practice to help with the drills & notify the coaches, as we may have one you can borrow or work with bike shop to get you a loaner.
  - Multiple absences due to mechanical are not excusable, unless it's a frame break/replacement issue.
- If you have a non-NICA race and need a rest or light spin day before the race.

#### Unexcused absences are:

- If you miss practice and fail to notify a coach.
- If you are 'out riding' during team practices and not with the team.
- If you are being coached by an independent coach, and your training schedule conflicts with your High school team practices. Come see me personally. You can find ways to incorporate your independent training with our practices. It has been done before and I know it can work.

**Note:** If you plan on racing with and for your High school team, you need to practice with the team.

When you sign up to be part of a TEAM, that is exactly what that means, you practice and work out with the Team to make the Team better. The coaches and volunteers that are helping with this team deserve the respect of your time and work ethic once you make the commitment to be on the team. If you are not prepared to follow through with that commitment, please inform one of the coaches. Communication is the key with any team, not hearing from you is not an option. If you feel you have special circumstances or have any questions, let's talk.

Thank you,

Coach Jayson 270.703.4281

Coach Brent 270.564.3306

*"The mission of Marshall County High School is to lead by example, always show respect and work toward success."*