

**Rochester Mountain Bike Team
Intent to Join Varsity Racing Program
(Blue Form)**

I intend to join the Varsity Racing Program offered by Rochester Mountain Bike Team. I have read, understand, and agree to the Varsity Club Letter Requirements. I have read, understand and agree to the RCS Athletic Code of Conduct.* I understand that if I attend an Out of District school outside of Rochester Community Schools, the coaches will work with my school's administration on my behalf in an effort to attain varsity club letter status for me. I acknowledge that my school's administration has the final say in regard to permissions. In the event that RMBT is unable to procure letter status in my respective school, I will be awarded a team patch that acknowledges my accomplishments. I understand that it is the final decision of the Head Coaches to determine my eligibility for a varsity club letter at the end of the 2026 race season. Please sign and date below.

Name (Printed) _____

Signature _____

Date _____

School Attending (Fall 2026) _____

Grade (Fall 2026) _____

* Available at <https://www.rochester.k12.mi.us/athletics/student-athlete-code-of-conduct>.

For Coaches Use:

**Rochester Mountain Bike Team
Varsity Club Letter Requirements
2026 Season**

Requirements:

1. By July 15, 2026 -
 - Sign and submit an "Intent to Join Varsity Racing Program" letter (blue form)
 - **[NEW FOR 2026]** Read "What is a Triple Impact Competitor":
<https://positivecoach.org/resource-zone/what-is-a-triple-impact-competitor/>
 - **[NEW FOR 2026]** Take the Triple Impact Competitor self assessment (yellow form)
 - After taking the Triple Impact Competitor self assessment, set and submit three goals (yellow form); also keep a copy for yourself in a place you will see every day:
 - A goal to strengthen yourself
 - A goal to strengthen your teammates and/or team
 - A goal to strengthen the sport of mountain biking
2. Attend at least 75% of the Monday and Wednesday practices beginning July 15 unless excused by Coach Jen for illness, injury, or academic events. An unexcused absence may be made up with an extra ride if approved by Coach Mike Hartrick or Coach Jeff Fronek. You are responsible for making sure one of these coaches tells Coach Jen that you have made up for an unexcused absence.
3. Register for and participate in at least 4 of 6 MiSCA races in the high school junior varsity or varsity classification. If you are injured, you are still expected to attend races with the team. Illnesses may be excused.
4. Participate in at least one trail maintenance event. Submit a orange form for the event.
5. Assist MiSCA with at least one race day setup (these occur on the Saturday before your race). Submit an orange form for the event.
6. Participate in at least one community event arranged by RMBT or approved by Coach Jen, Coach Mike H., or Coach Jeff F. Submit a orange form for the event.

RMBT will work with out-of-district schools to attain club letter status, but the schools have final say. If we are unable to procure letter status, you will be awarded a team patch acknowledging your accomplishments.

A club letter in mountain biking is not eligible for a gym credit.

ALL REQUIREMENTS MUST BE MET NO LATER THAN OCTOBER 11