



OS3 Reptilians Youth Cycling Team

PARENT LETTER

Thank you for your interest in the OS3 Reptilians Youth Cycling Team (MTB Season). We are looking forward to a successful season and hope you decide to join us!

The OS3 Reptilians Youth Cycling Team is a cross-country mountain bike team. Cross-country is a specific form of cycling different from road riding, downhill racing, BMX, cyclo-cross, or track racing. Cross-country requires a broad range of skills to ride up and down mountain bike trails. Team members will develop both technical skills and improve their fitness through cross-country riding. Our team's activities are focused upon preparing for and racing at NICA-produced cross-country mountain biking events only. We do not participate in "gravity" or downhill/enduro style events.

Our team's Mission Statement is to "OS3 Reptilians Youth Cycling Team"

Why join the OS3 Reptilians Youth Cycling Team? When you ride with a team, riding and training is more fun! Our team is about improving our riding skills and fitness and achieving personal bests. As a team member, you will greatly improve your mountain biking skills in a supportive, enjoyable team environment. You may or may not choose to participate in races. The coaches provide valuable guidance and technical instruction whether you race or not and we will all drive each other to succeed and achieve. We set both individual and team goals and work collaboratively to attain these goals. The coaching staff's main goal is to provide student-athletes with the support and camaraderie to help them achieve competitive success and personal development in a safe and enjoyable manner. We are most proud that our team focuses on creating life-long cyclists

Please read through all of the requirements and important dates. If you are not sure about the commitments or any of the requirements, please contact me directly so we can talk about your situation. Also, if you are in need of equipment or a bike, please let us know as soon as possible.

We are looking forward to the rides and to getting to know the new team members.

Happy Trails,

Edgardo Muñoz
Team Director



TRAINING SCHEDULE

Training: Tentative starting date, Tuesday, July 7, 2020

1. Tuesday 6:00 pm to 8:00 pm - Monte Carlo Trails (place might varied)
2. Thursday 6:00 pm to 8:00 pm - Monte Carlo Trails (place might varied)
3. Saturday 6:30 am to 9:30 am - Santa Cruz County

Minimum Participation Requirements

Club membership requires having, at any time, an attendance record of twothirds present (2/3). A member not willing to attend at least two of the three practices a week may be subject to consequences. Attending all team meetings is also a required obligation of club members.

TRAINING CALENDAR

July - 8 training days 3 rides

August - 8 training days 5 rides

September 7 training days 2 rides

October - 7 training days 2 rides

November - 2 training days

September 12-13 - First Race - Flagstaff

September 26-27 - First Race - TBA

October 10-11 - Fort Huachuca

October 24-25 - Prescott

November 7-8 - Fountain Hills

First training day: Tuesday, July 7th

Last training day: Thursday, September 10th.

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Melissa Gallegos, Program Director (520) 223-1149 • Os3movement@gmail.com



PARENT COOPERATIVE CONTRACT

The mission of the OS3 Reptilians Youth Cycling Team Parent Cooperative is to ensure our youth athletes, parents and coaching staff represent OS3/Nogales in the best possible manner. To have fun, organized and SAFE race weekends; as well as promoting team spirit amongst parents & students athletes.

ATHLETE _____ GRADE _____

PARENT #1 _____ BEST CONTACT _____

PARENT #2 _____ BEST CONTACT _____

DO YOU HAVE FACEBOOK MESSENGER YES/NO

Each family of a youth athlete is expected to volunteer. This is a big team and race weekends will be very busy and come with many details. We will create a fun atmosphere and focus on the athletes - we will make sure they are rested, hydrated, fed, and ready to race! We also make sure each one is cheered on throughout their race. It is all of our responsibility and privilege to do so.

Please initial by each pint below

___ I agree to take my son or daughter to his training and races and be punctual

___ I agree to participate in the set up/break down/ clean up of each race weekend

___ I agree to participate in at least one area

___ I agree to show up at the scheduled time for my duty and stay through completion

___ I agree if I cannot complete my chosen duty it is my responsibility to find a replacement and report that to the Head Coach (Alberto Romero) or Team Director (Edgardo Muñoz) or Team Coordinator (Melissa Gallegos)

(Signature parent #1)

(Signature parent #2)



Youth Athlete Contact Information			
Name			
Grade		Age	
E-mail			
Cell Phone #		Home Phone #	
Address			
Parent/ Guardian Contact Information			
Name		Name	
Cell Phone #		Cell Phone #	
Work Phone #		Work Phone #	
E-mail		E-mail	
Address		Address	
Youth Athlete Health Information			
Do you have any health issues			
If yes, please explain			
Survey			
Circle One	I definitely will be an active member all season.	I am not sure if I can commit to the entire season.	I want to be on the club but have some conflicts.
If you have conflicts what are they and when			
Describe some of your goals for the season			



CODE OF CONDUCT

Please review the Code of Conduct before signing

- 1. Ride with Respect.** NICA requires all student-athletes, coaches and volunteers ride with a riding style of respect and safety. This includes taking personal responsibility for managing and controlling your own riding style and behavior at all times. Be mindful. Ride in control. Respect yourself, fellow teammates, your coaches, equipment, other members of the community and the environment.
- 2. Always Wear a Helmet.** Under no circumstances should you be on a bicycle without a helmet fastened. This includes riding on your personal time, at practices, events and races. Student-athletes will be disqualified for riding without a helmet at races.
- 3. Yield to Other Trail Users.** Respect and yield to all other trail users. Always be prepared to stop. Always yield to the uphill rider if you are riding downhill. Ride with your eyes up and always expect to see other trail users around corners. Pull over with plenty of distance between you and other trail users. Make your interactions with other trail users positive. Always call-out or put a handlebar bell on your bike and use it!
- 4. Pass with Care.** Always be kind and polite. Communicate! Make sure other trail users acknowledge your presence before you attempt to pass. Always stop at a reasonable distance and ask for passing instructions from horseback riders. Horses can be easily spooked by bicycles. Mountain bike encounters can be very dangerous for horseback riders and horses if not handled properly.
- 5. Stay on Trails.** Riding off the designated trail damages fragile ecosystems. Never cut switchbacks - it accelerates erosion. Beware of the surfaces you are riding on and adjust your riding and braking style as needed. Do not widen existing trails to avoid mud. Ride or walk through deep mud sections and puddles.
- 6. Ride Only Authorized Trails.** Check with local authorities regarding open trails and conditions. Check with landowners regarding private land access. Do not ride trails closed to bicycles. Be aware bicycles are not permitted in State or Federal Wilderness areas.
- 7. Respect Wildlife and Livestock.** Do not frighten animals. Give them plenty of space and never, ever approach wild animals. Carry bear spray as needed. Always close gates behind you.
- 8. Do Not Litter.** Pack out what you pack in. Make every effort to pick up other people's trash. Minimize your own impact the best you can.
- 9. Be Prepared.** Be prepared to fix basic mechanicals such as flat tires and broken chains, and conduct simple bike adjustments. Carry and know how to use basic tools, including tire levers, a spare tube, a pump and a multi-tool. Check weather forecasts before you ride. Expect weather changes. Bring warm and waterproof layers and have at least one first aid kit in your group.
- 10. Plan Ahead.** Leave word where you plan to go, when you plan to return, and follow your plan. Carry a light if you expect to finish a ride close to dark.
- 11. No USADA Banned Substances.** NICA student-athletes are subject to all U.S. Anti-Doping Agency rules pertaining to anti-doping. The use of performance enhancing substances will result in the immediate disqualification from a full season or the equivalent number of races. This includes using caffeine as part of your training or racing regime.
- 12. Follow NICA Rules and Guidelines.** Review and adhere to the NICA Rulebook. (Colorado, Utah, Minnesota, NorCal and Arizona have different Rulebooks and can be found here.) If you are unsure of anything, ask a coach.

Safety

I will always ride with respect and within my ability. I will always ride in control.

I will always wear appropriate safety gear:

- I will always ride wearing a helmet.
- I will wear proper gloves and clothing and bring warm/waterproof layers.
- I will wear protective eyewear

I will complete my ABCD bike check before each ride:

- A - Air
- B - Brakes
- C - Chain
- D - Deraileur (shifting)

I will not ride my bicycle if it is unsafe to ride.

I will never ride alone in isolated areas.

I will always let someone know where I am riding, when I plan to return, and stick to my plan.

I will bring proper hydration and nutrition on every ride.

I will bring appropriate tools and parts, such as a spare tube or patch kit, tire levers, and pump.

I will not ride terrain or at speeds which are unsafe or beyond my technical ability.

I will not ride in unsafe conditions:

- I will not ride trails with excessive exposure to drops and falls.
- I will not ride in unsafe weather conditions such as lightning, flash floods, extreme heat or cold.
- I will not ride muddy trails.



CODE OF CONDUCT

Respect

I will respect my teammates, competitors, and other trail users:

I will never trash talk, bully, insult or use inappropriate language while at NICA events or representing NICA.

I will move aside to allow safe passing when a faster competitor is moving by me.

When passing from behind, I will announce my presence and intention and specify passing side.

I will always do my best when racing or riding my bike.

I will always ride with courtesy, whether racing or training.

I will seek consent before touching, hugging and otherwise embracing teammates and coaches.

I will follow the rules of right of way:

I will stop or slow down when approaching an equestrian, hiker or dog walker.

I will provide right of way to pedestrians and equestrians and stop and ask for passing instructions from equestrians.

I will never pass a horse without the horseback rider knowing I'm there and having given permission to pass.

I will respect the land and the environment:

I will never litter or leave trash on the trail.

I will ride only on designated and legal trails and routes.

I will pick up trash whenever possible when riding.

I will learn to brake correctly to minimize trail erosion.

I will not ride on trails when the weather and surface conditions will cause damage.

I will not perform trail maintenance on trails without full permission and permits from the land owner/manager.

I understand the use of performance enhancing drugs (list of banned substances available at U.S. Anti-doping website), including caffeine, is not tolerated at any NICA event.

I understand and will follow the NICA Rules and Guidelines. I also understand that failure to do so may lead to my suspension or expulsion from National and/or state League activities.

I have read and understand the above Code of Conduct Agreement, and by checking the box or signing below I agree to comply with its terms.

Student Athlete Sign Here

Print Name

Date