

2018 Jerry Baker Team Members - Expectations and Agreements

I have agreed to become a member of the Jerry Baker Team and/or Junior Training Group. As a member of this team/group, I will do my best to follow these rules and regulations:

- 1. I will respect my coaches and parents and do as they ask.** I understand that they come from a place of experience and want to help me become the best I can be.
- 2. I will not use profanity, drugs, alcohol or tobacco.** I will always set a good example and represent the velodrome with class.
- 3. I will practice good sportsmanship before, during and after practices and races.** I will appreciate the good effort of my opponents and remain humble during my shining moments.
- 4. I will treat all opposing racers, coaches and fans with respect.** Which includes not purposefully endangering another rider or be overly aggressive.
- 5. I will respect decisions made by the officials.** I cannot change their decisions, and I recognize my reaction may reflect poorly on both me and the velodrome.
- 6. I will handle winning with class and losing with grace.** A racer's true character is shown in handling both winning and losing with similar reflection and appreciation.
- 7. I will never quit.** No matter the race or situation, I will always give my best.
- 8. I will work hard when no one is watching.** My work ethic is based on the hard work I put in during races and practices as well as at home.
- 9. I will never throw a bike or other equipment in anger.** Not only is this unsafe, but it is a selfish display of poor self-control and bad sportsmanship.
- 10. I will always prioritize safety of myself and others around me.** I will be properly equipped and aware of my surroundings when racing at the velodrome.
- 11. I will treat practices seriously as an opportunity to become the best racer I can be.** Practice is my time to polish my tools while the races are my time to shine.
- 12. I will practice self-control, setting a positive example for others.** I will not get down on myself when things aren't going my way.
- 13. I will always support and encourage my teammates.** I will be helpful and courteous, treating my teammates the way I would want to be treated.
- 14. I will respect the facilities we are provided for practices and races.** I will not damage equipment, I will clean up when we're done and I will treat it as I would my home.

15. I will represent my team with class. I understand that how I behave and present myself will reflect either positively or negatively on my teammates and coaches.

16. I understand my grades in school and behavior at home and outside of track racing may impact my practice and race attendance. There is more to life than cycling.

17. I will learn from my mistakes. I will make mistakes, but I will use them as opportunities to learn.

I will always do my best to follow these rules. My coaches, parents and I understand that I am not perfect, but repeated violations can and will impact my standing on this team.

These rules aren't meant to scare me. These are rules I embrace to help me become a better player, teammate and person.

I understand these rules, and I will do my best to always represent my teammates well.

In addition to the above expectations, **I will volunteer for a minimum of five (5) race nights and/or events during the 2018 season.**

RIDER SIGNATURE

PARENT/GUARDIAN SIGNATURE

DATE

