**CODE OF CONDUCT**

We are a team that is open to riders of all abilities and backgrounds. Our goal is to develop a life-long love of the sport and to provide the opportunity for all team members to improve their abilities.

We are committed to providing a safe and inclusive environment where all riders feel comfortable challenging themselves with the support and encouragement of their teammates and coaches. We will not tolerate bullying or other behaviors which detract from this experience.

We follow the Minnesota Cycling Association’s Student-Athlete Code of Conduct:

|  |  |
| --- | --- |
| Be Safe | ● Always wear a helmet.  ● Be prepared with additional safety gear: gloves, glasses, and extra clothes to match the weather.  ● Be prepared with a working bike and perform an ABCDE bike check (Air, Brakes, Chain, Derailleur, Everything Else).  ● Ride within your limits  ● Ride with someone else in isolated areas  ● Never use any performance enhancing drug described in the MCA Sporting Regulations: <https://minnesotacycling.org/wp-content/uploads/2022/03/2022-MCA-Sporting-Regulations-FINAL.pdf>  ● Plan ahead and let your family or caregivers know where you are going and when you plan to return  ● Avoid contact with wildlife  ● Understand the dangers of the native plants and avoid poisonous plants, stay on the trail |
| Be Responsible | ● Be prepared with the water, food, and clothing that you need to complete the ride  ● Come to practice with a clean and well-maintained bike  ● Be accountable for your actions and choices  ● Never consume alcohol or use any illegal drugs  ● Ride only on designated and legal trails and routes  ● Follow additional rules that may be associated with team’s school or league affiliations |
| Be Respectful | ● Respect coaches, teammates, competitors, trail users and other community members  ○ Treat everyone with dignity and respect  ○ Avoid language and actions that may be perceived as bullying or harassment.  ○ Be inclusive and welcoming to new athletes, coaches, competitors, and other trail users  ○ Use appropriate language   * \*All student athletes on this team are equal, regardless of category or race results. We all support every member’s efforts and cheer them on loudly.   ● Move aside to allow others to pass you safely.  ● Announce your passing, intention, and specify the passing side.  ● Do your best when racing or riding your bike.  ● Ride with courtesy at races, at practice, and in the community. |

Enforcing of the Code of Conduct.

Minor Violations and Isolated Incidents will be addressed with a verbal warning or correction from a member of the coaching staff. We expect that a verbal warning or correction will be all that is necessary to address the violation. If the conduct continues, additional actions will be taken as described below.

Major Violations and Repeated Incidents will be addressed with a written warning, sent via email to the student athlete’s parents, describing the violation and the actions, if any, that must be taken to correct the violation.

Major Violations and Repeated Incidents following a Written Warning will result in additional disciplinary action which may include a temporary suspension of participation in team activities (including practices and races) or expulsion from the team.

**VOLUNTEERING AND PARENT PARTICIPATION**

We are a volunteer organization. We do not require volunteer service like some other youth sports organization. However, we need support from parents in order for our team to function. There are opportunities for you to lend a hand regardless of your skills or interests. Opportunities include:

* Rider leader / coach
* Transporting and setting up team equipment (tents, bike racks, etc.) at race venues
* Planning the end of season banquet
* Planning and ordering team apparel
* Photos/videos/social media
* Volunteering at league races (crossing guards, assisting with registration, course marshals, etc.)
* And countless other opportunities…

**REGISTRATION**

Team registration closes June 30th of each year.

In order to participate in practice, each student must (1) be fully registered with the Minnesota Cycling Association, including payment of the $100 MCA registration, and (2) pay the team fee of $140 by check payable to “Lakeville Mountain Bike Team.”

Once the ISD 194 registration system is open for fall activities, each student is required to register with the school district and pay the $30 activity fee.

Each student is responsible for registering for individual races through the MCA registration page.

**PETITIONING TO A DIFFERENT CATEGORY**

The league utilizes an ability-based racing system which seeks to place riders of similar abilities in the same race category. The system works well but is not perfect. Sometimes a rider will have a better racing experience in a different category—moving to a more, or less, competitive category. In these circumstances, the league allows the head coach to submit a petition to change categories.

All petitions will be made on a case-by-case basis and based on each rider’s individual circumstances. A request to submit a petition will not be granted automatically.

For your information the category placement criteria from the MCA 2023 Sporting Regulations are included below:

|  |  |  |
| --- | --- | --- |
| **Category** | **Criteria** | **Race Laps** |
| 6th Grade | * 6th graders only | 1 |
| 7th Grade | * 7th graders only | 1 |
| 8th Grade | * 8th graders only | 1 |
| Freshman | * 9th grade student athletes * 6th, 7th, or 8th grade student-athletes who petition into the category or Student‐athletes who raced freshman category in the previous year, as a 6th, 7th or 8th grade student‐athlete will return to the freshman category regardless of finish placement. | 2 |
| JV2 | * 10th, 11th, or 12th grade student-athletes | 2 |
| JV3 | * Last year’s Freshman category student-athletes who:   + Placed in the top 10% in any two races, or   + Placed in the top 15% of the overall season standings, or   + Petitions into the category. * Last year’s JV 2 category student-athletes who:   + Placed in the top 25% in any two races, or   + Placed in the top 30% of the overall season standings, or   + Raced in JV3 the previous year but did not upgrade to varsity, or   + Petitions into the category. | 3 |
| Varsity | * Last year’s Freshman category student-athletes who petitions into the category. * Last year’s JV 2 category student-athletes who petitions into the category. * Last year’s JV 3 category student-athletes who:   + Placed in the top 25% in any two races, or   + Placed in the top 30% of the overall season standings, or   + Petitions into the category. * Returning Varsity student-athletes. | 4 |

**LETTERING**

In order to earn a varsity letter, a student athlete must be a high school student or a middle school student racing in a high school category (for example, an 8th grade student racing in freshman category).

A total of 37 points is required to earn a letter.

* 4 points – for each year of participation
* Practice attendance
  + 10 points – Attend 75% or more
  + 5 points – Attend 60-74%
* Volunteering with mountain bike related event (for example, trail work or at a race)
  + 2 points for each volunteer session; maximum of 4 points.
* 2 points – Team captains
* 5 points – Participate in all 5 races
* Race Results
  + Per race
    - 5 points- Finish top 10%
    - 4 points- Finish top 11-20%
    - 3 points- Finish top 21-30%
    - 2 points- Finish top 31-40%
    - 1 point- Finish top 41-50%
* Race Category
  + 5 points – JV3
  + 10 points – Varsity

**CAPTAINS**

Captains are selected by the head coach. A captain is expected to exemplify the characteristics that are core to the league and key to every athlete: inclusivity, integrity, determination, and positivity.

To be eligible, a student must be a high school junior or senior or entering their fourth season on with the team. An application for captainship must be submitted for each season.

In order to be eligible for a varsity letter, a captain must complete the following, in addition to the standard lettering criteria:

* Attend at least 75% of practices.
* Complete at least one volunteer shift at a league race.
* Work with beginning riders (drills, riding trails, etc.) at a minimum of two practices.
* Attend one full day of racing to support teammates.