



La Crosse Area Composite Mountain Biking Team

Student Rider Responsibilities

- 1. RESPONSIBILITIES TO YOURSELF:** The most important of these responsibilities is for you to develop strength of character and positive values and behaviors. You owe it to yourself to get the greatest possible benefit from your NICA experiences. Your academic studies and your participation in other extracurricular activities, as well as on the La Crosse Area Mountain Bike Team, help to prepare you for your life as an adult.
- 2. RESPONSIBILITIES TO YOUR TEAM:** Another responsibility you assume as a rider is to the La Crosse Area Mountain Bike Team. You assume a leadership role when you are on an athletic team. Other students and citizens of the community know you. Other students and other riders in the community judge our team by your conduct and attitudes, both on and off the course. Because of this leadership role, you can make positive contributions to team spirit and community pride. In addition, you are a role model for younger athletes. These younger athletes look up to you and dream of being as successful as we hope you to be. Be sure the example you set is a positive one. The La Crosse Area Mountain Bike Team cannot maintain its reputation as an outstanding team unless you do your best in whatever activity you wish to engage.
- 3. RESPONSIBILITIES TO OTHERS:** As a team member you also have a responsibility to your family and the families of your teammates both at practice and during a race weekend. When you know that you have lived up to all of your commitments to others and that you have participated to the best of your ability, you can keep your self- respect and your family, your teammates and your coaches can be justly proud of you.

Student Rider Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____