



Cycle U Junior Team Handbook

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Hello Young Athletes and Families!

Thank you for expressing interest in our Cycle U Junior Team. You must meet the requirements the team before becoming a member of the Junior Team. Requirements can be found on page 5 of this handbook and the general Cycle U Team handbook.

The Cycle U Junior Team may be comprised of riders ages 7-17, with the focus on developing beginners who are looking to improve rapidly in a structured environment, represent Cycle University, and showcase our coaching and training methodology. We are looking for young riders who are willing to be coached. The goal of this program is to create riders who race safely and skillfully by providing them with guidance as they progress through the racing ranks.

We hope you are as excited as we are about being a part of The Cycle U Junior Team and helping Cycle U accomplish our mission:

“to make our community a better place through endurance sport.”

After reviewing the documents below, please let us know if you have any questions.

Welcome to our Team!

Coach Craig Udem, Board of the Cycle U Junior Fund, Coaches and the Faculty of Cycle University

The Purpose

The purpose of The Cycle U Junior Team is to:

1. Learn how to ride and race correctly
2. Have fun.
2. Create better young people from the lessons of cycling.
3. Display the results of Cycle University Coaching.

Our goal is to improve the level of riding, and the caliber and safety of juniors moving up the racing ranks.

We will do this by focusing our coaching and training expertise on giving new racers the skills and fitness to race safely while achieving their performance goals. We will share our years of experience with

the goal of accelerating the progress of every Cycle U Junior Team member and we will provide excellent coaching in all aspects of the sport.

We all succeed as a team.

Cycle University's Mission Statement

To significantly help people be healthier, stronger, safer and faster. To use science and our experience to create practical training plans and concepts to increase health and performance. To make our community a healthier and better place through endurance sport.

Annual team dues are \$200 : (approx. \$1500 value per rider subsidised by the Cycle U Junior Fund):

- Year around training plan focused on Cyclocross (\$500+ value. Note that this a pre-written training plan for the entire team – not personalized monthly coaching)
- Weekly junior only coach-led workouts year around (\$400 value)
- Cyclocross race day support, tents, trainers, mechanic, coaching (14 races supported per season approximately \$300 value)
- Cyclocross National championship trip coaching and support (\$200 value travel expenses extra)
- 20% off retail prices for product orders and in-stock merchandise
- \$2.99 ICE classes and 20% discount on Indoor Cycling and ICE in final week of registration
- Team pricing on clothing
- Special "Ambassador" discounts on sponsor products at specific times during winter, Team Deals which are open to family members.
- 50% off Cycle U repair November 1 - March 1 each winter
- Access to professional Cycle U Coaches who will answer questions and provide guidance as needed
- Free skills clinics (\$40 value each x 3 = \$120) Road 101, 201, 301, Cross 101 etc...
- Opportunity to have fun while training with a great group of people.

Contract

The management of Cycle University may change the **Contract** at any time.

I _____ (print) agree to the following contract:

General

1. I will complete the membership application, read and sign the waiver, and read and sign the contract.
2. I will volunteer a minimum of seven hours for Team activities during the year.
3. I will be an active team member and work to create a team environment, which includes setting up the tent at races, providing support to other team members before, during, and after races, and participating in team workouts, clinics, and events whenever possible.
4. I understand that team eligibility depends on meeting the requirements as described below.
5. I will purchase a new team jersey every year.
6. I will pay all fees, including membership dues and uniform fees when are due.
7. I will encourage and commend fellow members in their training, competition and participation.
8. I will uphold the good name and reputation of Cycle University, both inside and outside of Team activities, and conduct myself in an appropriate manner.
9. I will be aware of and abide by the current doping prohibitions adopted by USADA (United States Anti-Doping Agency). I will abide by the rules of the sport's governing bodies, including the USOC (United States Olympic Committee).

As a member, I understand that the following activities shall not be tolerated from any junior rider or their parent/guardian:

1. Possession and/or use of weapons, or illegal drugs, or remaining in the presence of individuals who are using these items.
2. Fighting, physical or verbal abuse.
3. Sexual inappropriate or derogatory behavior.
4. Bullying.
5. Any acts which would be considered an offense under federal or state law or the laws of the country in which the event takes place (insofar

- as they can reasonably be expected to be aware of those laws).
6. Intentional damage of property. Any damage to property is the responsibility of the individual who caused the damage.

Uniform and Sponsors

All members shall conduct themselves in ways that promote the aims and objectives of the Team and enhance the reputation of the Team and the sport including using sponsors' products and services when reasonably possible.

General Training and Racing

As a member:

1. I will behave in a responsible, respectful, and courteous manner towards team members, competitors, coaches, staff, officials, volunteers, and members of the public while at competitions, training and while traveling.
2. I will only train within my abilities and level of fitness, taking care to warm-up adequately prior to participation and cool-down when finished.
3. I will practice good time management, so as not to delay the start times of meetings or training sessions I attend.
4. I will report any medical conditions, injuries or incidents whether in training or during events to the Team Coach or Director.
5. I will report any grievances or complaints to Coach or Director.
6. I will wear Cycle U clothing whenever possible.

Workouts

As a member:

1. I will wear a correctly fitted and fastened cycling helmet.
2. I will ensure that my bike is in good condition.
3. I will carry some cash, spare inner tubes and a mini-pump on all Team rides.
4. I will ensure adequate hydration and nourishment on long rides by carrying drink bottles and nutrition.
5. I will dress appropriately for the weather conditions.
6. I will wear reflective clothing and carry bike lights when training at night or in low light situations.
7. I will respect the rules of the public roads.
8. I will slow down, give way or stop in the interests of courtesy, safety or obligation.
9. I will avoid confrontation with other road users and pedestrians.
10. I will act responsibly to promote the good image of cyclists.
11. I will not wear personal audio devices (iPods, CD players, radios, etc.) during group cycling activities. The only time these electronic devices are allowed is during stationary trainer workouts.

On group rides, I will:

1. Follow the directions of the Cycle U coach(es).
2. Keep to the right wherever possible.
3. Ride two abreast where the conditions allow, and go single file on busy roads.
4. Maintain an orderly riding pattern at all times.
5. Learn and use the Team calls and hand signals to warn other riders in the group of pot-holes, glass, parked cars and other hazards which may require riders behind me to alter course.
6. Use an appropriate bike for all group rides.
7. Listen to the Team coaches or more experienced riders to ensure the group stays together and slower riders are not dropped.
8. Take the mobile phone number of the group leader and sweep so that I can alert them if I get dropped, run into difficulties, or do not wish to continue the ride.
9. Pay attention to the route taken on group rides, so that I can retrace my steps should I drop out of the ride for any reason. ?

I _____ hereby agree to abide by the contract and rules of the Team as stated above
On this day _____.

Parent Code of Conduct:

- 1. Help my child get to workouts and races on time.**
- 2. Help my child make sure their equipment is training/race-ready.**
- 3. Refrain from giving instruction to my child during team workouts or races. I will allow the coaches to manage the team and coach my child.**
- 4. I will inform the coach of any disability or injury that may affect the safety of my child or others on the team.**
- 5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.**
- 6. Ensure that my child is participating in cycling because he/she wants to.**

Signature of parents

Membership

The qualifications for membership for the Cycle U Junior Team are as follows:

Every Cycle U team member (herein referred to as "member") shall be currently registered as a member of the Cycle U Junior Team and meet all requirements for each team that is chosen, and shall have paid their annual dues. Members are also responsible for meeting any applicable rules and abiding by the Contract issued by Cycle University Team Directors and Coaches. A member may be expelled from the Cycle U Junior Team for failing to meet any applicable rule or breaking the Team Contract, as decided upon by Cycle University Junior Team Directors and Coaches. Such a decision shall be final and not subject to review.

1. Membership shall be open to those individuals who are picked by Cycle University Coaches and directors. Invitation to the team will be based on matching Cycle University's vision of creating a team focused on having fun while improving. An open and friendly attitude, a desire to improve, and a team-oriented focus are all paramount.
2. Membership shall be granted without discrimination upon basis of race, creed, color, religion, age, sex or national origin.
3. Members must display ethical conduct and sportsmanship at all times. All members are required to sign a club waiver and contract for Team Cycle U. Membership is valid upon receipt of payment and for the membership term designated below or as deigned by Cycle University Coaches and directors.
4. Members who do not pay their team dues on time can no longer participate in team sponsored activities or recieve discounts.

Costs:

Your \$200 per year dues (payable to Cycle U) is used to support the activities of the team as outlined above.

Here is a breakdown of where your membership money goes:

1. Approximate \$800 value in Coaching products and services listed on page 3 of this handbook per rider.
2. 10% goes towards administrative costs, insurance, and facilities.
3. 10% goes towards improving your sponsorship package, which includes ordering and distributing your gear and managing sponsor relationships.
4. The remainder goes to coaching and organizational expenses.

Thank You for being part of the Cycle U Junior Team.