



OFFICIAL PROJECT
NATIONAL
INTERSCHOLASTIC
CYCLING ASSOCIATION

2022 Flathead Composite “Cutties” Mountain Bike Team Expectations

For Athletes: Attendance and General Expectations

- Attend half of all practices at a minimum
- Attend at least one race day
- Participation in at least one trail maintenance day
- Adherence to NICA Code of Conduct (Safe, Responsible, Respectful)
- Use TeamSnap to check in to each practice, special event, and race
- Arrive on time and prepared to ride (water, jacket, equipment, etc)
- Failure to meet expectations may result in losing your “Returning Athlete” status for the following year. If you have a special circumstance that may affect your ability to meet these expectations, please communicate with us ASAP to discuss.

For Parents and Guardians: Equipment and General Expectations

- Athletes must have a working bike, safe fitting helmet, and appropriate clothing for their needs. If you need help with equipment or bike maintenance, please reach out as we may be able to assist.
- Use TeamSnap to check in to each practice, special event, and race (younger athletes) or reinforce your athlete must consistently do their own check-ins (older athletes).
- Volunteering is highly encouraged, and while volunteer hours are not required, they are the only way we can have practices, events, and race days run smoothly. Please review volunteer requests when you see them and offer your time when you are able.
- Communicate if an athlete will have a planned absence beyond just one practice.
- Communicate if an injury/illness occurs (either during practice, or outside of practice, so we can plan for absences or accommodations if needed).
- Arrive on time and double check your athlete is prepared to ride.
- Review the Code of Conduct so you can reinforce the code of conduct with your athlete(s).

For Parents and Guardians: Financial Expectations

- Understand and adhere to the schedule of fee payments. Please email us at flatheadyouthcycling@gmail.com to confidentially inquire about our scholarships or discuss other needs.
- \$150 Flathead Cutties team fee (paid via check or credit card within 5 business days of registration) Cost of race jersey is included in this fee.
- \$250 (HS) / \$225 (MS) Montana NICA fee (paid via PitZone at time of final registration). New this year; this fee now includes all race entries.

Find more information at flatheadyouthcycling.com, email us at flatheadyouthcycling@gmail.com