

## Parent Volunteer Expectations

We are so excited to have your family joining us for the season. Mountain biking is different than many youth sports in that we don't drop off our riders and watch from the sidelines. This is an active, moving sport and it requires many hands (and wheels and legs) to make the season a success. Last year we saw exponential growth in our middle school program. We expect to see a lot of new faces in both the MS and HS programs this year and WE NEED YOUR HELP. We promise, you'll have a good time as well. Since our board, team directors and head coaches are all volunteers we thought a better way to set expectations and identify our volunteers would be this handy form. Please check at least one box:

\_\_\_\_\_ Ride Leader. You don't have to be a pro or even fast. You don't have to know how to coach mountain biking. You just must be willing to spend an afternoon getting certified as a level one coach and commit to riding with the team on a regular basis (once or twice a week). We need minimum 6:1 coach/rider ratio to operate a program.

\_\_\_\_\_ Coach. You love everything about this program and want to become a level 2 or 3 coach.

\_\_\_\_\_ Race Pit Support. You don't ride but are willing to help with the races with meal prep, race day kitchen shift, pit set up/tear down, etc.

\_\_\_\_\_ Quartermaster. You are able to tow out team utility trailer (12') to/from races. Lead set up/tear down crew. Organize the trailer and work with kitchen lead to make our riders race day awesome!

\_\_\_\_\_ Kitchen Lead. You are willing to lead a group to ensure that the food is prepared, snacks are bought, water jugs are filled for our NICA races (4-6 races). Meals are served after the races and everything is cleaned up, packed up and ready for the next race.

\_\_\_\_\_ Team Director (HS only). You want to be more involved in the direction of the school clubs and help recruit riders to the program.

Please don't turn this form in blank. As stated, this organization is all volunteers and the more volunteers we have, the better the program is. Thanks for your help.

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Parent Name

Parent Signature

Date

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Rider Name

School

Grade