

## Responsibilities

Written by Jeremy Cummins

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## Racer Responsibilities

### Athletes will:

- Follow the training plan set out by the coaches
- Prepare mentally and physically for competition
- Attend training sessions regularly
- Have his/her bike in good working order prior to competition and training
- Bring a positive attitude to the team
- Support other teammates in their pursuit of excellence

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## Coach Responsibilities

### Coaches will ensure that:

- Athletes are given the opportunity to prepare mentally and physically for competition
- An open line of communication is maintained with all athletes and parents throughout the racing season
- Provide positive constructive feedback to athletes
- Provide a positive team atmosphere for all athletes and parents
- Training sessions are safe and have predetermined specific training goals
- Provide race support during competition



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## **Parent Responsibilities**

### **Parents will:**

- Support and motivate their child in the pursuit of excellence
- Attend races regularly encouraging their child as well as other team members in competition
- Provide transportation to races and training sessions when needed
- Maintain an open-line of communication with coaches