

ROCHESTER AREA COMPOSITE MOUNTAIN BIKE TEAM (RMBT) LETTERING REQUIREMENTS 2012

Minimum Expectation: 180 points

Community Service: 10 hours (10 points) required

A written form describing this service must be provided to the coaches indicating the type of service and the quantity of hours.

Races/Competitions: 80 points maximum

A racer must compete in a minimum of 3 of the 4 scheduled High School races. Finishing each race is worth 20 points. DNF points are assigned at coach's discretion.

Practice: 140 points maximum

Each regular practice is worth 5 points (100 points maximum)
Each pre-race practice is worth 10 points (40 points maximum)

Bonus: 30 points maximum

Attending RASC Tuesday night weekly time trials at Eastwood. 3 points given for each time trial attended.

Consideration Given:

Considerable additional time is invested in things other than actual biking time at practices or in race competitions. Such activities include but are not limited to bike maintenance, trail maintenance, warm-up, and transportation (including travel to practices, pre-race practices, and races). These additional hours are included in the points awarded.

Coach's Discretion:

1. If an athlete is injured during the season and is unable to participate fully because of the injury, the coaching staff will decide objectively whether they felt the injured athlete would have reached the lettering criteria had the injury not occurred.
2. A letter will not be awarded to anyone who is considered by the coaches to be detrimental to team spirit or proper team conduct.
3. If weather conditions limit the number of planned practices, the total minimum points required may be adjusted by the coaches.
4. The head coach has the right to award a letter to any racer at their discretion.

ROCHESTER AREA COMPOSITE MOUNTAIN BIKE TEAM 2012 Community Service Record Sheet

Please write below the type of community service performed, the hours performed and the dates. Return to RMBT by 10/22/12. Student and parent/guardian signatures required.

	Activity	Date	Hours Given
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
	Total Hours		

Student Signature _____

Parent/guardian Signature _____