

ACCEL Cycling Team

“ Rules of Engagement “

This is how we roll

1. Remain professional at all times
2. Support your sponsors and partners a “ALWAYS”
3. Train hard
4. Work Hard
5. All student athletes must maintain a minimum 2.0 GPA
6. Each athlete will receive a personal nutrition program
7. Each athlete will receive a personal training program (as per team fees)
8. Each athlete will receive all sponsor supported product deemed necessary by team manager
9. Each athlete is responsible for race reports
 - a. Each race report must be submitted within 24 hrs post race (Every Race)
 - b. Racers will use pre developed report format
 - c. Try to get pics from each race – Especially podium pics
10. Disciplinary actions within the ACCEL Cycling Team
 - a. Athletes are responsible for their own individual actions
 - b. All disciplinary actions will be made by Team Management
 - c. At any time, an Athlete can be dismissed by the Team Management
 - d. Disrespect in any aspect is not tolerated on the ACCEL Cycling Team

We are here to cultivate a winning team, we understand mistakes will be made. But it is the intent of the team management to uphold the highest standards to help prepare our athletes for their future!

11. Travel with the ACCEL Cycling Team
 - a. We will be traveling quite a bit
 - b. Racers and families are expected to pay for their predetermined fees. ACCEL will communicate all team fees adopted by the team for athletes.
 - c. While Families are always invited to participate with the team. Family fees are separate from and Team fees incurred.
 - d. During our travels please be aware that we represent our team, sponsors, and partners
 - e. All athletes will be responsible to bring personal funds to support themselves
 - f. Traveling to races and events are a great way to have fun and represent our team, conduct yourselves accordingly
12. Racing
 - a. Your job as a ACCEL Cycling Team member is to do everything possible to race faster and get the highest placing possible.
 - b. As a member of the ACCEL Cycling Team we must race fair, with integrity, and perseverance.

- c. It is the goal our team to teach and develop your skills and fitness to be the best you can be!
- d. All we ask is that you give it your best. It is not always about winning, it is about always improving and challenging yourself to give your all!

I am looking forward to working with you all! Through hard work, dedication, and motivation we can be the example for others to follow! I hope you all have your game faces on and are ready to work!

--Coach J--

Print: _____

Sign: _____