



BJC HANDBOOK HIGH SCHOOL TEAM

TABLE OF CONTENTS

1. WHAT YOU NEED TO KNOW
2. COMMUNICATIONS
3. WHAT TO BRING TO PRACTICE
 - a. Cross Country Requirements
 - b. Gravity Requirements
 - c. Road Racing Requirements
 - d. Cyclocross Requirements
4. TRAINING DETAILS
5. RACING
6. WHAT TO BRING TO RACES
7. TRAVEL RACES
8. SAFESPORT AND ATHLETE WELLNESS
9. PARENT'S ROLE
10. TEAM DEALS
11. CODE OF CONDUCT

WHAT YOU NEED TO KNOW

NORMAL PRACTICE DAYS & TIMES

SPRING: Tues & Thur 4:30 – 6:30 pm

SUMMER: Tues & Thur 8:00 - 11:00 am

FALL: Tues & Wed 4:30 - 6:30 pm

PRACTICE LOCATIONS We meet for practice at various trailheads and locations throughout Boulder County. We rotate every practice to provide new terrain and to prevent overuse of trails by our group. BJC does not provide any transportation. The locations are announced each week. They are not announced in advance because trail conditions are always changing. So look for that regular weekly email and keep it handy. Here is a list of locations BJC uses for practices: [BJC PRACTICE LOCATIONS WEBLINK](#)

RIDING TO AND FROM PRACTICE It is up to each family to decide if their athlete may ride to and from practice. Riders riding to and from practice are encouraged to use front and rear lights. *BJC is not responsible for athletes riding to or from practice.*

BAD WEATHER *We almost NEVER cancel practice due to bad weather. We ride in the rain and snow! Be ready.* Please dress for the conditions that day. This will range from very hot to very cold, and include rain, snow, wind, sleet, etc. In the case of *extreme weather* we will cancel practice, but it almost never happens. Here is a [quick video](#) on cold weather gear.

WHY WE DON'T CANCEL IN BAD WEATHER

- Riding in bad weather builds skills and grit that are highly valuable.
- The kids usually have the most fun when the weather is poor! (Think mud).
- Trying to predict the weather never works. The moment practice is canceled the sun comes out. It is far easier for staff and parents to stick with the schedule.
- Many families count on practice happening and have few options if it is canceled.
- There is no substitute for the lessons learned in bad weather.

COACHES: BJC provides a professional coaching staff that brings a high level of training and experience to the program. Our coaches include top-level racers, national champions, and veterans of the sport. All of them have a passion for junior cycling that fuels our success.

All of our coaches hold the following certifications:

- SafeSport
- Double Goal Coach (Positive Coaching Alliance)
- First Aid & CPR
- Concussion Training
- Background Check

BJC has been designated a “Center of Excellence” by USA Cycling every year since 2008. This designation is awarded to select junior development teams which excel in the development of young cycling athletes.

BJC holds a Gold Level Certification for SafeSport.

3rd PARTY COACHING: *Athletes should not hire outside private coaches.* BJC provides expert coaches who have the experience and skill needed to help athletes reach their goals. Most importantly, BJC coaches personally engage with the athletes every week. Using an outside coach can cause issues since their training plan may not be aligned with the BJC plan, the coaching philosophies may not be aligned, and outside coaches do not attend BJC practices. If you need more coaching advice, or you feel you are not getting the type of coaching you need, please talk to the coaches and we’ll make sure you get the coaching you need.

PARTICIPATION IN OTHER TEAMS: *BJC athletes should not be members of other cycling teams or clubs during the current season.* (High School MTB teams are excluded). Our team culture and our development process work best when all the athletes are unified and working tightly together, month after month. We’ve found that when BJC members split their time between different teams, we miss the opportunity to provide consistent coaching, build team bonds, and to develop together as a team. Please reach out to our coaches with any questions.

COMMUNICATIONS

COMMUNICATING WITH COACHES We encourage athletes to talk directly to their coach whenever they have questions, concerns, or problems, *and that parents play a supporting role, not a leading role.* Our hope is that athletes will learn how to advocate for themselves and build a line of communication and trust with their coaches rather than parents taking on this role.

TEXTING & ELECTRONIC COMMUNICATIONS: Riders are encouraged to text the coaches whenever needed for advice, questions, and to stay in touch. Remember, one-on-one texting, email, and direct messaging is prohibited. Always copy a 3rd party such as another coach or adult.

COACH HOURS: *Please avoid calling or texting our coaches after 8:00 pm unless there is an important reason. This is a policy set by the U.S. Center for SafeSport.*

LOOK FOR THE WEEKLY EMAIL EACH WEEK It includes practice locations and important news. *BE SURE TO READ THE EMAIL.* "Log In To Your Account" at the foot of Teamsnap email messages to manage your contact info, add new email contacts, change your address, etc

EMAIL COMMUNICATIONS It is required that all riders use email, on both their laptop and phone. The coaches will send lots of important info via email and riders are required to check their email and read the BJC messages.

EMAIL ADDRESSES IN TEAM SNAP Make sure all athletes and parents have their individual email and phone numbers entered in TeamSnap. Many families have only entered a parent's email, the athlete email is missing. Please go into your account to edit this or the athlete will miss communications.

INSTALL THE TEAM SNAP APP ON YOUR PHONE (riders and parents) It's **mandatory** that athletes and parents install the TeamSnap app: [TEAMSnap on IOS](#)

ATTENDANCE *Riders are required to attend all practices unless excused.* Our program follows a training plan and curriculum that is cumulative. We add skills, knowledge, fitness, and team spirit with each practice. We know that missing the occasional practice is unavoidable, but the expectation is that riders attend all practices. Please contact the coaches if you must miss a practice.

MARKING YOUR AVAILABILITY IN TEAM SNAP Marking your availability in TeamSnap is mandatory. The deadline is Wednesday evening at 7:00 p.m. for the coming week. This can be accomplished in the TeamSnap App or on Teamsnap.com via web browser. If you do not mark your availability for each week by the deadline, you will not be placed in a group and will not be able to ride.

Go into the schedule on the app and mark your availability as far forward as you can. If you will miss a practice, please leave an 'availability note' by selecting the practice you'll be missing, pressing 'add' and then leaving an availability note explaining your absence. This helps coaches in their work with each athlete.

INSTALL THE GROUPME APP (riders) Riders and coaches use a group texting app called GroupMe. It is required that all riders install the app on their phone. Coaches will add you to the text group. Group texting is used for brief communications and reminders from the coaches to the riders, and also among the riders for things like carpools and meeting locations. Riders who do not have GroupMe on their phone will miss essential communications.

WHAT TO BRING TO PRACTICE

****Scroll down to the respective season and program****

CLOTHING FOR PRACTICE Athletes should arrive at practice ready to ride in cycling clothing appropriate for the weather, including rain and snow. You do not have to wear a BJC kit, but many riders do. Jeans, hoodies, etc are not appropriate. Don't forget a helmet.

ALWAYS BRING A BACKPACK It is mandatory that each rider bring a hydration pack. We recommend you leave it packed and ready to go all season.

This backpack should include:

- Jacket
- Extra clothing for the weather that day
- Snack
- Drink (water is enough)
- Inner tube that fits their bike
- Multi-tool, and pump or inflation device

SCHOOL BACKPACKS Athletes can stash extra gear and book bags in coach's cars at the trailhead or meeting spot if needed.

WRITE YOUR NAME ON EVERYTHING! Including backpacks, water bottles, helmets, gloves, jackets, etc. DO THIS NOW.

ALWAYS BRING A JACKET It is mandatory that each rider bring a jacket to every practice.

LEG WARMERS Riders are required to wear leg warmers if the temperature is below 50.

FUELING, SNACKS & DRINKS It is mandatory that each rider eat a good meal to fuel before practice. Athletes should bring a snack and a water bottle (2 bottles or full pack in summer) to every practice.

PACKING TIPS

1. Plan for rain/storms in the afternoons. It may be sunny most of the day and then rain at 4 pm.
2. When you leave home in the morning, always pack for rain and cold weather just in case.
3. Temps can drop significantly between morning and evening.

YOUR BIKE:

The minimum requirement is a mountain bike with a suspension fork, built within the last 5 years. **A dropper post is required.**

Many athletes will also have a road bike, or a cyclocross bike fitted with smooth tires that they are using as a road bike. Contact us if you are on a budget and need to borrow a bike from BJC.

A bike that works as intended will lead to better practices. Coaches don't have the time and/or equipment to make repairs. It is recommended that you bring your bike into your local shop before the first practice or during the first week to have it looked over, checking the chain for

wear and lubing, ensuring tubeless sealant is present in the tires if running tubeless, and making sure all bolts are tight, shift cables are not worn, housing is fresh, and the gears shift properly and brakes are adjusted.

A few things you can do before practices to ensure they go smoothly:

1. Clean bike is always good. It has many benefits. It forces you to give the bike a good once over, allowing you to clearly see the state of the entire bike.
2. Brakes are the most important parts on a bike. Check that they are working correctly, as well as checking that the wheels and rotors are true.
3. Check tire pressure. Properly inflated tires minimize the risk of flats and also maximize traction.
4. Clean the chain and apply fresh lube often. Be sure to clean the chain before re-applying lube. If you apply lube to a dirty chain, it will only get dirtier as the weeks go on.

TIRES: Please use durable tires for training to prevent flats. Most training rides will include dirt roads. Contact us if you are on a budget and need to borrow some tires from BJC.

BIKE FIT A well fitting bike is a fast bike. We strongly encourage all athletes to get their bike properly fitted once per year. In our experience, most BJC athletes will start the season with the wrong saddle height and a poor body position on the bike

BJC members can get a basic fit from the Trek Store. Athletes that are traveling out of state or aiming for podiums should get a more advanced bike fit.

Program Specific Equipment Items

GRAVITY ATHLETES

- **BIKE REQUIREMENTS:**
 - The minimum requirement is a full suspension mountain bike with a minimum of 140mm travel in the rear and 150 mm travel in the front . **A dropper post is required.**
- **CLOTHING FOR PRACTICE** Riders should arrive at practice ready to ride in cycling clothing appropriate for the weather, including rain and snow. You do not have to wear a BJC kit, but many riders do. Jeans, hoodies, etc are not appropriate. Don't forget a helmet.
- **These are what you need to bring to EVERY PRACTICE**
- *And I mean.... EVERY PRACTICE!.... These are things that you shouldn't ride without:*
 - **Helmet:**
 - **Practice Days:** Mips Trail Rated Helmet
 - **Park Days:** DH Certified F1952 ASTM Helmet required at practice
 - **MTB Knee Pads**

- **Rain Jacket**
- **Backpack:** including multitool, food, water, masterlink, tube

ROAD RACING: A core philosophy of the program is that athletes should be well rounded and able to race a variety of disciplines, we've found they compliment each other nicely and this varied schedule helps reduce athlete burnout.

There are some beautiful local road rides and some excellent training opportunities. If you are hoping to bike race in college or at the u23 level, road racing is an essential skill. It's a dynamic discipline where you not only need to be strong, you also need to be smart.

What do you need?

- Rear daytime running light (designed purposely for daytime use) - The Bontrager Flare is ideal
- A road bike or cross bike with road tires
- Cross bikes with road tires are 100% fine for the training and racing we will do
- 2x spare tubes, Make sure they are not perished. If they've been in your saddle bag for a while, take them out, pump them up and check them.
- 2x CO2 inflators (or a working pump. Test it out first)
- New, durable, training tires. NO LIGHTWEIGHT RACE WHEELS OR LIGHTWEIGHT TIRES (save them for race day)
- A waterproof jacket

CYCLOCROSS

A cyclocross or gravel bike is recommended, but you can get started with a mountain bike.

What to bring to practice:

Pack

- Jacket
- Extra clothing for the weather that day
- Snack
- Drink (water is enough)
- Inner tube that fits their bike
- Multi-tool, and pump or inflation device
- Helmet light after Nov. 1.

LIGHTS REQUIRED AFTER NOV. 1

BJC CX riders will need a helmet mounted, bike specific head lamp for practices in November. The riders have a blast in the dark, and these lights keep them having fun and safe! Lights must be helmet mounted and bike specific. A camping headlamp is not bright enough

TRAINING WHEELS vs RACE WHEELS

Training Wheels: We recommend athletes train on CX tubeless mud or mid tires on alloy wheels.

Race Wheels: For athletes who are racing and ready for the incremental equipment performance benefit, we recommend tubular tires for racing. Paired with a strong carbon rim, tubulars are ideal for running low pressures effectively.

With any questions about equipment, or what to get to prepare yourself for the season, please contact us

TRAINING DETAILS

TRAINING PLANS: All athletes, regardless of their age and level, will receive training advice from the coaches in-person at practice. Once each athlete reaches an appropriate stage in their development, BJC coaches will provide a day-to-day training plan. This is accomplished in two ways: 1) online in the TrainingPeaks app, and 2) verbally at practice. Readiness for a day-to-day training plan will be determined by the coaches. **Parents should not provide training plans or training advice to the athletes.**

TRAINING PEAKS This is an app/website we use to provide a training plan and as a training diary. Using Training Peaks is optional, but highly recommended for everyone who wants to follow a training plan and learn how to train for racing.

RACING

RACING: This is a race focused program and we encourage athletes to train for and participate in a few races each season. We believe racing is a great way to have fun with your teammates and challenge yourself.

NEW TO RACING? We'll send an email prior to the first race which includes details about categories, rules, registration, etc. Coaches will teach kids everything they need to know to race, even first timers.

TEAM RACES BJC provides coaching and a dedicated base camp at about 15 races each season. Many families participate in additional races on their own.

RACE CALENDAR We'll provide details to upcoming races in our weekly emails. Racing will mostly consist of local colorado races.

RACING LICENSE Some races require a USA Cycling license to race. Most riders get annual versions, but a one day discount license is available at the race for those who just want to try a race or two. If you plan to race regularly, do this now!
Details: <http://www.usacycling.org/buy-a-license.htm>

TEAM AFFILIATION Be sure you've selected BJC as your team on your racing license. Get it changed if needed by going here: <http://www.usacycling.org/club-membership-faqs.htm>

VOLUNTEERING BJC relies on volunteers and it helps build our community. Families are asked to volunteer several hours each season to help keep our programs running, and we'll announce different opportunities for those with a little or a lot of time to pitch in.

LOANER EQUIPMENT BJC has some team-owned bikes and other gear. Please contact the head coach if you need loaner equipment.

WHAT TO BRING TO RACES

Bring everything you would bring to practice, plus these recommended items. Work with your teammates to be best prepared!

ALL ATHLETES

- 2 BJC Jerseys
- 2 BJC Shorts/Bibs
- 2 Base Layers
- 1 Riding Jacket
- 2 sets of Gloves
- Spare Derailleur Hanger - specific to the bike
- Spare Set of Brake pads - Compound same as what is being ridden on bike
- Spare Chain (That is correct speed and brand of drivetrain on bike)
- Set of Spare tires & Preferred sealant
- 3 water bottles = 2 bottles for race + 1 for post ride recovery
- Recovery Mix for older athletes (Ideal, but not necessary)

GRAVITY ATHLETES ADD:

- Full Face Helmet and goggles - Required for more challenging courses
- Spine/Back protector - Good to have as an option for more challenging courses

Team Travel & Race Selection

Traveling with the team is an exciting and valuable part of an athlete's development, but it's important to approach it at the right time and in the right way. Below is our policy on travel and race selection to ensure the best experience for every rider.

Team Travel Guidelines

Attendance on team trips is by **coach selection** and is based on:

- **Age & level of development**
- **Race results & performance progression**
- **Team logistics & travel capacity**

Most out-of-state trips are focused on race-age 17-18 riders. These trips require additional fees, and in most cases, parents do not travel with the team. This allows athletes to develop independence and gain experience in traveling and racing away from home—an important skill for young competitors.

For select local races, we will take the team van and trailer, and we encourage every rider to do at least one trip in the van with coaches and teammates during the season.

Traveling to national-level races is an advanced step in an athlete's development and is not appropriate for all riders. Athletes should first show consistent high-level results in local races before moving to the national stage.

For example, riders should be able to place in the top 10 in the Open Category of a Colorado cyclocross race (or an equivalent high-level local race) before considering national-level events.

We believe in not skipping steps in an athlete's development. Our local racing scene is highly competitive and provides the perfect environment for progression at every level. National-level racing should be a next step—not an early leap.

This approach benefits both athletes and parents. Early exposure to travel racing can create undue pressure and over-investment in results, which can take away from long-term growth, enjoyment, and sustainability in the sport.

Athletes who are not selected for national-level travel races are encouraged not to attend separately. Instead, we recommend they focus on local racing to continue their development in a low-pressure environment where results are less important, and the focus is on:

- **Skill development**
- **Team-building**
- **Race experience**

Mastering the fundamentals at the local level will set athletes up for greater long-term success when they transition to national level racing.

Why This Approach?

This policy is based on:

- **Input from our veteran coaches**

- **Years of firsthand experience**
- **Principles of long-term athlete development recommended by experts**

Our goal is to create the best possible athlete development process for each individual rider. Every athlete progresses at their own pace, and we are committed to supporting the right steps at the right time to help them reach their full potential.

SAFESPORT & ATHLETE WELLNESS

Athlete Wellness and SafeSport is a high priority for BJC. We're proud to have earned Gold Level Certification, the highest level available.

Here are some ways we help support a positive and healthy team environment.

BJC ATHLETE WELLNESS PLAN BJC has implemented a plan that establishes best practices and guidelines to follow when addressing various athlete wellness issues that might include topics like Injury, Concussion, Mental Health, RED-S (Relative Energy Deficiency in Sports), Disordered Eating, and SafeSport issues.

BJC ATHLETE WELLNESS ADVOCATE BJC has appointed Meredith Miller to serve the role of Athlete Wellness Advocate and SafeSport Champion. Meredith is a former pro racer and a member of our board of directors. The Athlete Wellness Advocate serves the BJC community as a confidential and neutral resource for athlete wellness concerns. This can include any athlete health issues, both physical and mental, any SafeSport issues, or whenever an independent and experienced resource is needed. Members of our community can contact Meredith at any time via email.

A wide range of USA Cycling Member Well-Being Resources [are here](#).

SAFESPORT SafeSport is a set of resources and policies to safeguard athletes from bullying, harassment, hazing, physical abuse, emotional abuse, sexual abuse, and sexual misconduct. BJC requires adults who have regular contact with or authority over minor athletes to follow the SafeSport policy. This includes coaches, board members, and chaperones.

[Read more details](#) about the USA Cycling SafeSport program.

SAFESPORT ONLINE COURSE IS REQUIRED - BOTH PARENTS AND ATHLETES:

SafeSport and its philosophy are a core part of the BJC community. We require ALL High School athletes and ALL High School parents to complete the short online class before the first practice. It only takes 15-30 minutes to complete.

Instructions for SafeSport online class [is here](#).

TO REPORT SAFESPORT CONCERNS: Contact the USA Center for SafeSport at <https://uscenterforsafesport.org/report-a-concern/>

MINOR ATHLETE ABUSE PREVENTION POLICY Known as the MAAPP, it is a set of guidelines established by numerous sport organizations. The goal is to eliminate isolated, one-on-one interactions between children and adults. Establishing clear boundaries for one-on-one interactions reduces the risk of physical, sexual, and emotional misconduct as well as opportunities for bullying, harassment, and hazing. The majority of child sexual abuse is perpetrated in isolated, one-on-one situations. By reducing such interaction between children and adults, programs reduce the risk of child sexual abuse. However, one-on-one time with trusted adults is also healthy and valuable for a child. Policies concerning one-on-one interactions protect children while allowing for these beneficial relationships.

[Read more details](#) about the USA Cycling Minor Athlete Abuse Prevention Policy

There are a host of guidelines, but the key ones cover: meetings, one-on-one coaching, car sharing, and electronic communications.

Meetings between adults and minor athletes: Must be observable and interruptible by another adult.

Individual training sessions: Must be observable and interruptible by another adult, unless agreed to in writing by the minor athlete's parent/legal guardian in advance. Please follow the link below to complete BJC's online permission form for Individual Training Sessions <https://waiver.smartwaiver.com/w/5f4828c59fb4f/web/>

Car sharing: Adults shall not ride in a vehicle alone with an unrelated minor athlete, unless agreed to in writing by the minor athlete's parent/legal guardian in advance. (Emergency circumstances excepted.) Transportation is allowed when at least two minor athletes or another adult are in the vehicle. Please follow the link below to complete a BJC online permission form for minor athlete to ride in a vehicle alone with unrelated adult <https://waiver.smartwaiver.com/w/5f481e58252ac/web/>

Electronic communications: one-on-one texting, email, and direct messaging between adults and minor athletes should be avoided. Electronic communications should include a 3rd party.

[Read more details](#) about the USA Cycling Minor Athlete Abuse Prevention Policy

TO REPORT MINOR ATHLETE ABUSE PREVENTION POLICY VIOLATIONS: Contact the USA Center for SafeSport at <https://uscenterforsafesport.org/report-a-concern/> You can also BJC's Athlete Wellness Advocate and SafeSport Champion Meredith Miller via email.

PARENT'S ROLE

BEING A GREAT SPORTS PARENT We want to help parents learn how to find that “sports parent sweet spot” where you support your kids and show your love, but avoid adding pressure or becoming too intense. We hope parents can allow kids to be independent and find their own level of sports success. But we know it’s hard to find that “sports parent sweet spot” because we love our kids so much and want the best for them.

Parents should focus on the goal of using sports to teach life lessons, while leaving the goal of winning to the athletes and coaches. The best practice is: Release your child to the game. They need to feel that their sport is their thing. Let them “own it” even if they make mistakes.

Our suggestion for parents is to leave coaching and instruction to the coach. Parents who provide additional coaching can do more harm than good, especially as it may conflict with the coaches’ advice. This includes selecting races to attend: athletes should work with their coaches to select races to attend, and parents play a supporting role. Parents, if you have questions about the race schedule or the progression of the athlete, please contact the coaches.

Encourage the athlete to communicate with their coaches. We want to develop athletes who are independent and who can think and speak for themselves. When issues or problems arise, the first step is for the athlete to meet with the coach. It is the athlete who works with the coach on a daily basis and is a member of the team. Therefore, it is the athlete who should be having this conversation with the coach.

But please remember: parents are invited to contact the coaches whenever needed and we encourage an open line of communications at all times.

SHOULD PARENTS STAY AT PRACTICE OR RIDE WITH THE KIDS? BJC's policy is that parents may NOT participate or tag along during practice unless specifically requested by a coach to do so.

We like this quote: “Once you are confident that your child is in a safe environment, one of the greatest gifts you can give the young athletes in your house is to let them go and let their sports experience belong to them.”

Release Your Child to the Game! By the Changing the Game Project

“Once you are confident that your child is in a safe environment, one of the greatest gifts you can give the young athletes in your house is to let them go and let their sports experience belong to them.” Link: [Release Your Child to the Game!](#)

TEAM DEALS

BIKE SHOPS: Trek Store Boulder and Excel Sports are the official bike shops of BJC.

TREK: Trek is the official bike of BJC, and the Trek Store Boulder is an official BJC bike shop.

EXCEL SPORTS: BJC athletes and family members get discounts ranging from 10% to 30% off retail on all products, both in store and via the internet. The discount varies from product to product.

If you have any questions about the programs at Trek Boulder and Excel Sports, please feel free to contact us.

FINDING USED BIKES AND CLOTHING

BJC Facebook Group: <https://www.facebook.com/groups/70699182603/>

Front Range Bike Swap (Facebook) <https://www.facebook.com/groups/frontrangebikeswap/>

Buy the Mojo, an excellent local EBay Store: <https://www.ebay.com/str/buythemojo>

JOIN OUR FACEBOOK GROUP Join the BJC Facebook Group to communicate inside our community. This is the place for group chatter, such as selling gear, carpooling, asking for advice, and other inward-facing stuff: <https://www.facebook.com/groups/70699182603/>

LIKE OUR FACEBOOK PAGE This is our organization's official FB page, this is our outward-facing page for public news:

https://www.facebook.com/BoulderJuniorCycling?ref_type=bookmark

TWITTER <https://twitter.com/Boulderjuniors>

INSTAGRAM <https://www.instagram.com/boulderjuniors/>

Boulder Junior Cycling Code of Conduct

1. Athletes shall treat themselves, coaches, and team members with respect and dignity and make a sincere effort to support the shared goals of the team.
2. Athletes shall not use any illegal drugs, including any and all performance enhancing drugs as defined by the United States Anti Doping Agency, nor shall any athlete consume alcohol, or use any form of tobacco.

3. Athletes shall not engage in any manner of criminal activity.
4. Athletes shall wear a helmet while riding.
5. Athletes shall not take inappropriate risks or willingly attempt anything which is beyond the scope of what is reasonable and appropriate.
6. Athletes shall ride responsibly and limit damage and erosion to trails and the environment.
7. Athletes will follow all traffic laws.
8. Athletes shall model and display courteous riding and behavior at all times.

Remember, you are responsible for all your actions and words while riding on the team. Your behavior reflects upon the team as well as sponsors and Boulder Junior Cycling itself. Think of yourselves as ambassadors for the team, the sport of cycling, and your community.