

# Family Volunteer Pledge

## Boise Brave Mountain Bike Team

The Boise Brave Mountain Bike Team (Boise Brave) is a volunteer-fueled team and relies on the dedicated support of family volunteers for the team's season-long success, covering weekly practices, bike camp, races, and overall operations. While family volunteerism often evolves over seasons, it is however a continuous expectation from your first season to your last.

It is essential to evaluate your family's existing commitments to ensure the capacity for expected volunteer participation before joining the team. Both Student-Athletes (SAs) and their families are expected to volunteer as outlined below, while also encouraged to embrace the positive Boise Brave volunteer spirit.

**Race Needs:** The team attends five races each season and needs to fill roughly 500 volunteer hours each race, a combination of Boise Brave and Idaho League (IICL) volunteer needs. IICL facilitates and hosts the races and they ask that a team our size fill at least 25 IICL volunteer shifts each race, in addition to our Boise Brave volunteer shifts.

**Family Race Expectations:** Families are expected to dedicate six hours per race (per family, not per student-athlete), via the Boise Brave and/or IICL volunteer sign ups, or coaching (if assigned).

**Student-Athlete Expectations:** SAs are expected to contribute one hour per race, contributing to their family's total volunteer commitment, by taking down the racecourse post race, or volunteering for the Boise Brave and/or IICL. SAs have ample volunteer opportunities, surpassing the one-hour minimum if desired. Their efforts play an important role in contributing to a family's overall six-hour race commitment.

**Coach Expectations:** For each race weekend, the head coach assigns a handful of coaches - typically practice POD leads - as wave leads. Most coaches are *not* assigned race-weekend coaching roles, and are asked to provide support through non-coaching volunteer roles with the team and/or Idaho League.

If assigned as a wave coach, expect about three hours of commitment over the weekend, contributing to your family's overall six-hour race commitment.

**Bike Camp Needs and Expectations:** Bike camp requires active participation from everyone, and all attendees are expected to volunteer, with coaches coaching, non-riding parents taking on the majority of non-riding volunteer shifts, and SAs filling in the gaps. The success of this three-day event depends entirely on collective volunteer efforts.

**Weekly Practice Needs and Expectations:** Approximately 50 coaches and six check-in volunteers are needed each practice week. Coaches ride and teach for 2-3 hours, while check-in volunteers work for about 1 hour at the practice start, checking in SAs and coaches. Attendance frequencies vary and are flexible – some come every practice while others occasionally.

**Seasonal Needs:** Leadership and Volunteer Trailblazer roles with seasonal tasks (fundraising, merch, food prep, admin support, coach education, event planning, etc.) need volunteers. Depending on the role, they require a commitment of a few to several hours throughout the season. While not mandatory, we appreciate those who contribute at this level. Relying on the honor system, lead and trailblazer time devoted to race-related roles becomes part of your family's overall volunteer contribution at races.

**By acknowledging this Family Volunteer Pledge:**

**Your family commits to educating yourselves on the Boise Brave volunteer needs, expectations and resources**, such as detailed on the Boise Brave website, [www.boisemtb.org](http://www.boisemtb.org), where you can review [Volunteer Expectations & FAQs](#), consider seasonal [Volunteer Opportunities](#) and [Coaching](#), learn about [Volunteer Guidelines & Tips](#), and complete the [Volunteer Interest Form](#) to get involved.

**Your family understands that the “[Get Race Day Ready!](#)” page is your go-to tool** to find the race schedule, links to race registration, flyers and waivers, links to Boise Brave and IICL volunteer sign-ups, and Boise Brave race timelines and wave/staging sheets throughout the season.

**Your family commits to timely shift sign-ups and effective communication.** Your pledge includes early sign-up for volunteer and coaching shifts, recognizing the importance of prompt sign-up for successful team planning. You will do your best to stay informed through team communications and update availability on TeamSnap in a timely manner for practices, races and events.

**Your family commits to being on time and accountable for volunteer and/or coaching roles.** Prioritize punctuality and be considerate of fellow Brave Volunteers, as you are often stepping in for other parents who have racers to cheer on and support too. In the event unforeseen circumstances hinder your ability to fulfill a commitment, you will seek a volunteer replacement through TeamSnap and inform the head coach or volunteer coordinator as needed.

**Your family is dedicated to cultivating a positive environment**, understanding that team leadership consistently reviews and optimizes volunteer and coaching roles for efficiency. In the face of challenges or imperfections, you pledge to contribute to constructive solutions and promote a positive atmosphere, always with the NICA values forefront: fun, inclusivity, equity, respect, and community.

**Your family pledges to embrace the positive Boise Brave volunteer spirit**, acknowledging the team's volunteer needs and expectations, you understand the impact volunteering has on the success and positive experiences of fellow student-athletes and families.

**By acknowledging this Family Volunteer Pledge and clicking “[Yes - I have read & acknowledge the Family Volunteer Pledge](#)” upon registration for the Boise Brave Mountain Bike Team, your family acknowledges and commits to the above and pledges to dedicate six hours (per family, not per student-athlete) at each race your family attends. Additionally, each student-athlete pledges at least one hour per race, contributing to your family's overall volunteer commitment. This pledge also extends to volunteering at bike camp, practices, special events, and other opportunities whenever possible as detailed below in Exhibit A.**

Thank you for your valued contribution and for representing the Brave spirit! #TheBraveWay!

# Exhibit A

## Brave Volunteer Opportunities

### Take On a Seasonal Role

Assist with Bike Camp Planning & Prep	Coordinate Senior Recognition Initiatives
Help with Coach Education and Training	Provide Family Advisory Services
Coordinate and Assist with Merchandise Sales	Help with Sponsorship and Fundraising Efforts
Plan, Organize or Shop for Special Events	Aid with Race Food Shopping and Coordination
Logistics Support (Team Trailer & Pit Zone)	Assist with Student Leadership Activities
Assist in Managing Lost & Found	Host Team Social Gatherings
Help with Social Media, Webpage & Admin	Assist with Volunteer Coordination

Learn more at [Volunteer Opportunities](#).

### Volunteer at Practices

Lead or Assist as a POD Coach	Lead or Assist as a GRiT Coach
Manage Student-Athlete & Coach Check-In	Assist with Check-In

### Volunteer at Races

At races, we have two volunteer obligations: one for our team and another for the Idaho League. The Idaho League, which organizes and hosts the races, requires a minimum of 25 volunteer positions filled by our team each race. Additionally, our team needs over 100 volunteer positions filled during each race weekend. Sign-ups for both team and Idaho League volunteer positions are at [Get Race Day Ready!](#)

### Team Race Volunteer Opportunities

#### Pre-Race

Help Prepare Breakfast Burritos	Help Pack and Prepare the Team Trailers
Help Prepare Grab & Go Sandwiches	Prepare Race Towels
Provide Sweet Treats	Organize Feed Zone Water Bottles and Jugs

## Race Weekend

Lead or Assist in Coach Wave Duties	Transport and Haul Team Trailers
Coordinate Team Campsite and Parking	Set Up and Take Down the Pit Zone
Assist with Camp Kitchen Setup and Take Down	Check-In Student-Athletes, Coaches & Volunteers
Help with On-the-Spot Volunteer Wrangling	Provide Bike Mechanic Services
Prepare, Serve, and Clean Up Breakfast	Prepare, Serve, and Clean Up Pit Zone Food
Supervise and Ensure Harmony in the Pit Zone	Distribute Race Feed Zone Water Bottles & Jugs
Catch Bikes at the Finish Line	Distribute Finish Line Towels and Chocolate Milk
Collect and Haul Away Camp and Pit Zone Trash	Organize and Manage Recycling

## Post-Race

Wash Race Towels	Sanitize Feed Zone Water Bottles and Jugs
Unpack and Clean Up the Team Trailers	Haul Team Trailer to and from Storage

## Idaho League Race Volunteer Opportunities

Our team must fill a minimum of 25 league volunteer positions for each race. League shifts vary in duration (2 to several hours). While we can't control league shift lengths, 'job sharing' is allowed.

Be a Welcome Tent Greeter	Help Set Up the Race Course
Be a Course Marshal	Be a Race Sweep
Assist with Announcing	Aid with Student-Athlete Staging
Assist at the League Volunteer Desk	Oversee the GRiT Tent
Serve as a Course Crossing Guard	Track Activity in the Race Feed Zone
Handle Finish Line Timing and Scoring	Direct Traffic and Organize Parking
Coordinate Merchandise Tent Sales	Assist with Race Course Breakdown

No matter if you volunteer for our team or the league, get up to speed on [Volunteer Guidelines & Tips!](#)