

ATTENDANCE AND PARTICIPATION

This is a high school team sport and each member is expected to be on time and participate in practices. Riders are expected to attend practice for at least 90 minutes or 120 minutes, as defined by the practice schedule. Riders should not leave practice early without informing a ride leader. If a rider checks in and then leaves practice, or is found to be leaving during practice without a sufficient reason before going downhill, it will be considered an absence. If the behavior persists, the rider may be removed from the team. Riders who are participating on non-NICA developmental teams are still expected to attend CCHS practices. We are happy to communicate with your coach to assist in aligning our training plans and schedule to maximize use of training time. Maintaining at least 70% attendance is crucial for those wishing to receive one-time PE credit, or to be eligible for team awards, scholarships, or leadership positions or to participate on the team in following years.

The following are our specific attendance rules throughout our season:

- Early Practice Season (Late-May through July 31) - Riders should attend all practices held in this time frame with the exception of significant events such as planned family vacations. Riders must meet a minimum of 70% of practices during this time. Missing practice beyond 70% without prior approval from a coach may result in suspension or removal from the team.
- Race Season (August 1- through the last race) – Riders are expected to attend 90% of practices and all races. Racers who routinely miss practices, or who arrive late and/or leave early, will be suspended or removed from the team at the coach's discretion. Exceptions to this policy will only be considered by petition from the student and a parent/guardian to the head coach and are to be limited to extenuating circumstances such as illness or injury.

ABSENCES AND MAKE-UP RIDES

Riders may make up 20% of practices they miss by completing the practice workout on their own time and submitting it to coaches. All absences and make-up rides should be reported through this Attendance [Google form](#). * Riders should mark TeamSnap "No" when they will not be attending at least 12 hours before practices. * Riders must communicate the reason for the absence with the coaches by filling out this Google form. * To receive credit for a make-up ride, riders must complete a ride similar to the practice they missed and record it on Strava or another device (Apple workouts, etc.). Screenshot the completed ride showing the **date** and **duration** of the ride (should be 1.5-2 hours) and upload it on the Google form within two weeks of the absence. Workouts can be found in the weekly emails or on our TrainingPeaks calendar (ask a coach how to connect to our plan if you haven't done so yet). * Riders who **jump groups** or **leave practice early** without informing a ride leader BEFORE practice starts (not including illness or injury) will not receive attendance credit for that day. If you intend to ride with a group other than your own, you **MUST** have it approved by a **coach before** practice begins, not just inform the ride leaders.