



## **She Wolf AtTrack Team Rider Agreement & Guidelines**

Congratulations & welcome to the 2017 SheWolfAtTrackTeam! We are a Los Angeles' track cycling women's development team/sisterhood dedicated to getting more women riding and racing the track. We hope to grow women's cycling as a whole and create a thriving community of women's track cycling in SoCal.

There are no Lone Wolves in this pack but it is very much a "choose your own adventure" in that each rider decides on their own level of commitment and involvement and gets what they put into it. While SWAT is an extremely supportive and open community, our race team expectations are high. *Club Riders* will always be encouraged to come out and give racing a try, but anyone who wants to be a member of the All Star Team or Club Team will need to meet the requirements below.

### **Requirements for ALL SWAT Racers:**

1. Commitment to working as a team in all races, discussing strategy and helping each other
2. Show up to cheer other SWAT members while racing and on podiums
3. Mentor newer track riders and create positive environment
4. Speak to captain and each other directly if any personal or team related issues arise
5. Show up to SWAT events whenever possible & Help with Fundraising

### ***She Wolf AtTrack Team "ALL –STARS" Team Minimum Commitment Requirements:***

- Must attend WOMEN'S ONLY clinic sessions at Carson Velodrome – dates TBA for 2017 season
- Log miles trained using Strava. Mileage/hour goals are individual of course, but we prefer if you attend at least one formal training ride a week (track training counts) and at least one ride on your own time in between as a minimum. Again, this is a minimum.
- Attend Track Team rides/clinics as organized, which will be held once a month with a short team meeting after.
- Attend at least one official SWAT ride or event per month (or 12 per year)
- Help run/organize our team events (fundraisers, clinics, races hosted)
- Race a minimum of one race per month to stay active as an All-Star and 60% of team targeted series in your specialty. (track/crits/fixed/road/gran prix/stage/climbing races.. etc) during 2017 season – will discuss your specialty at beginning of the season, but you are encouraged to race every type of race.
- Sync SheWolfAtTrackTeam calendar to your phone/email to stay up to date with upcoming events. Add any missing events to Google calendar and x-post on SheWolfAtTrackTeam FB page.

- Post cycling related pic per month on your social media account and hash tag team and sponsors (see social media policy)

### **She Wolf AtTrack Team “Club Team”**

This is a team for those racers who:

- Want to just try track or are “feeling out” if racing is for them
- Want to race casually when they have time
- Can’t commit to racing All-Stars Team this season because of personal/career/life commitments
- Want to be a part of the All-Stars Team but need to gain some experience racing and participating first in order to be eligible
- Are injured

#### **Club Team Requirements:**

- You must wear SWAT kit or skinsuit, which will be available for purchase.
- Help “support” All-Star Team by cheering, podium presence and just showing up whenever possible
- Club Team is not officially sponsored: Training, races, licenses and gear will be financed by the racer. **This is open to change depending on racer performance & commitment level. If we have the budget we will compensate whenever possible and appropriate.**
- Attend SWAT club rides and events

### **Equipment & Clothing**

- All race kits and skinsuits issued to Sponsored team members remain property of the team. If rider requirements are not met you may be asked to return or reimburse the team for your kit or skinsuit.
- Skinsuits and kits given to you by the team can not be sold or traded to non team members without permission of team captain and manager.
- The same goes for any gear sponsorships items

### **Dress Code**

#### All Star Team

- All Star Race Team members are required to race in team sponsor skinsuits.
- All Star Race Team members are required to wear team sponsor skinsuit on all podiums.

#### Club Team

- Club team racers can race in club kit or sponsor skinsuit.
- Club Team is asked to wear club kit, skinsuit, or swat shirt and cap on all podiums.

### **Social Media Policy**

- Sponsored Team members will be required to make social media posts a minimum of 1X a month, and must include appropriate team hashtags #soswat #shewolfatTrackteam and hashtags as requested by the team sponsors (team captain will inform you of these).
- Team members shall write a minimum of one race report, on a race of their choice, per season for the team blog and must provide to the team Captain within 3 days of the race.

### ***ALL-STARs Team Sponsorship Incentives:***

- First skinsuits will be 100% paid for
- Reimbursement for 50% off USAC yearly license
- Discounts on brands such as Wabi Cycles, American Classic, Cycliq and more.
- A limited budget per racer towards each racer’s training session/clinics at Encino and Carson velodromes.
- Race fees paid – only for racers attending minimum required training sessions (see training sessions)
- Racers committed to attending track twice a week will receive a monthly membership toward Encino velodrome or 50% off their monthly Carson membership. The more time you put in the more support you will receive.
- Access to participate in team rides and clinics

\*All perks are dependent on sponsorship and fundraising success, which will be a team effort!

\*Budget per racer is limited

**Training Sessions:**

There are already a great amount of sessions to attend in both Carson and Encino velodromes. Here are our top picks throughout the week. Please choose the one(s) that work best for you and let your captain know what you will be committing to attend.

**Please attend at least one of these TRACK sessions per week:**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	9am: Power training @Encino \$10		9am: Power Training @Encino \$10		8am: Selected Saturdays women's training sessions \$10 dates TBA *required*	8am: Beginner's open training @Carson \$25 w/o mem, \$6 WITH mem. * highly recommended*
7pm: Steph's Structured Training @ Encino \$10	7pm: Roger's Session @Carson \$26	7pm: Structured Training @ Encino \$10	7pm: Roger's Session @Carson \$26	7pm: Open Training @ Carson \$25	9am: Power Training @ Encino \$10	
					10:30 am: Intro/accelerated class @Carson \$25 *highly recommended*	

\*Training sessions are generally free with memberships. Exceptions specified above.

\*Training sessions are subject to change so please cross check before attending sessions with master calendars:

CARSON: <http://www.stubhubcenter.com/velo/calendar>

ENCINO: <http://www.encinovelodrome.org/calendar.html>

\*If any of these requirements are not met you will have to provide a valid explanation. Exceptions may be made in some cases for those who talk to Team Captain and Manager ahead of time.

\*Alleycats are neither required nor promoted by our team per injuries sustained in past years, but if you do choose to race these types of races we will support you! Nevertheless, it is completely your choice to participate in this type of race.

\*Any stage/climbing/time trial races will be evaluated on a case-by-case basis. If we deem route or stipulations to be too dangerous we will not require anyone's attendance and it will be the racer's decision to participate. We expect these stage/climbing/time trial racing trends to continue to grow in 2017!

\*We do not promote any brakeless open traffic events or Alleycats except for FUSAC events. Others can be put up for discussion and determined if they are safe. As for the others, race at your own risk.

\*No racer should contact sponsors directly unless given ok by captain.

Team Manager (sign & print) \_\_\_\_\_ Date \_\_\_\_\_

Team Captain (sign & print) \_\_\_\_\_ Date \_\_\_\_\_

Team Rider (sign & print) \_\_\_\_\_ Date \_\_\_\_\_

Circle One: All Star Team    Club Team