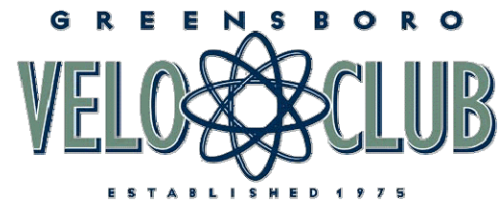


# GVC annual racer agreement



## Participation Guidelines:

1. Agree to and dedicate oneself to the Code of Conduct.
2. Maintain membership in the Greensboro Velo Club.
3. Attend Club meetings whenever possible.
4. Meet the volunteering obligation including:
  - volunteer for a least 2 GVC events (not including Carolina Cup/ Sizzler)
  - volunteer in some aspect for the Carolina Cup (road) or Sizzler (MTB).
5. Make a conscientious effort to participate in GVC events.
6. Support training rides organized by the Team.
7. Wear the team clothing to all public events, training, community rides and races.
8. Start a minimum of 6 road or MTB races including the Carolina Cup or Sizzler.
9. Start a minimum 4 ACE or Dixie races (road).

## Mission

To set a positive example of teamwork and sportsmanship.

To race at a high level of competition and be recognized for it.

To be a functional part to the Greensboro Velo Club and the community.

To promote to others and personally adhere to the Team Participation Guidelines.

To enjoy the sport and the team camaraderie and communicate that to the public whenever possible.

## Teamwork Plan

- Communicating and recognizing teamwork and sportsmanship when it happens.
- Meet with team mates prior to each race, establish a team strategy and execute it.
- Support each team member's personal goals by recognizing and including in pre-race planning sessions.
- Within categories, wherever possible, develop a plan to split prizes (recommended: 50% to individual, 50% to team pool)
- Improve team performance by:
  - Train together as much as possible.
  - Establish a weekly ride from Cycles de ORO (road) or local parks (MTB).
  - Focus on skill building and improvement of individual members.
  - Actively recruit new team members.
  - Give and receive positive and constructive feedback to team mates.
  - Participate in post-race write-ups on email list serve and the GVC newsletter

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Rider name (print)

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Signature

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Date

# Greensboro Velo Club Racing Team Code of Conduct

*In all sports athletes represent more than themselves on the “playing field”. They represent their families, community and the sponsors that commit resources to support their sport. Making a good impression is important, while a single negative incident can be disastrous! Members of the Greensboro Velo Club have a responsibility to conduct themselves in a manner that will reflect positively on the club.*

- Fair play, mutual support, respect for authority, loyalty to the team and club, encouragement of new teammates and adherence to the rules governing the sport have the highest priority.
- Use of abusive, vulgar or profane language, or behavior in public is unacceptable.
- Violence, fighting or threats are unacceptable. Sanctioning body officials or police should be brought into such circumstances.
- Wearing team uniforms in races and public rides including club tours, training rides, etc. is a must. Advertising on garments should include only official GVC sponsors. Non-authorized logos or uniforms are a serious breach of this code.
- Lining up with teammates at the start of all events will ensure maximum exposure for the club, team and it's sponsors and is strongly recommended.
- Helmets must be worn any time a team or club member wears team clothing. This is a non-negotiable standard.
- Race tactics should always favor teammates. Combines must not be made with non-teammates that deter other GVC team riders. Doing so is grounds for expulsion from the team.
- Team members are expected to participate in events that are promoted by the Greensboro Velo Club.
- Club and Team members are expected to support and encourage the use of products that are sold by or represented as “Team” sponsors, including but not limited to Cycles de ORO.
- Team members are expected to be polite, helpful and open to inquiries from new or non-cyclists regarding the club and team or it's sponsors.
- Good sportsmanship includes honesty and integrity. Non-sportsman-like conduct that results in disqualification or suspension is grounds for immediate expulsion from the Club and Racing team.
- Members who fail to uphold these guidelines will be expelled from the Team or Club and all benefits received will revert back to the Greensboro Velo Club.

