



**FRAZIER CYCLING HONORS TEAM PROGRAM**  
**TEAM MEMBER/PARENT AGREEMENT**

Honors Team member, congratulations! You have meant the criteria for Frazier Cycling’s highest program level. This document outlines your commitments and responsibilities as a member of Frazier Cycling’s Honors Team. Please read before signing. Thank you for your representation of Frazier Cycling!

**Fundamental Honors Team Member Commitments**

- Pledge to prioritize Frazier Cycling Race Team over all other sports and activities
- Pledge to lead the Frazier Cycling Race Team by action and example
- Pledge to represent Frazier Cycling in the highest respect
- Pledge to strive to be a competitive cyclist
- Dedicate to strive to be a leader and role model
- Pledge to perform the workouts scheduled on [TrainingPeaks calendar](#)
- Pledge to compete in races on Frazier Cycling’s race schedule and all other additional races (per [TrainingPeaks](#)) assigned by Frazier Cycling
- Pledge to exercise the tactics necessary to maximize Frazier Cycling's Race Team results in USA Cycling's Junior and Category races

**Honors Team Members** are responsible and agree to the following:

1. Update Training Peaks Daily
2. Notify coaches of vacations and periods you will be unable to train at least two weeks in advance.
3. If you are unable to make a scheduled practice for any reason notify the coaches at least 24 hours in advance.
4. If you are sick or injured contact one of the coaches immediately.
5. If you are unable to attend a race notify coaches at least 2 weeks in advance.
6. If you are having problems unrelated to training but that affect your ability to train (i.e. poor grades, school field trip, etc.) let one of the coaches know.
7. You must maintain a “B” average in school or college.
8. You must not change your scheduled training without permission from a coach.
9. You must wear Road ID at all times when on the bike.
10. You must conduct yourself as a role model for the Frazier Cycling Team at all times.
11. You must represent Frazier Cycling in the highest respect.

\*Frazier Cycling Management has the right to remove any member from the Honors Team/Program.

**Honors Team Coaches** are responsible for: Updating training plan on Training Peaks and analyzing workout data and, when necessary, adjusting/modifying workout prescription, and giving feedback to the team member and/or team member parent.

Honors Team Member \_\_\_\_\_  
Date

Honors Team Parent \_\_\_\_\_  
Date

(Parent signature confirms awareness of the child’s commitment and responsibilities for the Honors Team)

Honors Team Coach \_\_\_\_\_  
Date

Frazier Cycling Owner \_\_\_\_\_  
Date