

The Ralston Valley Mountain Bike Team is an all inclusive team, and we want all members to be active participants! To encourage more team comradery we are also offering the opportunity to letter in the sport based on how active a rider has been in team activities. In the end, to earn a letter, each rider needs to show a commitment to the team through exceptional effort, sportsmanship, and team spirit!

To letter in Mountain Biking at Ralston Valley High School a rider needs to accomplish the following:

1. Be in **good academic standing**, that is, meets athletic eligibility standards throughout the entire season.
2. Consistently **attends team meetings/rides** (80% of the Monday & Wednesday Sessions and any 'mandatory' meetings) and other team functions, and participates with a positive, team minded spirit. (Saturday rides are optional, but may replace an absence from Monday or Wednesday.)
3. **ALWAYS follows** Team, Colorado League, and NICA **rules and safety guidelines**.
4. **Volunteers** at least one half day at one of the 4 regular season league races (South Division).
5. Rides in at least **4 league races** within a single season as a Varsity or Junior Varsity competitor.

or

Races at least 3 regular season league races and finishes the season as a top 20 rider within their division; Freshman, Sophomore, Junior Varsity or Varsity. Season points are based on a rider's three race finishes. See league rules for specific details.