

Team Training Limits



The Washington Student Cycling League encourages everyone to get out on your bike and enjoy the trails year round. However, WSCL has strict training limits for the League Spring Program. These limits protect student athletes and coaches and create a more supportive (rather than overly competitive) environment for all riders and teams, in addition to limiting everyone's exposure to physical risk and mental burnout. While WSCL is 100% committed to supporting our riders and coaches in the case of accidents, we are only able to provide insurance coverage to support sanctioned activities. Below is a detailed description of what activities WSCL sanctions.

League teams are limited to the number of weeks they can have activities. In addition, teams are **not** insured for activities outside of these limits. Insured team activities cover currently registered teams, coaches and riders **only** with the exception of Meet the League rides.

Pre-Season*: September 1 through December 31

We understand that fall is a good time to recruit coaches and riders, hold fundraisers, and get your students excited about riding while the weather is nice. **PRE-SEASON IS NOT INTENDED TO START TRAINING STUDENTS FOR THE UPCOMING SPRING LEAGUE PROGRAM.**

Allowable Pre-Season Activities: During the Pre-Season dates, teams may only partake in the following activities:

Off Bike Activities

- Team meetings;
- Informational and recruitment meetings;
- Bike checks and/or bike fits;
- Mechanical work shops;
- Team fundraising events.

On Bike Activities

- Meet the League rides, maximum of two (2) per year with League approval;
- Team fun rides, maximum of four (4) and no more than one (1) per week during Pre-Season.

* Pre-Season registration is only offered to qualifying teams. Teams wishing to participate in Pre-Season must get League approval.

Spring League Program: January 1 through May 31

Regular training (maximum practices 4 days per week) may commence on January 1.

End date for all team activities: All team rides or other training activities must end within 2 weeks of the final League race. Special summer activities and rides may be sanctioned; please contact the League Director to make a request.

Note to those who coach riders outside of the WSCL program: *WSCL respects off season racing pursuits, however, all off season coaching activity must be done under a separately organized, insured and named team. Teams that continue racing under the guise of the same league team during the off season will not be eligible to compete in WSCL league races the following season.*