

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. These limits protect student riders 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 its student riders and coaches who suffer injuries, insurance coverage applies only to the allowable activities described below.

League teams are limited to the number of weeks they can participate in and conduct the allowable activities described below. Insurance coverage is not provided for any activities outside of these time and activity limits.

The year is divided into pre-season, a regular season, and an off-season.

Pre-Season*: October 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: The team, coaches and student-riders must be registered with the League to participate in and conduct activities. Only the following pre-season activities are permitted and must be pre-approved by the League Director (approval form attached below or can be submitted online at <http://washingtonleague.org/preseason-form/>).

Off Bike Activities

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

On Bike Activities

- Meet the League recruitment rides;
- All-inclusive fun rides; and
- Skills clinics.

Activities Limit: Four (4), upon approval.

*Team registration is only available to qualifying veteran teams during pre-season.

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Regular Season: January 1 through 2 Weeks After Last Race

The regular season is the time when the Spring League Program commences.

Team registration opens up to all teams, coaches and riders. The Spring League Program includes regular team training rides and races.

Allowable Regular Season Activities:

- All the activities included in the pre-season. Note: Meet the League recruitment rides must be approved by the League Director;
- Regular team training rides;
- WSCL races.

Activities Limit: Four (4) per week.

Off-Season:

The off-season is defined as periods not within the applicable pre-season and regular season periods. Organized team rides and races are strictly prohibited during the off-season. Any team activity in the off-season will jeopardize a team's eligibility.

Note to those who coach riders outside of the WSCL program: WSCL respects off season racing activities, 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.



Pre-Season Activity Application Form

During the pre-season period, teams are allowed to have up to four (4) scheduled activities. These activities must be pre-approved by the League Director. Please send the following information to the [League Director](#) at least seven (7) days in advance of the first activity. Thank you.

Note: If you plan to hold a Meet the League Ride, please indicate so on this form, and submit a separate Meet the League Ride Application.

Today's Date:	Team Director/Coach Name:	Team Name:
Contact Phone:	Contact Email:	

Activity 1	
Date of Activity:	Location of Activity:
Number of Adults:	Description of Activity:
Number of Students:	

Activity 2	
Date of Activity:	Location of Activity:
Number of Adults:	Description of Activity:
Number of Students:	

Activity 3	
Date of Activity:	Location of Activity:
Number of Adults:	Description of Activity:
Number of Students:	

Activity 4	
Date of Activity:	Location of Activity:
Number of Adults:	Description of Activity:
Number of Students:	