



## WOMEN'S MOUNTAIN BIKING COACHING/SKILLS PROGRAM

First name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_

State: \_\_\_\_\_ Post Code: \_\_\_\_\_

Email: \_\_\_\_\_

Ph: \_\_\_\_\_ Mobile: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Riding Experience: \_\_\_\_\_

Age: \_\_\_\_\_

What do you hope to learn? \_\_\_\_\_

**On a scale of 1 – 10 (1 - just learnt how to ride & 10 you are training for the Olympics)**

Rate your:

Confidence: \_\_\_\_\_ Fitness: \_\_\_\_\_

Are you currently a member of MTBA? : Yes / No (please circle)

If Yes, what is your MTBA number?: \_\_\_\_\_

If you are new to Mountain biking and have no licence and therefore no insurance coverage, you agree to pay \$5 to Forrest MTB & Cycling club each time you participate in the skills sessions and complete the appropriate forms to ensure I have the appropriate insurance for the ride.

I agree to take off my skirt (metaphorically speaking, and with shorts underneath please!) for the time I am riding, and go out of my comfort zone by at least 1% (at the same time, only trying things that are within my current capabilities), smile and have fun at all times, be ready to get dirty and finally be 100% keen to improve your riding – because YOU want to.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_