

Veris Masters Racing Team presented by the Exercise Institute
Team Information Sheet



Mission:	To support and develop riders who seek competitive participation from novice to experienced levels of cycling.	
Goal	To increase the participation of male and female riders of masters age (men 30+ women 30+) at local, national and international cycling events.	
Objective	Provide a sense of belonging in a welcoming community that facilitates competitive participation in a supportive environment.	
Personnel	Patrons	Mr Jim Bond, Ms Cate Wray
	Sports Director, Coach	Mr Brad Hall
	Team Manager	Mr Simon Bell
Elite Team Affiliate	Veris Racing Team.	
Foundation Affiliation	Cycling Development Foundation (CDF).	
Kit	Unique Pedal Mafia Kit - similar to Veris Racing Team kit.	
Membership	<p>Invitation to likeminded individuals who have values consistent with the teams Mission, Goal and Objectives.</p> <p>Membership is for a 12 month calendar period: Jan - Dec</p>	
Membership Agreement	<p>Members will be required to sign a membership agreement. The document will outline the teams Mission, Goals, Objectives and Code of Conduct. The agreement will cover the designated membership period and is renewable.</p> <p>The term of Membership is for the period of the Membership Agreement unless otherwise agreed between the parties.</p>	
Membership Fees 12 month term	<p>RACE PROGRAM:</p> <p>\$550 in one payment or in 12 instalments;</p> <ul style="list-style-type: none"> \$275 Kit and first month due by 1st Jan; plus 11 x \$25 due 1st of following month. <p>Refer below for Race Program Entitlements.</p> <p>or</p> <p>RACE + TRAINING PROGRAM:</p> <p>\$1,972 in one payment or in 12 instalments;</p> <ul style="list-style-type: none"> \$300 Kit and first month due by 1st Jan; plus 11 x \$152 due 1st of each following month. <p>In addition to Race Program Entitlements detailed below, Training Program Entitlements include:</p>	

	<ul style="list-style-type: none">• 3 x indoor sessions/month• 3 x outdoor sessions/month• Veris Masters Training Program (training peaks). <p>(Inclusions abased on an optimum program of 3 weeks on, 1 week off).</p> <p>or</p> <p>RACE + CUSTOM COACHED PROGRAM:</p> <p>\$3,550 in one payment or in 12 instalments;</p> <ul style="list-style-type: none">• \$525 Kit and first month due by 1st Jan; plus• 11 x \$275 due 1st of each following month. <p>In addition to Race Program Entitlements detailed below, Training Program Entitlements include:</p> <ul style="list-style-type: none">• Personalised coached program• Daily programming• Ongoing feedback and analysis• Veris Masters Training Program (Training Peaks).	
Race Program Entitlements		
	Kit	
	Major Events	1 x Premium Knicks + 1 x Premium Jersey Additional items can be ordered at own cost.
	Online Resources	One per month with team attendance <ul style="list-style-type: none">• AusCycle• West Coast Masters or• Peel Cycle Club. <p>Sponsored team tent, drinks, bike stands and seating, team briefings prior to event and on course support.</p>
	Impromptu training, testing and social sessions	Fully managed and co-ordinated participation in major races – <ul style="list-style-type: none">• 2 x WA - ToMRiver + another• East coast and• International. <p>*Event costs, travel, accommodation, food at riders cost.</p>
	Benefits	<ul style="list-style-type: none">• Closed Facebook page – for team members

		<ul style="list-style-type: none">Exercise Institute Online Closed Community Group. <p>(Training Program participants, receive weekly Training Peaks exercise program)</p>																
Riders Costs	<ul style="list-style-type: none">Associated travel costsEvent entry fessApplicable licenses <p>Applicable insurance.</p>	Variety of opportunities to be invited to indoor testing sessions, outdoor skill sessions and social rides with the Veris Racing Team.																
Additional Team Kit cost	<table><tr><td>Jersey</td><td>\$100</td><td>Arm Warmers</td><td>\$30</td></tr><tr><td>Nicks</td><td>\$150</td><td>Skin Suit</td><td>\$250</td></tr><tr><td>Vest</td><td>\$110</td><td>T-Shirt</td><td>\$40</td></tr><tr><td>Long Sleeve Jersey</td><td>\$140</td><td>Hoody/Tracksuit top</td><td>\$150</td></tr></table>	Jersey	\$100	Arm Warmers	\$30	Nicks	\$150	Skin Suit	\$250	Vest	\$110	T-Shirt	\$40	Long Sleeve Jersey	\$140	Hoody/Tracksuit top	\$150	<p>Exercise Institute: - 10% off services</p> <ul style="list-style-type: none">Indoor and outdoor sessionsPhysiotherapyPodiatryUnlimited CoachingOnline personalised monitored training programStrength TrainingVo2max Testing3-Dimensional Bike Fitting <p>Discounted Race Licence: - Team management will endeavour to negotiate a discounted Westcycle licence (encompassing Westcoast Masters Licence) TBA.</p> <p>Additional benefits:- Team management have reached out to prospective sponsors around nutrition support and other incentives only available to Team Members.</p>
Jersey	\$100	Arm Warmers	\$30															
Nicks	\$150	Skin Suit	\$250															
Vest	\$110	T-Shirt	\$40															
Long Sleeve Jersey	\$140	Hoody/Tracksuit top	\$150															
Event schedule	<ul style="list-style-type: none">An event calendar will be maintained and posted in the teams dedicated Facebook page.																	
Code of Conduct	<p>The Code of Conduct items below are to assist riders in maintaining acceptable standard of behaviour consistent with the value of the team.</p> <p>BEHAVIOUR</p> <p>Rider must be aware that whilst wearing the Master Team Kit they are an ambassador for the sponsors, Veris Racing Team and the Cycling Development Foundation. Any transgressions on the road, unseemly or anti-social behaviour reflects badly on the team its sponsors and key affiliates. Rider must</p> <ul style="list-style-type: none">respect and adhere to the obligations of the teamparticipate with the highest integritynot engage in unlawful behaviour whilst ridingrespect cultural, ethnic, religious, gender and sexual orientation differencesnot intimidate, threaten or harass another person or behave improperly or																	

	<p>unethically</p> <ul style="list-style-type: none"> • contribute positively to the success for the team • respect to other riders and other road users at all times • not engage in aggressive behaviour towards vehicle drivers. <p>SAFETY</p> <p>Riders must recognise that unsafe riding would place other riders and members of the public at risk. Riders must;</p> <ul style="list-style-type: none"> • wear an Australian Standard cycling helmet at all times • stop at red traffic lights and train lines • stay in position behind queued vehicles rather than rolling up the side of stopped traffic • not track stand at traffic lights • keep to the left on the road to allow clear passage for passing traffic. • have front and rear lights fitted on bike (able to be removed for racing) • always be predictable and indicate your intentions. • ride maximum two abreast(including bike paths) <p>Riders should also refer to the Rules and Safety provisions set down by Westcycle - https://westcycle.org.au/rules/</p>