



2025 WE DEVELOPMENT APPLICATION

Applications will be accepted July 25th through September 8th.
Team selection occurs in September; Training Begins November!

Date: _____

Name: _____ Gender: F M

City/State You Live: _____

Birthdate (mm/dd/yyyy): _____ 2025 Race Age: _____

Instagram Username: _____

Email: _____ Phone: _____

Parent Name: _____

Parent Email: _____ Parent Phone: _____

How did you learn about our team? _____

What other sports or cycling disciplines do you/have you done?

Is XC MTB training/racing your #1 sport objective? Y N

How many seasons have you trained & raced seriously? _____

2024 Racing Category: _____ 2023 Racing Category: _____

Best Results from 2024: _____ / _____
Best Results from 2023: _____ / _____

XC/STXC Nationals Results: _____ / _____ XC/STXC Nationals Results: _____ / _____

- Do you currently have a coach? Y N
- Are you willing to have *Waite Endurance* as your coaches? Y N
- Have you followed a specific training program in the past? Y N
- Do you have a Training Peaks account? Y N
- Have you done interval training? Y N
- Have you done strength training? Y N
- Do you use a heart rate monitor regularly? Y N
- Do you use a power meter on your bike(s)? Y N
- Do you have a 'Smart Trainer' at home? Y N

TRAINING QUESTIONS:

How many hours per week did you train on average in 2024:

October - February (base season) ? _____

March - July (race season) ? _____

What is your training & racing experience/background/history?

Which ProXCT/Jr. UCI Series Races did you attend in 2024?

What are your goals for your 2025 Season?

What are the training/racing topics you are most interested to learn more about in 2025?

What maintenance actions are you able to perform on your bike yourself?

In the hardest part of a race, what is your mantra/self-talk you use to push through?

LIFESTYLE QUESTIONS:

Which chores do you do around your house?

Which family members do you talk to on the phone more than twice per year?

What jobs outside of the house have you had?

**Which podcasts, vlogs and/or books related to training have you enjoyed?
And non-training related?**

What are your hobbies & interests outside of cycling?

What meals can you/do you make for yourself?

Which World Cup XCO race(s) were your favorite to watch in 2024? Why?

What is your grade-point average? What is your intended course of study in college?

Please submit application to: info@teamwaite.com

Please send as a pdf. Do not send a photo of the application (does not print and read well).

Please include TWO (2) letters of recommendation from a coach, teacher and/or employer with your application. Letters of recommendation should include references to your character, work ethic, communication style, maturity, and peer relationships.

We will confirm the reception of your application when received as step one in the application process. A follow-up athlete-coaches phone call is step two. The final step is a family ZOOM call with one or both parents. Rider selection will occur in September. Then start-up process begins in October, and training in November.

