**Desert Vista “Rolling Thunder” Mountain Bike Team**

Parent’s Meeting – 2018 Season Kick Off

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# Welcome

Welcome to the Desert Vista Mountain Bike Team. We are open to all boys and girls that attend Desert Vista High School and any Middle School that feeds into Desert Vista. Students in grades 6th thru 12th, that are in good academic standing at their school with a willingness to learn how to Mountain Bike are encouraged to join. Come see how fun it is to ride your Mountain Bike with new friends!

[**DVMTB.com**](https://www.dvmtb.com/)

**Mission Statement:**

* Provide an opportunity for students to build strong bodies, minds and characters through interscholastic mountain biking.
* Provide students with the coaching and camaraderie to help them achieve their cross-country mountain biking goals in a safe and enjoyable manner.
* Develop the awareness of what it is to be an amateur athlete and responsible member of the cycling community.
* Foster a responsible attitude toward the use of trails, wilderness and outdoor cycling areas.
* Promote the love of mountain biking as a healthy and lifelong recreational lifestyle.

**Affiliations:**



**National Interscholastic Cycling Association (NICA) -** <http://www.nationalmtb.org>

* National Governing Board of Interscholastic Mountain Bike racing
* National Coach & Rider Registration and Education
* Pit Zone <https://pitzone.nationalmtb.org>



**Arizona Interscholastic Cycling League (AICL) -** <http://www.arizonamtb.org>

* Arizona Governing Board
* Arizona Racing and Team Registration & Support

# Coaches, Parent Board & Ride Leader Introductions

**Coaching Staff**

Head Coach Alex Sandoval – 602 614 8472

Tad Zgoda - 480 721 1580

Kata Skaggs – 480 529 6014

Mike Dale – 602 501 2324

Mark Pinkowski – 480 330 5198

**Parent Board**

Leanne Eleff - Communications

Juli West – Volunteer Coordinator

Kelly Jodon – Treasurer

**Ride Leaders - Pit Zone Confirmed**

Brad Anderson

Chris Lohman

Jeff Hallums

John Sellinger

Juli West

Leanne Eleff

Weston Hall

**Ride Leaders - Pending Pit Zone (as of 8/12/18)**

Greg Clark - !

Mike Eleff - !

Sandy Bruno - !

Scott Campbell - !

Vince Kaderabek - !

# Season Overview

**2018 NICA Season** July 1st thru Nov 18th

**2018 Practice Schedule** – Managed by Coaching Staff

**Tuesdays** 5:15am Arrival Time | 7:00am Return Time

@ Corpus Christi Church Knox & 36th Street

**Thursdays** 5:15am Arrival Time | 7:00am Return Time

@ Foothills YMCA Desert Foothills & Liberty Lane

**Saturdays** 5:15am Arrival Time | 7:30am Return Time

@ Coach Tad’s House (Equestrian Neighborhood)

\* Additional Practices may be added and new locations may be added as the season progresses.

**2018 Race Schedule** – Manage by AICL

**Race #1** September 9th - Fort Tuthill County Part – Flagstaff, AZ

**Race #2** September 23rd – Pioneer Part – Prescott, AZ

**Race #3** October 7th – Wren Arena Fort Huachuca – Sierra Vista, AZ

***Fall Break October 8th thru 12th***

**Race #4** October 21st – McDowell Mountain Park – Fountain Hills, AZ

**Race #5** November 4th – White Tank Mountain Park – Waddell, AZ

* Races are optional
* Pre-registration for each race via Pit Zone Web Site. <https://pitzone.nationalmtb.org>
* On-Site Registration is available, but much easier to plan ahead.
* Pre-ride of each course on Saturday afternoons only, Races all day Sunday.

# Rider Responsibilities

Mountain Biking is an amazing sport that will expose you to a whole new culture and lifestyle. This is something you will be able to do for the rest of your life, meet countless new friends and take you to places you never experienced. Riding a Mountain Bike is an entirely new level of freedom and adventure! You will be riding in areas a bit off the beaten path on trails that will challenge you. You will be riding longer and harder than you have before, so It is critical that you are prepared mentally, physically and mechanically in order to get the most out of this experience.

Safety is our highest concern and you play a major role in being a safe rider. We are focused on Cross Country Mountain Bike Racing, which is more of a rolling hill, single track type of course. We will not be taking the ski lift up to the top of the mountain and bombing down a switch back and jump filled mountain face. We will be focusing on physical fitness, endurance, bike handling and mental toughness to compete in races.

**Mandatory Equipment:**

* Riding Ready Mind & Body
  + Well Rested, Good Attitude, Properly Fueled
  + Cycling Shorts, Uniform
* Functioning and Well Maintained Mountain Bike
  + Chain, Brakes, Wheels, Lights
* Riding Gear
  + Helmet, Gloves, Eye Wear, Shoes
* Hydration Pack
  + Water!
  + Nutrition
  + Spare Tube, Pump or CO2, Tire Lever
  + Any Medication
  + Cell Phone w/Coaches Numbers loaded

**Trail Etiquette:** See NICA Trail Etiquette and Student Code of Conduct

* Ride Predictably
* Wear a Helmet at All Times
* Always Yield to Hikers, Runners and Horses
* Greet all trail users cheerfully!
* Pass with Care – Slow Down when passing Hikers
* Announce your intention to pass and on which side. If they have headphones, wait for acknowledgement.
* Stay on Trails
* Control Your Speed
* Do Not Litter
* Be Prepared
* Plan Ahead – Check In/Check Out

**Code of Conduct:** See NICA Trail Etiquette and Student Code of Conduct

**Safety**

* Always ride within my ability
* Always wear appropriate safety gear
* Always check Bike functionality – Brakes, Chain, Tires, Lights
* Always have proper Hydration with me on all rides
* Always have appropriate tools, spares with me on all rides
* Always communicate with Parents, Coaches, Ride Leaders if you are not feeling well, or need to leave the ride for any reason.

**Respect**

* Respect my teammates, competitors, coaches, other trail users
* Respect Rules of Right of Way on Trail
* Respect the Trail and Land

# Parent Responsibilities

The DV Mountain Bike Team is more of a family than others sports you may have been involved in before. There is a significant amount of support, effort and costs that are required to make the season happen. All of the coaches, ride leaders, board members and race directors are volunteers, participating solely for the benefit of the riders. The following section describes support we need from you to make this a great experience for your Rider.

**Rider Preparation:** It is critical that your rider is prepared both mentally and physically to participate in the team activities. Due to the heat this time of the year in AZ, we have to ride early in the mornings. This takes a commitment from the Rider to be ready to go so early and be ready for school. They will need your support! Help your rider to get a good night’s sleep, especially before practices and races. Help them make sure they are making the best food choices so they are fueled to perform.

**Cycling Gear:** There are many pieces of gear that your rider will need on every ride/race. Refer to the Rider section above for details. This is for their safety and comfort. They are going to be spending a lot of time out on the trails riding hard, so in case something happens during the ride, they need to be prepared. Help them make sure their gear is packed and ready to load up the night before. Help them make sure their cycling clothes are ready.

**Bike Preparation:** The Mountain Bike is a very complex machine that requires maintenance and monitoring. Bikes are made for riding and with the terrain in Arizona, things break! Make sure you are inspecting your rider’s bike and taking care of things during the off days. There are several local bike shops to help with maintenance, but some planning is needed. Do not to wait until the day before a ride or a race to get things fixed. Regular maintenance and up keep is critical but it takes time, so please make sure your rider’s bike is kept in top shape. The coaches can help with some minor on trail repairs, but they cannot be expected to fix known issues before practice or on race day. Help your rider inspect and review the state of their bike.

**Race Day Support:** Races are not mandatory, but do provide an opportunity to apply the skills and showcase the hard work we have been putting in. Your rider will be placed in a Category that matches their ability, most are grade level and some are performance based. The length of the race depends on the Category they are in. The courses are lap based, so the younger riders will ride less laps than the more experienced riders. Expect races to be approx. 45 mins for the younger rides and up to 120 mins for the Varsity Levels. All races will be on Sundays this year with the Middle School Categories starting at 8am and Varsity starting at 1pm.

Each course is different, with unique challenges, so it is very important that each rider take the time to pre-ride the course in order to be familiar with the trail. All Pre-Rides will be on Saturday afternoons only this year. There will not be an opportunity to be on the course for any reason on Sunday, other than racing.

Each Racer, Coach and Ride Leader will be given a Number Plate with their Racer Number and Chip Timer. It is mandatory that the Number Plates are attached to any Bike that is to be ridden on the course during both the Pre-Ride and the Race. No bikes will be allowed on the course without a Number Plate!

Race Day is an all-day event! We will have a Team Tent Area set up for our racers. There will be food, water and bike racks for team support. Each race site is different, so it will be important to pay attention to race start times in order to allow enough time for travel, parking, warm ups, etc. We will be sending out a Volunteer Sign Up Site for all parents to help with the setup, stocking and tear down of the Team Tent Area. This is not an easy task and impossible to do without help and support of the families. You are expected to participate with the various tasks on race day.

The first three races are out of town, so be prepared to book hotel rooms or arrange camping options. Hotels book up very quickly, so plan ahead. We will set a time on Saturday afternoon for the team to do a pre-ride of the course together. Typically the course is open from noon to 4pm for pre-ride, if you can’t make the designated team time. Only riders with Number Plates will be allowed on the course on Saturday. Meaning if parents are siblings are not registered with NICA in the Pit Zone, they will not be allowed to ride any part of the course.

The Races are all put on by volunteers, so in addition to Team help, the race organizers also have opportunities to volunteer. Each race will have a sign-up site for the various roles like Course Marshall, Traffic Control, Race Staging, Course Set Up/Tear Down, etc.

**Communication:** Safety is our primary concern on the team. Our rides will start and end as close as possible to the posted times. It is important that riders are on-site ready to ride at that time. Arriving late and sending a rider out alone to “catch up” is not acceptable. This creates an un-safe condition for everyone involved. If you are running late and need someone to wait, please communicate with the coaches so they know you are coming.

At the end of each ride, attendance will be taken to ensure all riders are accounted for. If you are picking up your rider, please be there at the designated end time. If we are late getting back, please don’t worry, sometimes things happen on the trail, like a flat tire or a crash. We will adjust our route to make it back as soon as we can. If your rider is riding home, please communicate with the coaches so that they know.

# Coach Responsibilities

The Coaches are responsible for the overall safety of the Team. They will provide a safe and encouraging environment for the riders to develop their riding skills and build their fitness to have a great experience on their bikes. They will monitor the planned rides and race courses to make sure that each rider is prepared for what is ahead. If there is a safely concern, it is the Coach’s responsibility to take the actions required to support each rider’s needs. They will be leading the practices, sharing knowledge about the trails and teaching riding skills to help ensure that each rider is prepared. The Coaches will monitor each rider’s performance and overall fitness levels to provide guidance on areas of improvement. The Coaches will be the first line of communication in the case of an emergency or if special assistance is needed during all team activities. The Coaches are responsible for distributing any specific race day instructions to the riders. At least one Coach must be in attendance at each team activity.

The Coaches must have a true commitment to the success of each rider by demonstrating a positive, supportive and caring attitude at all times. The Coaches are entrusted with the safety of our riders and respect of our parents.

The Coaches will take attendance at the start and end of each ride to make sure every rider is accounted for at the end of every team activity.

The Coaches must have completed all of the Level 1 requirements under the Pit Zone site. They are encouraged and supported to expand their knowledge by attending the annual League Leadership Conference and completing Continuing Education Units.

Each Coach must complete the Desert Vista Volunteer Registration process, which includes an additional AZ State Background Check. As long as this process has been started, you can ride with the team.

**Pit Zone Level 1 requirements include:**

1. Participation Agreement
2. NICA Registration Fee - $30
3. Background Check
4. CDC Heads Up Concussion Training
5. Risk Management Training

# Ride Leader Responsibilities

The Ride Leader role on the team is very important, especially when the skills and fitness levels of the team riders are distributed. Since we will be taking the riders out on fairly remote trails, it is very difficult to manage the various skills sets of riders across such a large area. The Ride Leader provides the backup support to the Coaches to help communicate with the team if assistance is needed or adjustments need to be made to the ride. **Safety is Number 1!**

Ride Leaders are available to assist the Coaches at any team activity. Ride Leaders act as support resources to ensure the proper supervision and assistance is available for all riders. Ride Leaders can be parents, friends, or members of the cycling community but must be registered under the Pit Zone site and have completed all of the Level 1 requirements.

Ride Leaders must be willing to help in the improvement of every student on the team. Encourage, give advice and support them if needed. Place yourself in a group that is suited to your skills and fitness level. Be committed to that group and never leave a student behind without another Ride Leader. If an injury occurs, stop all riders, contact and inform the Coaches and call 911 as needed. Be aware of the number of riders in your group and make sure they are all accounted for. Carry a cell phone with you that has the Coaches and other Ride Leader’s contact info on it. Always have fun and enjoy the ride with the team!

Being a Ride Leader for a season or two is a great way to build your skills and knowledge to become a Coach in the future! You will be exposed to the planning and preparation of the practice rides and racing strategies. You will be interacting with the riders and helping to ensure everyone’s safety.

Contact Coach Alex if you are interested in being a Ride Leader and he will start the process of getting you going on the Pit Zone.

# Registration Process and Costs

There are several steps to complete the Registration process. This document will help guide you through. Reach out to any of the Coaches if you need help along the way.

1. **Register with NICA using their Pit Zone tool.** <https://pitzone.nationalmtb.org> As a new rider you will need an invitation from the Pit Zone to get you started. Coach Alex will initiate that invitation for you, once you contact him about joining the team. As a returning rider, you are required to renew your registration each year. **Cost is $55 for the 2018 season,** paid via the Pit Zone site.
2. **Register with Desert Vista Mountain Bike Team.** We use the Shutterfly Site <https://dvmtbteam.shutterfly.com/> for all of our team communications and team roster info and Remind <https://www.remind.com> for team text messages. Leanne Eleff will be leading this effort and will provide login instructions as new riders are registered thru the Pit Zone. **Team Registration fees will be $175 for the 2018 season.** Paid by check made out to “Desert Vista HS Mountain Bike Team” turned into Kelly Jodon, the Team Treasurer. **Registration closes Friday August 24th.**
3. **Register for Races using the Pit Zone Site.** Races are not mandatory but encouraged. Each rider will need to register for each race they want to do on the Pit Zone site. **Cost is $40 for each race**, paid via the Pit Zone Site. Day of registration is available if needed, but there may be an additional charge and for sure some additional hassle on race day. Please try to register ahead of time on the Pit Zone Site.
4. **Team Clothing is available for purchase by the team.** Each rider is expected to have at least one Team Jersey and one Team Shorts for Race Day. Returning Riders are not required to buy new gear every year. We have some inventory available for purchase now and will be putting together an order for more pieces if needed. **Cost is $70 for a Jersey and $100 for a pair of shorts.** Paid by check made out to “Desert Vista HS Mountain Bike Team” turned into Kelly Jodon, the Team Treasurer. We are working on additional team clothing items like Practice Ride Shirts and Team T-Shirts. Details will be available once plans are finalized.

Additional fund raising opportunities are available to help support the costs associated with running the team.

1. **Team Sponsorship.** If you are able to secure a team sponsor for the year, you may be eligible for a waived team registration fee and/or complimentary team gear. See DV MTB Sponsor Instructions document for more details.
2. **Fry’s Supermarket Community Program.** Tie your existing Fry’s Card to the DV MTB Team and help earn funds just by doing your normal shopping. See Fry’s Community Program document for more details.

# Additional 2018 Season Information

**Race Day Structure**

**NICA Rule Book Essentials**

**Ride Leader Requirements**

**Team Apparel**