



## **TEAM VISION**

Enable every rider to strengthen their body, mind, and character through mountain biking.

## **TEAM MISSION**

Build self-esteem through building mind, body, and character through the sport of mountain biking.

## **TEAM FOCUS**

Life-long health. Mountain biking is a lifesport, a sport that individuals often start at a very young age and continue throughout their life. Training with our Team provides life lessons in fitness, nutrition, self-discipline, teamwork, and sportsmanship.

## **WHO ARE WE?**

Our Team is unique within organized individual and team sports. THERE ARE NO TRYOUTS. Regardless of your fitness, endurance, or skill level; if you're ready to commit, you're on the Team. You ride! You race! THERE IS NO BENCH. We value and promote individual as well as Team excellence. Whether it's finishing your first race or standing on top of the podium as a Team we believe ordinary Student-Athletes can attain big results through setting personal goals and giving a dedicated and disciplined effort.

Is cross-country mountain biking dangerous? Forget what you've seen on TV and YouTube with the X-Games and Red Bull Rampage. In cross-country bike races, the average speed is usually around 6-8 miles per hour for the younger grades and 10-12 miles per hour for Varsity riders. This is an endurance sport where the fittest athlete wins. Statistically, we suffer fewer serious injuries than most mainstream sports, specifically contact sports. We do our best to minimize the risks to the athlete. Certain risky behaviors are discouraged and against Team and League rules. Bike control and handling skills are taught early in the season to minimize the risk of crashing and injury. Even with our best efforts, crashes and injuries can occur.

## **TEAM COMPOSITION**

1. Manti Mountain Bike Team is registered as a team of the Utah High School Cycling League ([utahmtb.org](http://utahmtb.org)), and organized under National Interscholastic Cycling Association (NICA, [www.nationalmtb.org](http://www.nationalmtb.org))
2. This Team was organized to support Manti and Ephraim High School and Middle School students who wish to participate and race within the Utah High School Cycling League.
3. The Team is coed consisting of 7th - 12th grade High School and Middle School Student-Athletes.
4. The Team is supported by coaches plus ride leaders to coach, train, and assist Student-Athletes.
5. Many of our Student-Athletes are not involved with other sports, and see mountain bike racing as a chance to develop their athletic skills in a safe, comfortable environment with like-minded peers.

## **FIVE CORE TEAM PRINCIPLES**

1. **INCLUSIVE:** All Student-Athletes are encouraged to participate. THERE IS NO BENCH.
2. **EQUAL:** All Student-Athletes are treated equally. THERE IS NO BENCH. Team scores are a combination of both boys' and girls' points.
3. **STRONG BODY:** Improving fitness and wellness are at the center of NICA training and education.
4. **STRONG MIND:** NICA Student-Athletes are students first.
5. **STRONG CHARACTER:** NICA programs and leadership teaches Student-Athletes to work hard, respect others, and give back to their Team, communities, and environment.

## **COACHING STAFF**

The Team Coaching Staff is 100% volunteer based. Coaches' training and certifications include:

1. Background Checks
2. Risk Management Training
3. Positive Coaching Training
4. Skills & Drills Training
5. Annual Leadership Summit
6. League Registration & Licensing
7. Basic & Wilderness First Aid
8. CPR Certification
9. CDC Concussion Course
10. Continuing Education Units
11. Professional Development Units
12. Coaching Exams
13. Field Work

## **SEASON**

**REGISTRATION:** Registration opens at the Parent Meeting. Registration closes for all Student-Athletes on May 30th.

**COMMITMENT:** If you are ready to commit and abide by the team rules, you're on the Team. We treat each Team member as a responsible young adult. Student-Athletes are expected to attend all scheduled practices and show a dedicated consistent effort. If a rider has previous commitments that preclude them from participating at practices, prior arrangements can be made to make-up practices. (Seam Team Rules)

**TRAINING & PRACTICES:** Starting June 1st, practices will be held 3-4 times a week throughout the season. Student-Athletes are expected to attend all scheduled practices and show a dedicated and disciplined effort. (We can also hold up to 8 pre-season activities during the months of April and May).

Our practice schedule is designed in phases so that each Student-Athlete is prepared for the race season. First, is the "BASE" or endurance phase where we ride at slower speeds, teach bike handling, safety, and gradually increase ride duration to build a solid foundation of fitness. Second, is the "BUILD" phase to add strength and power by increasing the amount of hill climbing and ride duration. The last, is the "PEAK" phase where we add fast paced race simulations.

After the first week of "orientation," Student-Athletes will be split into skill based groups to appropriately challenge each individual rider. Each week riders will be evaluated and may be moved to another group to better promote their training.

**RACES:** There are 5 races for High School Student-Athletes and 3 races for Middle School Student-Athletes. Travel arrangements and accommodations are the responsibility of the family and parents. Student-Athletes are required to attend the Team Race Course Pre-Ride prior to each race (see calendar). Student-Athletes are required to arrive Saturday morning, time TBD, for the Team meeting and stay through duration of the event to cheer on all teammates.

## FEES & EXPENSES

1. TEAM FEES: High School and Middle School Student-Athletes \$210 due no later than May 30th.
2. UTAH LEAGUE/RACE FEES: \$340 ( High School age Student-Athletes)  
\$290 (Middle School age Student-Athletes)

## REQUIRED/RECOMMENDED EQUIPMENT

Each Student-Athlete is required to have the following items for all practices:

- |  |                                   |
|--|-----------------------------------|
| 1. Mountain Bike ( <b>working &amp; maintained</b> )     | 8. Hand Pump                      |
| 2. Helmet (must fit correctly)                           | 9. Patch Kit                      |
| 3. Gloves (preferably long fingered)                     | 10. Tire Levers                   |
| 4. Eye Protection  | RECOMMENDED                       |
| 5. Hydration Pack w/100 oz. of water<br>or water bottles | 11. Multi-Tool with Chain Breaker |
| 6. (1) Tube  | 12. Quick-Link for Chain          |
| 7. Cycling Clothing                                      | 13. Spare Derailleur Hanger       |

## PARENT PARTICIPATION & INVOLVEMENT

We are a volunteer lead organization and therefore, need your help. We need parental involvement in every area of running these teams. We will need ride leaders, ride support, race day support, Team party coordination, and more. Please provide one volunteer per family. you can designate how you want to volunteer for the team on the registration form.

In addition, someone from each family is required to volunteer during one race, there are many options available (see [utahmtb.org](http://utahmtb.org)). Please report this to our race day parent volunteer.

## PARENT & STUDENT-ATHLETE RESOURCES

1. The Pit Zone (**[www.pitzone.nationalmtb.org](http://www.pitzone.nationalmtb.org)**) is the website NICA and the League use to manage Student-Athlete registration and race fees.
2. NICA (**[www.nationalmtb.org](http://www.nationalmtb.org)**). Learn more about NICA and their organization.
3. Utah High School Cycling League ([www.utahmtb.org](http://www.utahmtb.org)) great resource for League information, events, race schedule, race results, and much more.
4. **Facebook:** Manti Mountain Biking Team
5. **Instagram:** Manti Mountain Bike Team
6. Our web site (**[mantimtb.com](http://mantimtb.com)**). Calendars, team facts/rules, and links to other helpful sites.