

Minnesota Valley MTB Team

2022 Rider's Manual



2022 TEAM



TEAM MISSION STATEMENT

To provide our youth the opportunity to learn the lifelong sport of biking. Focusing on teamwork, respect and good sportsmanship while having fun and getting fit.

We pursue this mission under the guidance and accountability of the Minnesota Cycling Association.

Minnesota High School Cycling League Mission/Vision

The Minnesota Cycling Association builds strong minds, strong bodies and strong character through cycling. Our vision is that every youth is empowered to be part of a thriving and engaged cycling community.

This is accomplished through a series of programs that range from those that have never been mountain biking to after school programs, day camps and a cross country racing series.

Taken from <https://minnesotacycling.org/mission-vision/>

Minnesota High School Mountain Bike racing does not fall under the governance of the *Minnesota State High School League*. However, the MN Valley MTB Team does follow the same guidelines as the MSHSL for student behavior, minimum grades, and discipline policies.

TEAM POLICIES AND AGREEMENT 2022

2022 SEASON FEES

\$100.00 – Annual MCA fee

\$100.00 – Team fee (\$150 max per family)

\$65.00 – Race Jersey (approx)

\$150 – Season race pass OR \$50.00 per race fee

races are optional but encouraged

Optional additional items available for sale during the season.

Coaches will send you an email inviting you to the registration portal (CCN) for sign up.

COACHES/VOLUNTEERS

Minnesota Valley MTB Team dba New Prague MTB Team is a 501(c)3 nonprofit organization.

No party involved in this MTB team related operations is paid.

Our volunteer-driven existence relies on the non-monetary contribution of many selfless individuals. Without volunteers your child simply will not have this opportunity available to them. Help make their experience everything it can be and more! Perhaps your hobby or professional skills translate to benefit our program. We need to hear from you. Please email one of us if there is an area you can contribute. All coaches and ride leaders must have background checks and meet minimum training requirements set by the MCA.

2022 TEAM REPRESENTATIVES

President/Director:	Molly Frensko
Vice President/Head Coach:	Jon Rosemeier
Assistant Coach:	Jason Scherman
Assistant Coach:	Ben Stuber
Treasurer:	Sheunna Jabs
Secretary:	Keri Stenger
Equipment Mgr/loaner bikes:	Don Stenger
Communications Director:	Annah Scherman
Retreat/Camping Coordinator:	Josh Kelly
Board Members/Ride Leaders:	Refer to Team Snap for Coach Contacts

Board members consist of returning ride leaders or by prior appointment of the board

SOCIAL MEDIA

SOCIAL MEDIA POSTS ARE LIMITED TO TEAM EVENTS ONLY

Team website:	www.minnesotavalleymtbteam.com
Team Instagram:	npcomposite.mtb
Email:	npbiketeam@gmail.com, mvmteam@gmail.com
Team Snap:	(By Invitation)

PHOTO RELEASE/CONSENT

An agreement for team representatives to photograph the riders is included in the signed release portion of this document. The types of photos being released are related to riding, racing and team activities for any legal use, including but not limited to publicity, copyright, illustration, advertising and web content. Also note that student athletes taking pictures of their teammates and peers must be done by permission only and this agreement does not provide for or assume such permission

COMMUNICATION CONSENT

All conversations with student athletes must occur in an environment where at minimum one additional coach is included in the conversation. This is a necessary requirement to protect the student athletes. The definition of conversations will include text, email, in-person, direct-messaging, or any other type of correspondence.

PRACTICE

Team Practice begins July 5th, 2022

Practice Days: Mondays (through 8/22), Tuesdays and Thursdays through the season

Locations: Various locations in and around the New Prague area as well as several nearby mountain bike trails.

Occasional weekend team building, trail work and camping trips

2022 MCA RACES

BYE = Our Team is not racing

Race #1: Xcel Energy Mountain Bike Park, Shakopee, MN August 27-28, 2022

Race #2: BYE Lake Rebecca

Race #3: Whitetail Ridge, River Falls, WI September 17-18, 2022

Race #4S: SOUTH Gamehaven Scout Camp, Rochester, MN September 24-25, 2022

Race #4N: BYE Cloquet

Race #5S: BYE Mankato

Race #5N: NORTH Detroit Mountain, Detroit Lakes, MN October 1-2, 2022

Race #6: BYE (Whitetail Ridge #2)

Race #7: Redhead MTB Park (All team finale), Chisholm, MN October 15-16, 2022

EQUIPMENT

Required Practice Equipment:

Mountain bike (loaner bikes available – contact head coach)
Helmet - know the fitment rule - Parents too
Team Race Jersey
Water

Suggested Practice Equipment:

Eye Protection: clear cheap safety glasses are a great solution
Riding Gloves
Spare Tube
Multitool; 3mm,4mm,5mm,T25 at a minimum
Pump - Floor pump in car, transportable size on bike or in pack
Headlight: (Light in Motion/Night Rider/similar)
Tail light: (Nog Blinder or similar)

RACE DAY CHECKLIST

League number plate and zip ties (provided)
Clean bike in working order with lubed chain and inflated tires
Cycling shoes & black socks
Helmet (properly fitted)
Team race-day jersey and black shorts
Full water bottles/Hydration Pack (fill it up at home)
Hand sanitizer & Face Mask

Optional but recommended race day items:

Riding Gloves
Sunscreen
Glasses (clear and tinted)
Leg warmers or Knee warmers
Arm warmers or Windbreaker / Raincoat
Multi-tool (the basic metric-allen keys, screwdriver, and a spoke wrench)
Chain breaker (don't let a broken chain stop you from finishing the race)
Spare tube and pump (race ready to fix your own flat,CO2/pump, tire levers)
Towel
Food; gel, blocks, etc (extras in case the race is late, longer, or further from food than expected)
Directions to the race (don't assume someone else has them)
Toilet paper (just in case)
TUMS
Cash

Adopted from: http://www.nationalmtb.org/wp-content/uploads/PreRace_Check_list.pdf

The safety and well being of the MNV MTB Team is of our utmost concern. Both the student athletes and the coaches need to follow these basic guidelines, rules and procedures to minimize the chance of a mishap while traveling by bike. The purpose of this document is to outline safety procedures and rules for the team. We all need to know these rules and policies and agree to abide by them.

The skill of riding and thinking as a group is something to be learned. The behavior and decisions of each cyclist in the group will affect the safety and well being of every other cyclist. You have a responsibility not only to yourself, but also to your group. We will work on these skills as a team.

RISK MANAGEMENT

Safety during training and racing is something the coaches always think about. The coaching staff will work with the team members to develop riding skills. Coaches will communicate with the student athletes regarding riding rules and safety and will also enforce these rules during rides. There could be some riding on public highways. Coaches will discuss, review and follow best-practices for on-the-road behavior. Students will need to follow these guidelines.

Safety during races is important. Racing is an intense situation and there are many decisions for the athlete to make in regards to race tactics and their well-being. The well-being of our athletes is paramount in our actions and training. Getting injured in a race means not practicing and being ready for the next race. We target long-term success.

Coaches will continually consult to maintain and improve the safety procedures for our student athletes. Student-athletes are expected to follow the direction and guidance of the coaches.

DAMAGE TO BIKES DURING TRAINING

Bike damage can occur during our workouts and rides. Coaches can typically repair the problem. Crashing is possible on any ride and there are numerous issues that can cause a crash or bike damage. Damage can also occur when two or more riders become entangled in an incident, and bikes may be damaged. These events are usually not the result of intentional malicious action by a rider. Students will not be held responsible for any accidental damage.

SAFETY

- SAFETY is the first and foremost rule for the team at all times.
- SAFETY means looking out for yourself, your fellow riders, coaches, adult assistants, cars, walkers, other bikers, pets and people in the community.
- SAFETY includes the responsibility of learning, practicing, and mastering the skills for riding and handling a mountain bike to keep you and other riders safe.
- SAFETY is learning and understanding your physical and technical limits as a mountain bike rider and keeping within those limits during all rides. The first goal for the team is for all riders to start and finish a technical skills practice, practice ride, or competitive race safely.

SPORTING REGULATIONS

The Sporting Regulations can be found online at:

<https://minnesotacycling.org/wp-content/uploads/2022/03/2022-MCA-Sporting-Regulations-FINAL.pdf>

These rules apply not only to races but also to all team events and practices.

SPORTSMANSHIP AND CONDUCT

The coaches of the MNV MTB Team take sportsmanship and athlete conduct seriously. In order to participate with the team, student athletes must behave appropriately. The following are expectations of proper conduct by the MNV MTB student athlete:

- Student athletes conduct his/herself with honor and dignity and treat other competitors/coaches/officials as he/she would like to be treated.
- Student athlete displays good sportsmanship ahead of his/her own personal desire to win.
- Student athletes show respect to all race officials/coaches/riders/parents and never act in a manner that would be disrespectful toward them.
- Student athlete use of drugs, tobacco or alcohol are not permitted. Consequences for use of these include potential removal from the team.

DISCIPLINE

The coaches and ride leaders will consult and communicate regarding possible student disciplinary action as required. Action may include: exclusion from a particular activity, suspension for a limited time frame, including a race, or a complete suspension from the team.

RIDER GOALS 2022

Please list one or two of the top reasons you are joining the team this year.

- 1.
- 2.

Please list two goals for the year. If you have other concerns that you would like us to know and or track with you during the season please write to or talk to the coaches at any time.

- 1.
- 2.

Please sign this page and return to the coaches on or before the first practice. By signing you are saying you have read and understood this document. We encourage you to keep the rest of the document for your reference.

MV MTB TEAM POLICIES AGREEMENT 2022

I, _____ the parent/guardian of
_____ have read and understood the

MN Valley Mountain Bike Team Riding Policies and Agreement and understand the consequences if they are not followed.

By signing I give permission to the team to display my child's name and photo/video for public information purposes.

Signed by Parent/Guardian: _____

Print Name: _____ Date: _____

As a student rider, I have read and understood the MN Valley Mountain Bike Team Riding Policies and Agreement and understand the consequences if they are not followed.

Signed by Student-Athlete: _____

Print Name: _____ Date: _____