

# Edison Eagles BMX Racing Team

2024 Racing Season Information

Sanctioned by USA BMX

All Ages Welcome

Boys & Girls

Racing Levels Include Novice | Intermediate | Expert Eligible TPS Schools for Edison Racing Team

Elementary Schools – Pre-K through 5<sup>th</sup> Grade Council Oaks, Eliot, Lanier, Patrick Henry

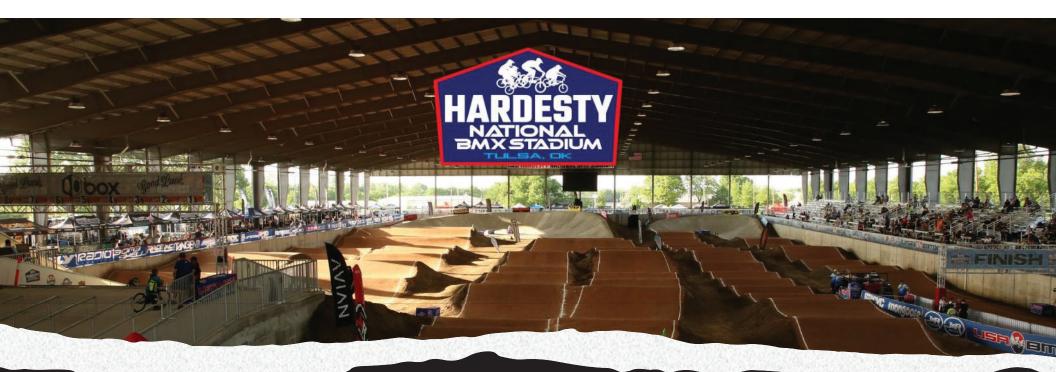
Middle School & High School Edison Preparatory School

## Who is USA BMX?

- Headquartered in Tulsa, OK since 2021
- Age Limit
  - There is no age limit on riders. Anyone can participate. Racing groups start with Under 5 to Over 65. All Levels: Novice, Intermediate, Expert.
- Sanctions BMX tracks across USA/Canada
- Sanctioned Racing
  - District (Season is January December)

usabmx.com

- State Series (Optional)
- National Series (Optional)
- World Series (Optional)



## Hardesty National BMX Stadium

490 N. Lansing Avenue, Tulsa, OK 74120

DISTRICT OK-02

- Weekly Coaching Clinics
- Weekly Races for all Ages
- Located in Tulsa
- Restrooms & Concessions Available

Edison Eagles BMX Racing Team's Home Track

Practices and Races are typically held weekly January 1 through December 15 unless otherwise posted.

## Why is BMX a great sport?

- All Ages can Participate Family Sport
  - Siblings can participate (Strider Series available for those not yet in school)
  - Parents can participate in racing.
  - Grandparents can participate in racing.
- Scholarships available at the collegiate level
- BMX is an Olympic Sport

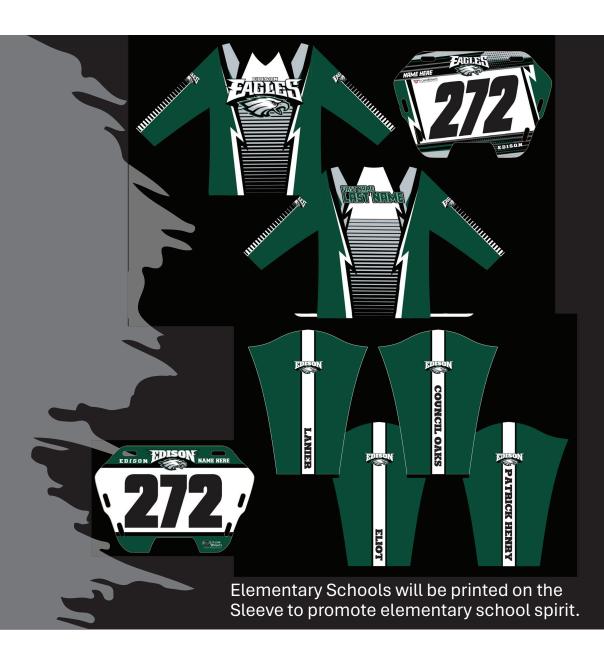
1000 million

tailt.

- Team Atmosphere | Individual Driven Results
- No Age Limit Yes, there is an over age 65 racing category
- All levels participate No one sits the Bench
  - Riders Race at their skill level with others at their skill level
  - No matter how skilled they are in their level, they participate in every race they attend

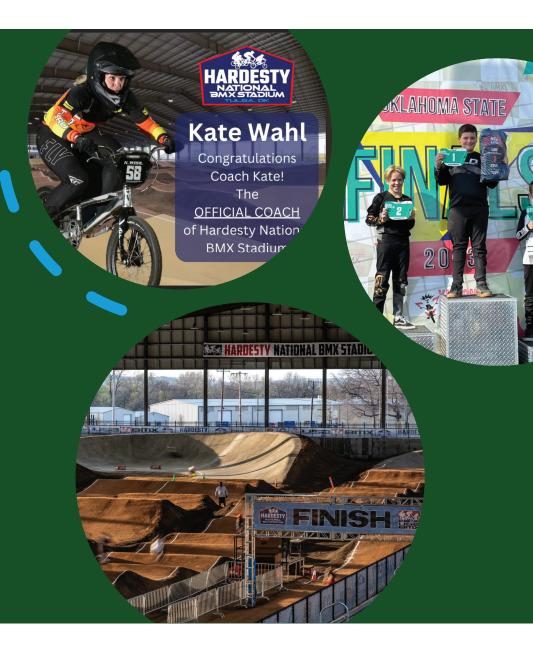
# What will a student need to race?

- Jersey- Edison Racing Team specific
  - Design for MS/HS
  - Design for Elementary that includes school name on sleeve.
- Gloves
- Pants
- Flat Sole Shoes (i.e. Lace Up Vans)
- Racing Helmet (Loaners Available)
- BMX Bike (Loaners Available)
- Loaner Helmets / Bikes available at the track on Tuesday, Thursday, Friday



### Edison Racing Team Time & Cost Commitment

- Annual USA BMX Registration \$80
  - Fee is paid once per Year
  - Includes Track Insurance
  - Access to participate at any USA BMX Track
- Racing
  - Minimum Two Races per Month
  - Races generally held every Thursday or Saturday
  - Cost per race is \$15 (Practice included)
  - Practice is available every Thursday or Saturday for \$10. No minimum is required for practice outside of racing. Practice is strongly recommended.
- Coach Kate Wahl
  - Two Coaching Sessions per Month
  - Grow your BMX Skills Every Tuesday 6 8 PM
  - Cost is \$20 per Group Session



# Why is BMX a special opportunity in Tulsa?

• Largest Race held in Tulsa, OK every year – No Travel for Team Members to participate

GRANDS – Greatest BMX Race on Earth Riders travel from all over the world for the opportunity to compete. All Edison Racers would have an opportunity to complete.

Learn more about GRANDS from recent news articles about the 2023 Races Fox 23 | Tulsa World | News on 6

- Hardesty National BMX Stadium is used to train Olympic hopefuls and Pros. Pros and Olympic hopefuls have relocated to Tulsa to train. This presents a unique opportunity to interact at the track with these riders.
- Hardesty National BMX Stadium is hosting the UCI BMX World Cup Round 5 & 6 in April 2024.
  An opportunity to watch the best riders in the world at your home track!



## Parent Meetings

Tuesday, February 27, 2024 - 6 PM Tuesday, March 5, 2024 – 6 PM Edison Preparatory School Lecture Hall II

Students and Parents from Edison, Council Oak Elementary School, Eliot Elementary, Lanier Elementary, and Patrick Henry Elementary are welcome to attend.

### How do your register your student?

Register at USA BMX in person.

Cost to get started

**Starter Package - \$375** Valued at \$520 1 Annual Membership to USA BMX 11 Coaching Session with Coach Kate 6 Races (2 in May, 2 in June, 2 in July) 1 Edison Racing Jersey 1 Edison Racing Number Plate Graduation Award + Party Day Snacks/Drinks

#### Call Carmon at 918-841-6367 if you would like to learn how to break the \$375 into four payments.

You may attend more coaching sessions with Coach Kate or race more than twice per month, you will just be responsible for the cost associated.



### Practicing Away from Hardesty

Pump Tracks are excellent practice for BMX riders. Riders will learn how to pump through different sections of the BMX Track. Learning to perfect that skill and build endurance performing that skill is key to BMX success. **Coach Kate will train you how to pump** and you can practice off the track at either pump track below.

McCullough Park 11534 E 25th St. **Tulsa**, OK 74129

East Tulsa park renovated with new BMX track | Community | fox23.com



Gathering Place 2650 S John Williams Way Tulsa, OK 74114

West Side of Riverside, 31 & Riverside.



#### **Edison Prep BMX Related Class**

Edison offers a non-football strength and conditioning class. We recommend Edison students request this class during enrollment this spring.

This class will not focus on BMX techniques, but it will help you build a strong body and cardio conditioning is important to helping you improve on the track.

#### Home Strength & Conditioning

Edison BMX will post and send to our members workouts you can do at home to help build strength and stabilization. For personalized training, Coach Kate offers a training program that is purchased directly through her.

#### **Other Bike Training**

Edison BMX will post to our members conditioning and drills you can perform at home on your bike (if a bike is available).

### **Riding at Other Tracks**



Hardesty National BMX Schedule (Home Track)

Skills Coaching Clinic Tuesday 6 to 8 PM\*

\*\*\* Racing \*\*\*\* Thursday Evening 1 Hour Practice Races

Saturday Morning 1 Hour Practice Races Requirements for Edison Team Members

Skills Coaching Clinic Team members are required to attend 2 per month at Hardesty. \*Other times or dates may open based on enrollment numbers

**Racing Requirements** Team members are required to attend 2 per month at Hardesty.

These requirements will only be tracked and fulfilled at <u>Hardesty.</u> You are welcome to attend other tracks in addition to your team commitment at Hardesty. Additional Opportunity for Racing or for Practice

Sand Springs BMXMayes County BMXScheduleSchedule

\*\*\* Racing \*\*\*\*Friday Evening1 Hour PracticeRaces

Sunday Afternoon 1 Hour Practice Races \*\*\* Racing \*\*\*\* Tuesday Evening 1 Hour Practice Races

Sunday Evening 1 Hour Practice Races





#### **Elementary Gear**

The Edison jersey and the Edison number plate are required for team racing. However, we are leaving your gloves, pants, shoes, and bike or bike accessories to your unique and individual preference.

Hot pink gloves and pants, perfect!

Black gloves and black pants, perfect!

Let your individuality show through!



#### Middle School & High School Gear

The Edison jersey and the Edison number plate are required for team racing. However, we are leaving your gloves, pants, shoes, and bike or bike accessories to your unique and individual preference.

Hot pink gloves and pants, perfect!

Black gloves and black pants, perfect!

Let your individuality show through!

