

2026 Rider Manual

Minnesota Valley Mountain Bike Team New Prague Mountain Bike Team

TEAM MISSION STATEMENT

The mission of the **Minnesota Valley Mountain Bike Team** is to provide our youth the opportunity to learn the lifelong sport of biking. Our team focuses on teamwork, respect, and good sportsmanship while having fun and getting fit.

Our team is an affiliate of the [Minnesota Cycling Association](#) (MCA) program and we pursue our mission and core values under their organization's guidance. [Minnesota High School Cycling League Mission/Vision](#)

MCA SPORTING REGULATIONS

Please open the [MCA Sporting Regulations](#) link and read this document in its entirety. There is a wealth of important information that **must be understood PRIOR** to our first practice. The safety and well-being of the MNV MTB Team are of our utmost concern. Both the student athletes and the coaches need to follow these basic policies, rules, and procedures to minimize the chance of a mishap while traveling by bike. 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 our group.

- Code of Conduct and Sportsmanship
- Equipment Requirements and Rules
- Policies and Consequences
- Race Information and Rules
- Registration Requirements
- Safety Standards
- Season Schedule

ATHLETE/COACH COMMUNICATION

All conversations online or in person with student-athletes must occur in an environment where two or more coaches are included in the conversation, or the conversation is taking place in a public place and in plain view of other coaches and/or parents

RISK MANAGEMENT and [MCA INSURANCE OVERVIEW](#)

The coaching staff will work with student-athletes to develop riding skills and communicate riding rules and safety on trails and public highways. Student-athletes are expected to follow the direction and guidance of the coaches.

COACHES/VOLUNTEERS

Minnesota Valley MTB Team dba New Prague MTB Team is a 501(c)3 nonprofit organization. No party involved in this Mountain Bike team-related operations are paid.

SOCIAL MEDIA - SOCIAL MEDIA POSTS ARE LIMITED TO TEAM EVENTS ONLY

Team website: www.minnesotavalleymtbteam.com

Email: mnvmteam@gmail.com

Team Snap: (By Invitation)