



# CottonCrest MTB 2024



# National Interscholastic Cycling Association

**25,000**

+ Student-Athletes

**32**

Active Leagues

**14,000**

+ Volunteer Coaches



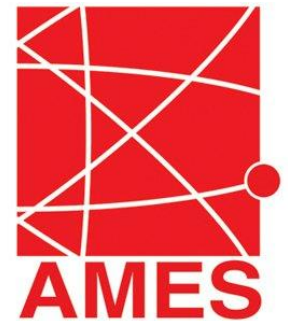
## Utah League

- 7000+ Athletes
- 3600+ Coaches
- 6 Regions









We're a group of bike-lovers focused on creating a fun, exciting, inviting and (mostly) safe environment for middle and high school-aged athletes.





# Humble Beginnings



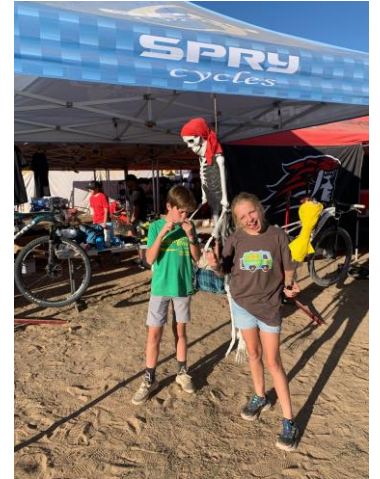


# CottonCrest is MORE THAN A RACE TEAM

- Resiliency
- Responsibility
- Discipline
- Failure
- Family







But it had better be fun.....





# What does it take to run a team?

- Athletes hungry for a good experience
- Coaches and parent volunteers
  - Ride Leader
  - Sweeps
  - Off-the-Bike Volunteers
- Cash
  - Fees
  - Sponsors





# Team Fees

- \$360 NICA participation fee per student (\$300 Jr. Devo)
  - \$310 UT League (\$250 Jr. Devo)
  - \$50 NICA Membership (National)
- \$340 CottonCrest Fees
  - Team fee (\$160)
  - Race kit (\$185) - jersey, bib, socks (additional options may cost more)
- **Total for racing member:**
  - **\$705 High School**
  - **\$645 Jr Devo**





# 2023 CottonCrest Kit

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# 2024 CottonCrest Kit

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# Equipment Needs

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- Safe mountain bike (club sport, not provided) We can help you with selection if needed
- MIPS helmet
- Gloves
- Glasses are nice
- Ride to practice
- Hydration (water), Fuel (simple carbs)








### What We Need:

- Tools
- Trailer supplies
- Larger trailer
- Pit zone supplies (race day)
- Nutrition and practice supplies

Sponsors Are Essential





### Sponsorship Levels:

- Silver \$250+ (1 reward)
- Gold \$500+ (2 rewards)
- Platinum \$1000+ (3 rewards)

### Sponsor Rewards:

- Team Fees (\$180)
- Jersey (approx \$80)
- Bib/Shorts (approx \$100)

# Grow the Team – Waive Your Fees

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# Other Options for Cost Deferment

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- Scholarships (League)
- Team Assistance
  - Bikes (very limited)
  - Team fees (limited)
  - Nutrition
  - Rides (use TeamSnap to coordinate)





# What Does the Season Look Like?

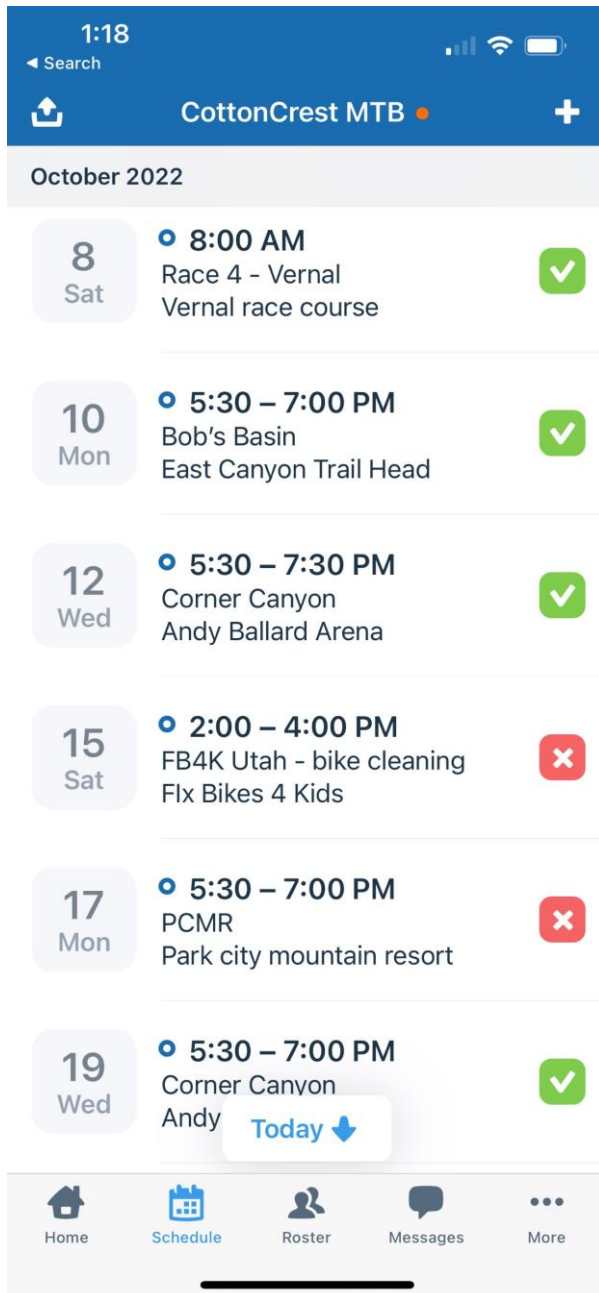
Practices

Events

Races







# Team Communication

- TeamSnap primary tool for events and communication
- Website: [cottoncrestmtb.com](http://cottoncrestmtb.com)
- Instagram
- Facebook
- Strava: free app to track rides
  - Team group to track fitness
  - Fun to give Kudos





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# Practices

- Monday and Wednesday
- Saturday (longer rides and based on coach availability)
- Transportation to and from practices is not responsibility of Coach (carpools are great)
- Lots of time in Park City but locations change
- Arrive 15 minutes early and ready to ride (late comers miss practice)
- Don't show up sick - you cannot gain fitness while sick
- Set availability by Sunday
- Watch TeamSnap for venue changes and weather updates





# Practices

- **Parent riders are essential!**
- 1 Adult for 6 riders
- 2 Adults above 8 riders
- Need a ride leader and a sweep
  - \$25 Background check (first year)
  - \$25 Coach registration NICA



# Events

- Team parties (1-2 per season)
- Trail maintenance
- Bike maintenance
- GRiT – Girls Riding Together





# Races

- Junior development season include three races
- High school season includes four races (3+ region finals)
- State championship by qualification only. See website for qualification details. No additional fee. Only high school athletes are qualified to race state.
- **WE SUPPORT EVERYONE!** Make it an all-day event with your bike family!







# Races

- League volunteers:
  - Every athlete must have at least one volunteer per season
  - Historically CottonCrest has excellent representation (earn Strike Visuals credit to keep up our race-day tent)
- Team Volunteers:
  - Need riding and non-riding parent volunteers to manage team
  - Rider check-in, water bottle handoffs, racer warm-ups, finish zone help
  - Sign-up list will circulate via Google Drive







# Race Days

- Bikes tuned up:
  - Rider responsibility
  - Team may provide basic maintenance
- Salt Cycles Team Bike Shop:
  - Don't wait until its too late for maintenance
  - Tell them you're with CottonCrest
  - 20% off most parts and goods
  - NO discount on service
- Food:
  - Rider responsible for own food
  - Don't make major changes to your routines
- Accommodations:
  - Some venues offer camping
  - Hotels fill up quickly – book now







# Team Expectations:

HAVE FUN

BE SAFE

BUILD  
YOURSELF

STRENGTHEN  
YOUR TEAM



# Team Expectations:

## Listen to your coach

- Don't talk while your coach is talking
- Speak up w/ safety concerns or speak w/ coach after practice

## Practices are not races

- Stay w/ your group
- Don't pass other riders w/o a good reason or consent

## Be a good teammate

- No cliques
- No talking behind others backs (direct conversation to teammate or coach)
- Stay at races and cheer EVERYONE on



# Team Expectations:

Come prepared to practices and races

- Bike maintained, hydration, basic tools, appropriate clothing
- Stay home if you're sick
- Keep attendance to 75% or talk to coach (you'll fall behind if you miss)
- Keep up your grades and family responsibilities (we default to parent discretion)
- No room for alcohol or drug use (or Taylor Swift paraphernalia)

Parking lot, trail, and race venue behavior should be RESPECTABLE

- Socialize but do not ride or run in parking lots
- Make eye contact w/ other trail patrons, smile, be polite, offer assistance, and let them see CottonCrest behavior



# Important Dates

- April 1 (Mon) – May 8 (Wed): new rider registration with coach invite.
- April – May: team pre-season
  - Up to eight events w/ team
  - Coach training and season prep
- April 13 (Sat): "Try-It" Ride – intro on the bike for those undetermined
- April 17-18 (Wed-Thur): kit fit night (jersey, bottoms, jackets, etc)
  - Timeslots to avoid chaos
  - Parents order kits and other goods online at team store.
  - Link will be posted on team snap.



# Important Dates

- May 4 (Sat): team skills day (beginner)
- May 8 (Wed): team registration closes, team fees and kit orders due\*\*
- May 15 (Wed): team skills day
  - Beginners (Little Valley)
  - Experienced riders (Corner Canyon TBD)
- May 22 (Wed): team BBQ
- June 1 (Sat): season begins w/ official practices!

\*\*SUPER IMPORTANT



# Important Dates - Coaches

- April 10 (Wed): coaches meeting (technology and philosophy)
- April 15 (Mon): on-the-bike (OTB) 101
- April 24 (Wed): coaches intro ride
- May 1 (Wed): coaches ride, on-the-bike (OTB) 101 (possible make-up)





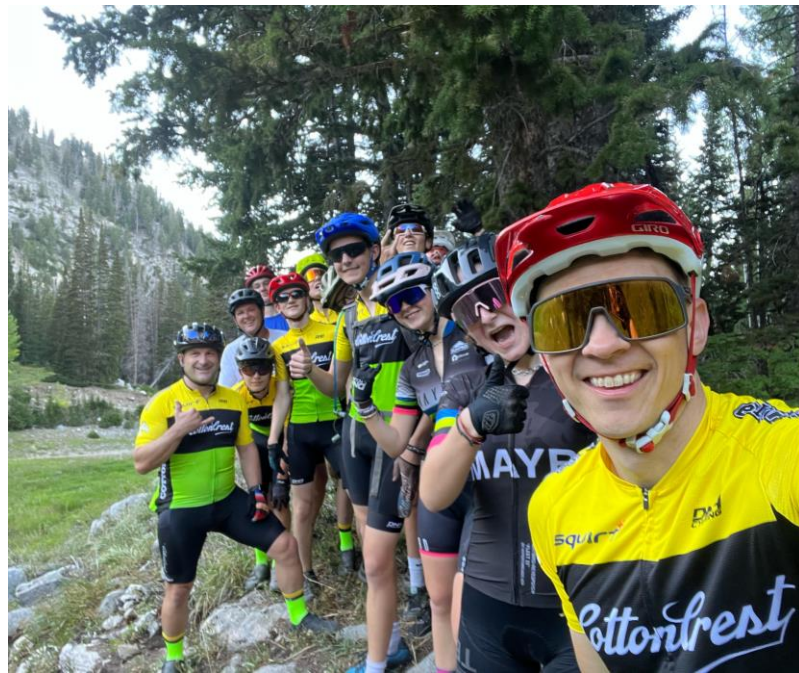
Why we ride...





Why we ride.....









**CottonCrest**  
MTB TEAM



# Ready to Ride?



- Registration for new members is open Sat 04/01/24
- Please send questions and info to: [questions@cottoncrestmtb.com](mailto:questions@cottoncrestmtb.com)