

*CottonCrest*  
MTB TEAM

CottonCrest 2025





# National Interscholastic Cycling Association

**25,000**

+ Student-Athletes

**32**

Active Leagues

**14,000**

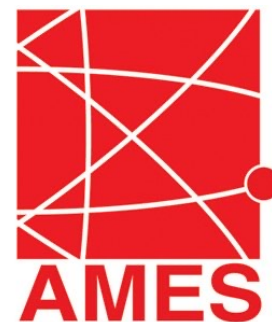
+ Volunteer Coaches



## 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.





# 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



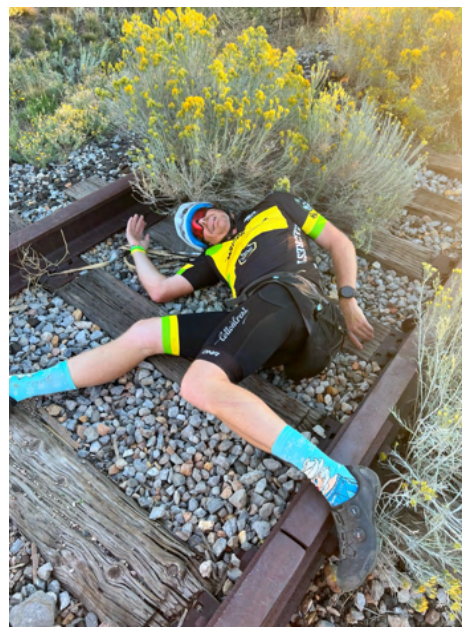


# Focus on more than RACING:

- Resiliency
- Responsibility
- Discipline
- Failure (success)
- Family







We also know how to have fun.....



# Team and League Fees

<b>CottonCrest Team Fee</b> <ul style="list-style-type: none"><li>• Team kit (jersey, shorts, socks)</li><li>• Team supplies and support at races</li></ul>	<b>\$360</b>
<b>Highschool (9-12) Utah League Fee</b> <ul style="list-style-type: none"><li>• league membership and practices</li><li>• 4 regional races</li><li>• State championship race for qualifying riders</li></ul>	<b>\$390</b> <ul style="list-style-type: none"><li>• \$50 NICA Membership</li><li>• \$5 Technology</li><li>• \$335 Utah League</li></ul>
<b>Junior Devo (7-8) Utah League Fee</b> <ul style="list-style-type: none"><li>• League membership and practices</li><li>• 3 regional junior devo races</li></ul>	<b>\$320</b> <ul style="list-style-type: none"><li>• \$50 NICA Membership</li><li>• \$5 Technology</li><li>• \$265 Utah League</li></ul>
<b>TOTAL:</b>	<b>\$750 HS</b> <b>\$680 Junior Devo</b>





# 2025 CottonCrest Kit

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# Equipment Needs

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- Safe mountain bike
- MIPS helmet
- Gloves
- Glasses are nice
- Ride to practice
- Hydration (water), Fuel (simple carbs)





*Thank You!*

TO OUR GENEROUS SPONSORS



HAZWOPER Training Solutions



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LEE HECHT HARRISON

BUTLER ELECTRIC INC.

Avid Acceptance



Select Comfort SYSTEMS

MVTRAC

Robert J. DeBry ASSOCIATES

KIND PEOPLE RULE



## What We Need:

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

Sponsors Are Essential

*Thank You!*

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### Sponsorship Levels:

- Silver (\$250-\$499)
- Gold (\$500-\$749)
- Platinum (\$750-\$999)
- Title (\$1000-\$1500+)

### Sponsorship Reward (per athlete):

- Silver 25% off team fees
- Gold 50% off team fees
- Platinum 75% off team fees
- Title 100% off team fees

# Grow the Team – Waive Your Fees

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# What Does the Season Look Like?

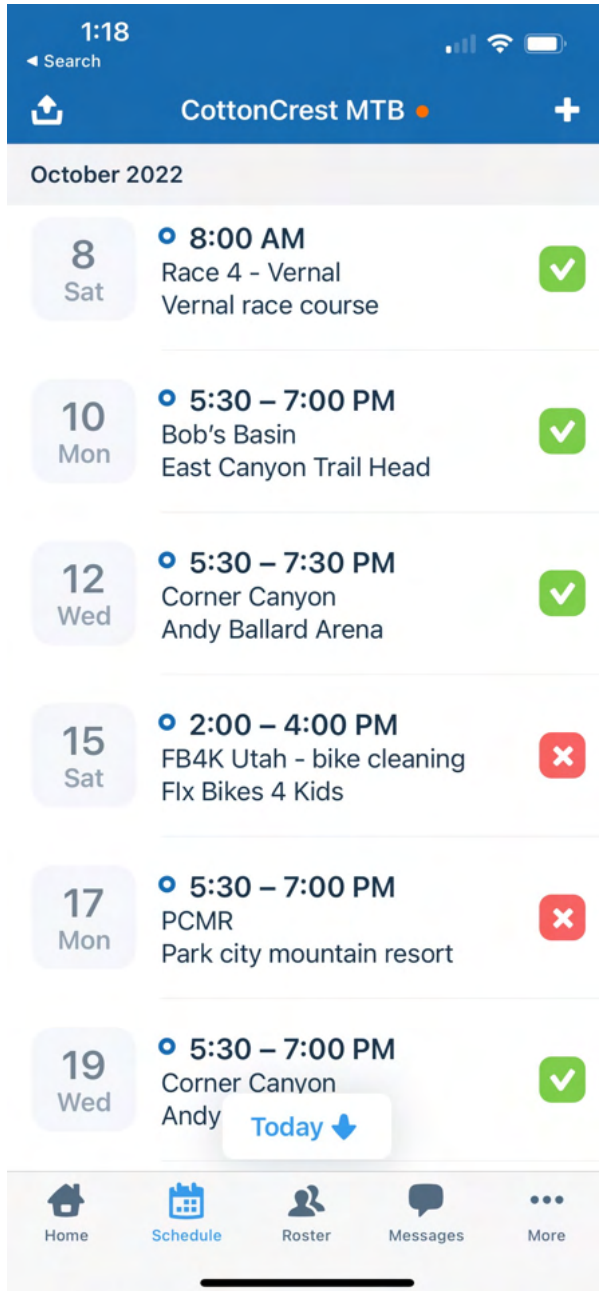
Practices

Events

Races







# Team Communication

- TeamSnap primary tool for events and communication
- Website: 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 be 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

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



# Events

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





# Races

- Junior development season include three races
- High school season includes four races (3 + region finals = 4)
- 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)

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) – April 7 (Mon): new rider registration
- April – May: team pre-season
  - Skills, trail maintenance, and training events with team
  - Coach training and season prep
- May 3 (Sat): team skills day (basics review)
- May 7 (Wed): bike maintenance activity
- May 10 (Sat): team skills day
  - Beginners (Little Valley)
  - Experienced riders (Corner Canyon TBD)
- May 14 (Wed): team ride
- May 19 (Mon): team BBQ
- May 31 (Sat): team opening ride – group assignments
- June 2 (Mon): season begins w/ official practices!

**LAST DAY FOR  
REGISTRATION  
MONDAY, APR 7**



# Important Dates - Coaches

- April 14 (Mon): coaches meeting (technology and philosophy)
- April 16 (Wed): on-the-bike (OTB) 101
- April 17 (Thur): coaches intro ride
- April 23 (Wed): coaches ride
- April 30 (Wed): coaches ride
- May 12 (Mon): coaches ride





# Important People

Coaches

Captains

Team Leadership







- Registration for new members is open Sat 04/01/25 and closes 04/07/25
- Please send questions and info to: [info@cottoncrestmtb.com](mailto:info@cottoncrestmtb.com)



