**How does the team communicate?**

The team use 2 media for communication: Social media (Facebook and Instagram) and an app called TeamApp. To access the latter download the app on your phone, search for Pocatello Pioneers and then request permission to be a part of the team. Day to day announcements will be made through TeamApp

D**oes my child need an expensive bike to be on the Pioneers?**

Your child does not need an expensive bike to ride or race with the team. They will need a quality bike. An entry level bike from Walmart will not work. These bikes just do not have the quality parts needed to ride on off road trails. Unfortunately gear does matter.

One of the Pioneers leading sponsors is Barrie’s Ski and Sports, they carry Trek bikes who is a huge sponsor of the NICA league. Trek offers a great discount for NICA riders, and this discount makes the price of these bikes very reasonable. There are also other bike shops in Pocatello that may work with you. There are also many great resources for finding a great used bike as well.

**What gear besides a bike does my child need?**

Your child must have a helmet! If they forget their helmet they will not be allowed to ride that day. They should carry a few items with them on every ride, the first being water; typically a small water bottle is not enough water, if the bike has 2 spots for water bottles they should carry 2 bottles. The water carrying backpacks are also excellent. These packs can carry snacks and some of the other gear that we recommend; a spare tube, a pump or CO2 cartridge and a multi-tool for minor adjustments on trail. As it gets deeper into Fall a light jacket can sometimes be needed.

**How much does it cost for my child to be on the pioneers?**

The cost is similar to that of any other organized sports. There is a $55 dollar fee to be a part of the Pioneer team and a league registration of $175. The $230 is the base cost and does not include races. Races can be purchased by the race for $55 each or the entire race series of 5 races can be purchased for $150/$125 high school and middle school respectively.

**Does my child have to race?**

While this is a high school mountain bike race team, there are many team members that do not race. We are not here to teach your child to race. Our goal is teach your child to love mountain biking, a sport that they can enjoy their entire life!

**What are the expectations of me as a parent?**

There are many levels of involvement with our team, from coaching to being on the race side line cheering. We can always use additional coaches, and there is a spot for coaches of every riding level. Race days are when we need the most help. The day before each race the team must setup our pit zone and tents, we need help with this as most of our gear must be hand carried into the pitzone. We need help with the food, serving and preparations and supplying it. We need members of our team to volunteer at each race.

**How do I volunteer to help at the races?**

Each race needs many volunteers, to be a volunteer please sign up at Idahomtb.org

**Where do I stay at a race?**

Because races are up in the mountains many people will camp at the race site instead of staying in a hotel. Most teams will camp together at each race, some people pull a trailer, while others use tents.

**When do we practice?**

Practice will start in late June.We practice on Tuesday and Thursday at City Creek from 6 pm and end about 8 pm. We meet at Centennial Park, we ask you to park at the Pocatello charter school on the other side of the river. We also practice Saturday mornings, location will be announced each week on social media and TeamApp.

Race week will be slightly different, we will practice on Tuesday and Wednesday night and obviously there will not be practice on Saturday!

Please have your child to practice about a 1/2 hour prior to the start time and please be there to pick them up before practice ends. It is not polite to expect the coaches to babysit your child while they wait for you.

**How old does my child need to be to participate on the Pocatello Pioneer team?**

The NICA league is for 6th through 12th grade.

**Can I ride with my child?**

Yes, if you become a coach. If you are interested in becoming a coach please see Jordon Marshall, John Krause or Tom Berti. More information can be found on Idahomtb.org

**Do I need to bring food for my family on race days?**

Yes and no, The Sandtrap Bar and Grill, one of our team sponsors provides the main course of the team meal. The team parents supply the other items that are requested by our team meal coordinator (Jenn Astaldi). Historically there has been enough food for the racers and their families. We do ask however that you take the racers into consideration as there is always a group of kids that are racing or are getting ready to race.

Also if you are bringing additional people with you, please be courteous and bring additional food to share with the team. As stated before, please remember the racers, they need the food in their recovery or preparation of their race.