**POCATELLO PIONEERS | 2025 ADVENTURE & RACE GROUPS FAQ** *Supporting Every Rider’s Journey – Whether Exploring or Competing*

### **Why Two Groups?**

At Pocatello Pioneers, we recognize that every student athlete joins the team with unique goals and riding backgrounds. To best support all riders, we divide practice groups into two distinct tracks:

**➤ Adventure Group** **➤ Race Group**

Both groups will practice at the **same time and location**, but will be split based on group placement. Every rider will receive structured coaching, skills development, and conditioning.

### **Shared Team Values**

* All student athletes are members of a **race team**, regardless of their group.
* Both groups will learn how to race and will be encouraged to participate in **at least one of the five races** this season.
* Every rider will gain strong **mountain biking skills**, team experiences, and personal growth.

### **Group Breakdown**

#### **ADVENTURE GROUP**

* 🌲 Focuses on fun, trail exploration, and riding with friends
* ✅ Does fewer race intervals during practice
* ✅ No off-practice day riding or strength training required
* ✅ Ideal for riders who prefer a more relaxed, social MTB experience

#### **RACE GROUP**

* 🏁 Focuses on racing at the JV or Varsity level—or working toward it
* ✅ Includes intervals and race-focused drills at weekday practices
* ✅ Riders are expected to ride and strength train on non-practice days
* ✅ Must track all rides and upload to the **Pioneers Strava Club**
	+ *Ride totals help determine call-up position at the first race*

### **Parent Notes**

* Riders can **switch groups** if their interests or goals change.
* Both groups practice **together in time and location**, with different intensity and goals.
* Coaches will help every rider **find the right fit** and succeed on their own terms.

For full details and season updates, visit:
 **www.pocatellopioneers.com**

Questions? Reach out to your coach or message us on **Stack TeamApp**.

**Let’s make 2025 an epic season—on every trail, in every race, at every pace!** – *Pocatello Pioneers Coaching Team*