



# South Metro Cyclones



Welcome to the 2024 Texas Interscholastic Mountain Bike Season! We are thrilled that your student-athlete is interested in joining us this year. Our team and league strive to make cycling accessible to all kids, no matter their experience or skill level as part of the National Interscholastic Cycling Association (NICA). We are working to build strong bodies, strong minds, and strong character. Safety is the cornerstone for building a fun and encouraging community for all of our student athletes. We have a volunteer coaching staff that undergoes extensive training and background checks. It takes an active community to make this work. We would love to have you join our coaches and volunteers. Ask us how?

## Time Commitment:

- Practices will be twice per week at 8:30am on Saturdays and 2:00pm on Sundays. Additional practices may take place as schedules allow. Locations of practices will be announced on social media and TeamSnap.
- There will be approximately five (5) races between January and April this season with the opportunity for racers to pre-ride the course the day before the race.
- The race schedule with locations, directions, and course maps are available at: [Races \(texasmtb.org\)](http://Races(texasmtb.org)).
- Team trail work, fun rides, and social gatherings will be announced on TeamSnap or Social Media.
- Racers and families will be expected to help clean up camp, load the team trailer, and assist with meal prep/cleanup during race weekends. Riders must be present one hour prior to the designated pre-ride time on Saturday, and are expected to stay after their race to assist in team camp cleaning, packing, and loading the trailer on Sunday.
- Team meals during the weekend (covered by team dues) are Saturday dinner, Sunday breakfast, and Sunday light lunch. Race weekend menus will be put together the week prior to race weekend and communicated through TeamSnap. We do accommodate for dietary restrictions, just let us know!

## Equipment:

<b>Required</b>	Bike	Helmet	Water Bottle	Bike Tool	Cycling Clothes/ Team Jersey
<b>Recommended</b>	Air Pump/CO2	Ride Nutrition	Cold Weather Gear	Protective Eye Wear	Cycling Gloves

## Race Weekends:

- Each race is a weekend event with camping available as part of land use fee. If a family chooses to stay at a hotel, then that would be an added expense on top of obligatory land use fee.
- On Saturday, the day before the race, the team will meet to pre-ride the course together at a pre-designated time as scheduled by race director. Groups will be formed according to skill level. Parents may only pre-ride with team if they have gone through process to be a coach.
- Each racer will be given a race plate to be used throughout the season. The team will hand these out and pick them up at each race. Replacement costs are charged for lost race plates.
- Race weekends are run by volunteers. Parents, families, attendees, and coaches are what makes these events happen. Parents are encouraged to assist with set up, tear down, course marshal, ride sweep, or other duties. Signing up early for volunteer position allows parents to choose a slot that will still ensure they can watch their athletes race. (All South Metro Coaches will be required to complete a minimum of 1 hour of volunteer work on race weekend, or 5 total hours by the end of the season.)
- Race Distances:
  - 1 lap (approx. 5 miles) – Middle School Girls/Boys
  - 2 laps (approx. 10 miles) – JV2 Girls/Boys and Freshmen
  - 3 laps (approx. 15 miles) – Varsity Girls, JV1 Boys
  - 4 laps (approx. 20 miles) – Varsity Boys
- All racers are required to have water bottle/pack at the start line of their race. Student athletes that race more than one lap can opt to pass through Feed Zone and to refresh water/electrolyte drink or grab a snack. Please discuss this with coaches so that we can practice transitions and arrange for passes to Feed Zone. Food and drink handups are **only** allowed through Feed Zone during a race.
- Team members are encouraged to stay and attend the awards ceremony after all the races are finished and clean-up is complete. Assistance with course cleanup is highly encouraged. Many hands make light work.



# South Metro Cyclones



## Financial Commitment:

- Team Dues - covers Team NICA fees, Race Weekend Meals, and Team Shirts. Non-refundable.
- NICA Membership Fee - \$50 (Please register in Pit Zone on the NICA Website once you receive the invitation from the coaches)

Race	Race	Adventure
Team Dues	\$100 per year	\$65
NICA Membership Fee	\$50 per year	\$50
League Registration Fee	\$50 per year	\$50
Per Race Registration Fee	\$50 per race	NA
Travel/Park Fees – Varied	\$15/person	\$15/person
Team Kit – Team jersey and Black shorts required for racing	Approx \$65 Jersey (Required) Approx \$100 Shorts/Bibs (not required)	

## Rider Expectations:

- Racing is not required. Please ask about the NICA Adventure path for activities that include cycling without the pressure of racing.
- Student athletes must maintain academics and attendance in school per parent expectations.
- Student athletes must make a good faith effort to attend all team events and come prepared for practices, rides, and races with required equipment in good working condition.
- Student athletes may not listen to music during practice/group rides or races.
- Cell phone usage will be limited to ride GPS tracking and parent communications.
- Review and understand and sign agreement in NICA rules for Student Athletes and Parents. - [NICA- Handbook.pdf \(nationalmtb.org\)](#)
- Team Code of Conduct: Student athletes and Parents agree to: a) Maintain a positive, respectful demeanor toward coaches, ride leaders, volunteers, and other riders at all times. b) Follow coaches and other leader instructions immediately and fully during practice, training, and group rides, c) Give 100% effort and strive for excellence in all situations both on and off trails.

**Any student athlete or parent failing to comply with the expectations will result in a warning. If behavior persists, then a second warning will be issued via email from coaches. A third warning may result in suspension/dismissal from the team.**

Parent: \_\_\_\_\_ Date: \_\_\_\_\_

Student: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Student Last Name</b>	<b>Student First Name</b>	<b>Cell #</b>	<b>email</b>
<b>Parent/Guardian Last Name</b>	<b>Parent/Guardian First Name</b>	<b>Cell #</b>	<b>email</b>
<b>Emergency Contact Last Name</b>	<b>Emergency Contact First Name</b>	<b>Cell #</b>	<b>email</b>
<b>Student D.O.B</b>	<b>Grade</b>	<b>School</b>	<b>School District</b>
<b>Medical Conditions</b>	<b>Known Allergy</b>	<b>Medications</b>	<b>T-shirt size</b>
<b>Home Address</b>			<b>City</b>



# South Metro Cyclones



## **Instructions to Join the Team:**

- ✓ **Fill out all above information and return to Jayme Arsenault: [Jaymedotcom2004@yahoo.com](mailto:Jaymedotcom2004@yahoo.com)**
- ✓ **Download Team Snap and sign up for group upon receiving invitation**
- ✓ **Pay Team Dues**
- ✓ **Register on NICA Pit Zone upon receiving invitation and pay registration fees.**
- ✓ **Practice: Show up for weekly practice(s), ride as much on own as time/school allows**
- ✓ **Volunteer: Parent-level and volunteers that want to ride with the team must be at least a Level 1 Coach on Pit Zone. Families and Riders are encouraged to engage in Trail Service at local area DORBA trails as a way of giving back to those who have built our play areas.**