



North Texas Cycling - Rider Information Packet

Welcome to the 2024 NTX NICA Mountain Bike Season. We are thrilled your student is interested in joining. We strive to make cycling accessible to all kids, regardless of their experience level. Our team is part of the Texas Interscholastic Mountain Bike League, a state subsidiary of the National Interscholastic Cycling Association (NICA).

OUR MISSION: Get more riders safely on bikes while instilling a lifelong passion for cycling, developing the character, athletic ability, and leadership skills of the rider in a fun environment while promoting academic excellence, and racing competitively with integrity.

The North Texas Cycling team operates under North Texas NICA which is governed by a board made up of parents & coaches.

FINANCIAL COMMITMENT:

- Team Dues: \$175 per rider. Non-refundable.
- Dues increase to \$195 after first 30-days of open registration.
- NICA Membership Fees: \$50 per rider (You will receive an invitation to register on the NICA site).
- Texas League Registration: \$40 per middle school rider, \$50 per high school rider.
- Race Fees: Racing is not required. If your athlete does race, fees are \$25 for middle school students and \$45 for high school students per race.
- Travel and Lodging Fees: Races take place in various locations across Texas. You are responsible for any travel and lodging fees.
- Younger riders not yet in 6th grade may participate as Junior Development Riders. Junior Development Riders do not race. They may join the team at practices as long as a parent or custodian is practicing with the team and that parent/custodian is a Level 1 coach. See information on the Volunteer Info download.

EQUIPMENT NEEDED:

- Mountain bike (We do have limited loaners and a work program for kids that need a bike)
- Team Jersey – This is provided by the team as part of your registration fees
- Helmet
- Protective Eye Wear
- Cycling Gloves
- Water Bottle
- Lights for night riding
- Black Cycling Shorts
- Flat Repair Kit
- Sports Nutrition

TIME COMMITMENT:

- Riders are encouraged to participate in 1 practice per week
- Riders can join any practices within the NICA umbrella



- Riders will RSVP for practices and events on TeamSnap
- There will be five races between Jan. and April. Race schedules are published on texasmtb.org.
- Team trail workdays and social gatherings will be announced throughout the season. Watch for events on TeamSnap.

RIDER BENEFITS:

- NICA Riders benefit from some awesome perks provided by our sponsors. See <https://nationalmtb.org/athlete-coach-benefits/> for the latest student-athlete benefits on bikes, helmets, racks, components, accessories, apparel and training.

RACE DAYS:

- Races are on Sunday and teams pre-ride the course on Saturday.
- Racers must be ready to race at the discretion of the head coach. Participation in the course pre-ride with the coach may be required to determine readiness.
- Riders and their families may choose to camp at the trail or stay at a hotel nearby.
- Riders should plan to stay from the start of the pre-ride through the end of the race to help the team tear down and to support all racers.
- Each venue will have its own entrance and camping fees.
- Each racer will have a race plate with their number to be used throughout the season.
- NICA is volunteer run and parents are encouraged to volunteer at races.
- Race Distances are determined by age / skill level:
 - Middle School Boys & Girls: 1 lap, 4-6 miles
 - Freshman: Boys and Girls: 2 laps, 8-12 miles
 - JV2: Boys/Girls: 2 laps, 8-12 miles
 - JV1: Boys: 3 laps, Girls: 2 laps 12-18 miles
 - Varsity Girls: 3 laps, 12-18 miles
 - Varsity Boys: 4 laps, 16-24 miles

RIDER EXPECTATIONS:

- Racing is not required.
- Riders are required to check for any changes or cancellations to any practice or event they will be attending in TeamSnap. **This is our sole communication tool.**
- Riders and Coaches must RSVP in TeamSnap prior to any practice or event. **This is our sole communication tool.**
- Riders must maintain academics and school attendance in accordance with parent expectations.
- Riders must make a good faith effort to attend team events.
- Riders must come prepared for practices and races with all equipment: bike, helmet, eye protection, lights, water, flat repair and sports nutrition.
- Riders may not use cell phones or headphones during practice.
- Riders will not consume tobacco (or related products including vaping), alcohol or other drugs.
- Athletes must adhere to all UCI and USADA rules and Regulations. No caffeine is allowed at team events or races.
- Riders must agree to the team code of conduct:



- Maintain a positive, respectful demeanor toward coaches, ride leaders, volunteers, and other riders.
- No public displays of affection are allowed.
- Riders must follow coaches' and leaders' instructions during practices, training, group rides and races.
- Riders should give 100% effort and strive for excellence in all situations, both on and off the trails.

Any rider failing to comply with the expectations will receive a warning. If no noticeable improvement is observed, the rider will receive a second warning. After a third non-compliance warning, the rider will be dismissed from the team.