





## **2021 Tredyffrin Easttown Mountain Bike Team**

**Mission:** To develop student athletes through efforts on the bike with the following goals:

- Creating lifelong athletes
- Developing a love for the outdoors
- Teaching: decision-making skills, mechanical problem-solving, self-assessment, goal setting and plan execution
- Increase self-confidence and self-esteem
- Team and League's Core Values:
  - Inclusivity – No Tryouts
  - Equality – No Bench Warmers
  - Strong Body, Mind and Character

### **Governing Body & Structure:**

- National Interscholastic Cycling Association (NICA) 
- League: Pennsylvania Interscholastic Cycling League (PICL) 

PICL is one of 30 State Leagues under NICA with 25,000 Student Athletes expected to race in the 2021/2022 school year

### **Team Structure**

- Co-ed Team
- Available to students grades 6<sup>th</sup> – 12<sup>th</sup>
- New team members must attend Valley Forge Middle School, TE middle School or Conestoga High School\*
- Members can participate in state wide races and events

### **TEMTB has 2 Programs:**

**#1 Try-It Program:** July 1 to August 31st  
TEMTB's Try-It program is designed to introduce the sport of mountain biking to kids. The Program is incremental skills teaching that ensures every rider has the opportunity to learn and master the core skills need for safer trail riding and racing. We ride 3 days a week holding 25 skills practices and group rides from July 1 to August 31<sup>st</sup>.

Students with the goal of racing or adventure riding that are new to the mountain bike team must start in our Try-It program. To ensure we stay on track with our skill progression, inexperienced mountain bike riders must start in the program before July 15<sup>th</sup> to ensure they make it through the complete progression to be safe and capable mountain bikers. Experienced riders must complete their signup by August 15<sup>th</sup>. No new riders are accepted after August 15<sup>th</sup>.

In addition to introducing the sport, the Try-It program is specifically designed to quickly get kids ready to join our race/adventure team. Riders that have the goal of racing must be "Race Ready" by August 31<sup>st</sup> to transition to our

Race/Adventure Program. "Race Ready" is at the discretion of the Level 3 team coaches. We have designed the Try-It Program so that any rider, who attends 20 of the 25 Try-It practices and works hard at those practices, should be "race ready".

**#2 Race/Adventure Prog.:** July 1 to November 4th  
TEMTB is traditional a race team, however riders are not required to race. The fall is dedicated to the development of our riders that want to achieve a higher level of fitness and proficiency on the bike. We shift our focus from core skills teaching to race specific training and longer adventure rides. We work to accept all riders that are "race ready". Here is a summary of the requirements to join the team:

1. Must be "Race Ready", determined by TEMTB Level 3 coaches
2. **Team members are required to do 4 hours of Trail Maintenance. We put a strain on our local resources and this is our way of ensuring long-term access to local riding.**
3. Riders must participate in practice regularly, maintaining the skills and fitness progression with the team through the fall season.

### **Race Ready? – 11 Required Skills / Abilities**

- Fingers on brakes at all times
- Heads Up, Eyes Scanning
- Level Pedals
- Shifting - Anticipation and Proper Cadence
- Ready Position Rough Descent
- Body Bike Separation
- Crouched Climb
- Fast Braking w Proper Body Position
- 6 Inch Log Over
- Sustained Riding Fitness MS=30 Min / HS=45 Min
- Safe Riding Habits

**Race/Adventure Team Size Limit:** To ensure a safe practice environment we need to maintain a coach ratio of 5 riders to 1 coach. If we do not see an appropriate number of parents joining the team to keep good ratios, we will need to limit the number of riders. If any parents or community members that are experienced mountain bikers join the team and agree to consistently help coach (ride with the team), additional spots can be made available.

### **Practice Schedule**

Try-it & Team Practices will be held 3 days per week. TEMTB is expecting roughly 100 riders to join the team this year. To ensure we do not overwhelm our local parks, we are splitting the team into HS/MS.

### **High School:**

- Monday Evening (1.5 Hours) Group Ride or Skills
- Wednesday Evening (1.5 Hours) - District School Grounds - Skills
- Sat/Sun Morning 8AM Long Rides (2 to 3 Hours) Group Ride

### Middle School:

- Tuesday Evening (1.5 Hours) Group Ride or Skills
- Thursday Evening (1.5 Hours) – District School Grounds - Skills
- Sat/Sun Morning 8 or 9AM Long Rides (1.5 to 3 Hours) Group Ride

### **Practice Notes:**

- Many of our coaches and students participate in the Mid Atlantic Super Series (Mtn Bike Racing Series in Mid Atlantic Area). Weekend Practices are set to not conflict with Mid-Atlantic Super Series Races allowing our coaches to race the full season.
- On weeks where NICA races are on Sunday, Monday Practices are moved to Tuesday.
- Weekend practices start at 8AM in the summer to avoid the heat of the day. In the Fall, we move the time back to 9AM.
- Weekday Practice start times will vary as we go through the season. Typically we start practice at 6:15 during the summer months to avoid the heat. As the season progresses and rides need to be longer and daylight gets shorter, we make weekday start times earlier.

### Estimated Weekday Practice Arrival times and Wheels Rolling Times:

- July 1 - August 15: 6:15 Arrival - 6:30 Riding
- August 16 - August 31: 5:45 Arrival - 6:00 Riding
- Sept 1 - Sept 30: 5:15 Arrival - 5:30 Riding
- October 1 - Last Practice: 4:45 Arrival - 5:00 Riding

Practice Locations vary greatly! We move locations almost daily to expose the students to very specific terrain relative to what we are teaching that day. On weekends, we also introduce the students to all the local ride locations with drive times up to 1 hour. We highly encourage carpooling where possible for weekend morning rides.

### **Summer Vacations:**

We value summer vacations... just take your bike! We all want to enjoy our family summer getaways and experiences (Coaches included). Being a club affords us flexibility in how we get into shape. Riders that are new to mountain biking with the intent to join the Race Program need to work with the coaches to ensure summer vacations do not put them too far behind in the progression to be "Race Ready".

### **Bikes**

- All riders should have bike shop quality bike to participate.
- We define a bike as Bike Shop quality as one that can be fixed on the trail using a standard mountain biking "Multi-Tool". Most department store bikes do not fit this requirement including



some bikes from the large sports specific department stores like Dick's Sporting Goods.

- If you plan to buy your son/daughter a bike to participate, please reach out to one of the team coaches for help first.
- Bikes come in multiple frame and wheel sizes. The right size bike will make the sport more enjoyable for your student.
- **Highly Encouraged:** Front Suspension, Reputable Components and Hydraulic Disc Brakes.

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### **Cost**

We are a non-profit team with no compensation for any coaches. 100% of all fees go to the function and success of the team.

### **Breakdown of 2021 Season Costs \$**

- League Registration (Paid to NICA)
  - Option #1 – Season Pass - \$300 covers registration and all races/events for the season.
  - OR Option #2 - \$200 Season Registration + \$45 per Event
- TEMTB Team Fee (Paid to TEMTB) \$50
  - Riders not transitioning from Try-It to the Race Program will receive a \$25 refund to their credit cards in September.
  - **12<sup>th</sup> Graders Reduced Rate \$50 \$0**

Not included in the above are the following items

- Cost of bike, bike maintenance and related equipment
- Family travel expenses- races and adventure weekends are all over the state

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### **How to Join the Team**

To join the team or to become a "coach", all we need is your email address and home residence address. You can either:

Fill in the "Join the Team" form found on the main menu of the team website.

Once we have your request to join, you will receive invitation emails to join 2 websites:

- A. NICA Pitzone (National database for all Leagues and Insurance)
- B. TeamSNAP (Team tool to coordinate team schedule and communications)

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### **Want more in formation?**

- Website: [www.temtb.org](http://www.temtb.org) Facebook: [facebook.com/temtborg](https://facebook.com/temtborg)
- Email: [info@temtb.org](mailto:info@temtb.org)

Call: Team Director - Galen Day 610.223.0500

Head Coach TE District Team - Steve Harris

484.614.5366

Head Coach TE Composite Team- Brian Davis

610.427.3303