



## 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 25 State Leagues under NICA with 20,000 Student Athletes expected to race in the 2019/2020 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 racing series - PICL

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

#### #1 Try-It Program: July 1 to August 31<sup>st</sup>

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 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 team. Riders that have the goal of racing must be "Race Ready" by August 31<sup>st</sup> to transition to our Race Program. "Race Ready" is at the discretion of the team coaches. We have designed the Try-It Program so that any rider, who attends 20 of the 27 Try-It practices and works hard at those practices, should be "race ready".

#### #2 Race Program: July 1 to November 11<sup>th</sup>

TEMTB is a race team. The fall is dedicated to the development of our riders that want to race in the state wide series. We shift our focus from core skills teaching to race specific training and tactics. 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" by any of these 3 methods:
  - a. Completion of the Try-It Program (Base Skills Attained)
  - b. Finished 2 NICA races in the previous year
  - c. Finished 2 MASS races in the current yr in (CAT3 or higher).
2. **All team members are required to do 6 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. Racers must purchase and wear a Team Jersey at races per NICA rules
4. Riders must participate in practice regularly, maintaining the skills and fitness progression with the team through the fall season.

**Race 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

Both the Try-It Program and Race Program have practices held 3 days per week. The 2 programs are together for 2 practices a week and separate for one. To accommodate students with substantial commitments to other sports, we alternate days each week making the following 2 week practice schedule:

#### Week 1:

1. Monday Evening (1.5 Hours)
  - Try It: TE District School Grounds or
  - Race Program: Group Ride Valley Forge Park
2. Wednesday Evening (1.5 Hours) - TE District School Grounds - Skills Practice
3. Sat/Sun Morning 8AM Long Rides (1.5 to 3 Hours) Group Ride

#### Week 2:

1. Tuesday Evening (1 to 1.5 Hours)
  - Try It: TE District School Grounds or
  - Race Program: Group Ride Valley Forge Park
2. Thursday Evening (1 to 1.5 Hours) - TE District School Grounds - Skills
3. Sat/Sun Morning 8AM Long Rides (1.5 to 3 Hours) Group Ride

#### AND....Repeat Week 1

+ Extra Practices for Red and Orange Riders Available: "Join Coach's Workout" are hard independent riding sessions. These are by invitation only. Coaches are sharing their hard work out sessions with the students. Riders need to be self-sufficient and self-motivated to participate fully at these sessions.

## 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.
- **Bike Checks Required!** Every student and coach must have their bike inspected by one of our sponsoring shop partners



before the season starts. Once checked the shop will put a 2019 TEMTB sticker on your bike, indicating completion.

## 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 Season Costs \$

- \$300 League Registration Season Pass (Paid to NICA)
  - \$275 if paid before 5/31 – Early Bird Rate
  - Multi family member Discount Available: Must pay by check. Before May 31st: 1<sup>st</sup> \$275, 2<sup>nd</sup> \$247.50, 3<sup>rd</sup> \$220, 4<sup>th</sup> \$220....
  - Season Pass Includes all Races, Adventure Events and Local Dirt Events
- \$130 TEMTB Team Fee (Paid to TEMTB)
  - Riders not transitioning from Try-It to the Race Program will receive a \$30 refund to their credit cards in September.
  - **12<sup>th</sup> Graders Reduced Rate \$130 \$50**

Not included in the above are the following items

- Team Jersey (only required to race \$60)
- Cost of bike, bike maintenance and related equipment
- Family travel expenses- races are all over the state

## 2019 Race Schedule

Race 1 9/7-8 – Granite Hill Campground Gettysburg 2h Camping

Race 2 9/21-22 - Johnstown High Ground 3h45m – Camping

Race 3 9/28-29 - Boyce Park Pittsburgh - 4h20m No Camping

Race 4 10/5-6 - Fair Hill MD - 1h – No Camping

Finals 10/19-20 - Jordan Creek Park 1h – Allentown - No Camping

Rain Date: 10/27 (If needed)

Adventure Wknd is TBD

Official League Race Series Page: [www.pamtb.org/race-series](http://www.pamtb.org/race-series)

## 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:

- A. Send it to us at [info@temtb.org](mailto:info@temtb.org) OR
- B. Submit it through "Join the Team" page on 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)

## Want more information?

- 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