



NICA

Grove City Composite Mountain Bike Team Fall 2021 Season

Welcome to our first Grove City Composite Mountain Bike Team Meeting! This team is open to any student in grades 6-12 in the 2021/2022 school year. Our team philosophy is to have fun and to learn and grow as student athletes through mountain biking! There are no tryouts. Everyone rides no matter his/her ability and skill level. Racing is optional and not required to join the team.

GCC MTB competes in cross-country style racing, based on National Interscholastic Cycling League standards (www.nationalmtb.org), starting in the fall. Cross-country requires a broad range of skills to ride up and down mountain bike trails. Team members will develop both technical skills and improve their fitness through cross-country riding. Our team's activities are focused upon preparing for and racing at NICA-produced cross-country mountain biking events only. We do not participate in "gravity" or downhill/enduro style events.

GCC MTB coaches and ride leaders receive background checks and are trained per NICA standards in concussion awareness, risk management and first-aid.

Practices: Pre-season activities will start in June. Official practices start in July and will be 2 times a week—days and times to be determined. Before any rider is able to practice, you must have your registration finished in PitZone and have your bike checked by a coach! Practices are led by trained coaches and ride leaders.

Preseason Activities: These will include basic bike maintenance clinics, skill clinics, team meetings and such. Student athletes and interested coaches may come to a ONE time practice with an appropriate waiver.

Registration: All students must register in the Ohio League's "Pit Zone". Riders MUST be registered and "race ready" in "Pit Zone" by their 1st practice. No exceptions. We will send unregistered riders home. In the event a rider wants to test out and try one practice before registering and paying fees, please contact Team Director Tiffany Kirkbride directly.

Fees: Each student pays a fee of \$150 and that is their League Pass. This includes the NICA fee, NICA admin costs, insurance, and the OMBL fee. There will be additional fees to cover uniform. Fundraising is an option. Please let Tiffany know if you have any fundraising suggestions or would like to head this task as a parent volunteer :)

Equipment: Riders need to have his/her own mountain bike and are required to wear helmets and closed-toe shoes when riding. Gloves and sunglasses are highly recommended. Riders must carry their own spare tube, mini-pump, water and a jacket at all practices. Each rider is responsible for having and maintaining his/her own mountain bike. It is highly recommended that every rider to establish a relationship w/ a local bike shop for bike tunes, equipment maintenance and questions.

Required equipment:

- Helmet. Consider a MIPS helmet if possible.
- Flashing red tail light
- Mountain bike
- Gloves and eye protection (recommend generic sport glasses under \$10)
- Cycling shorts (lycra or baggy)
- One team uniform (jersey and shorts)
- Wind breaker, leg warmers, and arm warmers

Please let the head coaches know if you need help finding and or purchasing a bike. We will do our best to help find a suitable bike. There are also scholarship opportunities. <https://www.nationalmtb.org/scholarships/>

Racing: Racing is optional but encouraged! Middle/High school race entries are \$50 per race. Parents and students are responsible for providing transportation to/from all races. There are opportunities to camp at venues for race weekends.

Race Dates

August 28-29 - John Bryan State Park (Yellow Springs, OH)

September 11-12 - Baileys Trail System (Chauncey, OH)

September 25-26 - Chestnut Ridge Metro Park (Carroll, OH)

October 9-10 - Camp Tuscazoar (Dover, OH)

Mechanic Clinics

There will be opportunities to sign up for a shop time at Heritage Cycles to tune up your own bike! This is the perfect opportunity to learn how to take care of your ride and be able to make adjustments as needed.

All team members are required to:

- Fill out the team sign-up form
- Get the release forms filled out and signed by a parent
- Get your bike and equipment checked off by one of the coaches
- Attend the team rules meeting and the team safety meeting (TBD)
- Be race ready in the Pit Zone

Questions?

The coaches are here to help! Please do not hesitate to reach out to the team director if you have questions about the team or if costs associated with the program or equipment are unaffordable. We think everyone who wants to ride deserves to participate!

Head Coach contact info:

Tiffany Kirkbride

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