



Marshall County High School
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Dear Parents and Riders,

Welcome to the Marshall County Mountain Bike Club! If you are a new member I hope you will find our team to be exciting and a worthwhile endeavor for you and your child. We take pride in our Team and what they represent to the community and to MCHS.

I have tried to provide you a view of a typical season and the information and documents that you will need to be familiar with in this letter. Our primary means of communication will be by email, followed up by our MTB Team Website, Team Facebook page and twitter updates for practices, schedule changes, etc.

We are a High School Mountain Bike Team and we are excited to start our 5th year, having been crowned State Champions for the past 4 years! This is our 3rd year to include the Middle School students on our team. There has been good growth from that program and we welcome the younger riders. I have noted, as a separate document, the NICA Middle School Program Policy for your reference if you are a parent of a Middle Schooler.

We race in the TN League, and all 4 of our races are in the state of TN. The official website is: www.tenneessmtb.org, and the Pit Zone is our primary registration site where all rider/parent information is stored. The website has a lot of information and resources on it. I encourage you to take the time and review both the TN League website and the NICA website (www.nationamtb.org). There are many NICA U-Tube videos explaining the Pit Zone and other aspects of our League, please review them at your convenience.

Our team is both a riding (adventure) and racing (performance) club. If you have a child that is a beginner or not sure they want to race at the beginning of the season that is ok. We have Coaches and Ride Leaders that will assess your student/athlete's experience, skills and abilities before allowing them to safely compete in a race. Typically there is about 4-6 weeks from our first practice until the first race and if they are not ready by then, they can sign up for the 2nd or 3rd race, depending on how they progress.

I have outlined the Team dues for 2017 in this binder of information. We try and keep the costs to a minimum for the riders and fundraising is a key part of the success of our team. Our Booster Club works hard to secure sufficient funds to keep operating costs down and pay for the student's race fees, dinners and other items that benefit the team. Your participation in helping the Booster Club is key to our success!

We typically practice on Tuesday and Thursday at 5 PM and Saturday morning at 9 AM. We will meet at Mike Miller Park, the North Welcome Station (NWS) in LBL, or at MCHS campus for practices. We have a new trail at KY Dam State Park, the Gobbler's Knob trail that we will also practice on. We will adjust the practices based on weather and trail conditions.

The MCHS Team is a cross-country mountain bike team, requiring a skill set, fitness and endurance levels different from other forms of cycling. The coaching staff's primary goal to students is to provide them with a safe, enjoyable experience while they achieve both personal growth and team camaraderie that is fun and challenging.

Thank you and good luck!

Coach Steve Beckett
270.519.8756
Coach Jourdan Griffith
270-703-8172

INVITATION FOR TEAM MEMBERS:

I will re-invite all riders from the 2016 season (excluding Seniors) for the 2017 season. If you are NOT going to be part of the 2017 club this year, please reply to me ASAP so I can revise the roster in the Pit Zone.

TEAM DUES:

Here are your LEAGUE REGISTRATION fees paid direct to NICA:

High School:

- 1) Waiver - It is electronic submission; please complete this waiver as soon as possible.
 - 2) NICA membership fee - \$25
 - 3) Race Series registration - \$40
- SUB TOTAL: \$65**

Middle School:

- 1) Waiver - It is electronic submission; please complete this waiver as soon as possible.
 - 2) NICA membership fee - \$25
 - 3) League Race Series registration - \$30
- SUB TOTAL: \$55**

TEAM MEMBERSHIP fees:

- 1) Uniform Team Racing Kit (Jersey and shorts/bibs) - **approximately \$200***- Depends on how much gear you order and if you have a new 2016 kit design.
 - **We will reuse our 2016 Race Kits again this year and we will be ordering new items in July from Podiumwear for those that need kits.**
- Podiumwear has direct ordering by the parent, please read attached information on ordering and price lists.
 - A student athlete's minimum kit is 1 race short sleeve jersey & 1 race shorts or bibs.
 - The student athlete will be able to pre-ride in their older Race kits on race weekend.

TOTAL TEAM MEMBERSHIP FEE: \$265 * (approx.)

*There are scholarships available through NICA to help with the cost of joining a NICA MTB Team and helping with equipment purchases. See me for details or check it out on the NICA home page.

- **ALL TEAM MEMBERS ARE REQUIRED TO GET A SPORT PHYSICAL BEFORE THE FIRST PRACTICE!**

TEAM MEETING & First Practice:

Parent / Student Athlete meeting to discuss the upcoming year events, fundraising and fine tune any student information and discuss ride leaders and volunteer requirements. This will be an opportunity for any of the new middle school parents/riders to get acquainted and review the rules for them. This meeting will be held on **Tuesday, July 18th @ 5:00 PM at Mike Miller Park.**

FUNDRAISING:

The Fundraising will be coordinated by the Booster Club.

As in the past, we will have fundraising events to cover the student/athlete costs of:

1. Race fees, High School - 4 races @ \$35 ea. = \$140. each
2. Race fees, Middle School – 4 races @ \$25 ea. = \$100. each
3. Pre-race day dinner meals.
4. Team gear bags
5. Team tools and other goodies as determined...

PRE-SEASON TEAM ACTIVITIES:

The official Pre-Season opens May 1st. We will not be able to do any pre-season activities until the waiver is received by NICA for all student athletes!! IF YOU DO NOT SIGN & RETURN THE WAIVER, AND WE HAVE AN EVENT, YOU WILL NOT BE ABLE TO PARTICIPATE.

- **SEASON START DATE:** Practices – Week of **JULY 17th**, right after the dead period as set by the KSHSAA.
- **Season Race Dates: September 9th, September 23rd, October 7th, October 28th**

PIT ZONE REGISTRATION for Volunteers and Coaches:

Go to: <http://www.nationalmtb.org/coaching/> for details and view the requirements for license levels.

All volunteers are required to obtain a NICA Certification License at one of three levels:

Level 1 Certification: Assists all coaches as directed by the head coach.

Level 2 Certification: Assists level 3 coaches with advanced tasks such as leading rides.

Level 3 Certification: Takes a leadership role within the team. Equivalent competencies as head coach.

PRACTICE GEAR:

Just a reminder (especially for the new riders), you will need as a *minimum* to bring to practice:

Required:

- A good working bike (unless your borrowing one) –then the lender should make sure it’s in good working order
- Helmet
- Spare tube - make sure you know what size you need; 26”, 27.5”, 29” and valve type (shradler – bigger diameter or presta - smaller diameter)
- Inflation system – CO2 Cartridge or min-pump
- Tire Levers – (for removing the tire from the wheel)
- Water bottle or Camelback for hydration
- Any Meds that you require to ride outdoors – Inhaler, EPI , etc.

Recommended:

- Riding shorts with chamois pad
- Gloves
- Riding glasses – safety type or sunglasses with correct lens color for the light conditions
- Portable Tool kit for basic minor work while on the trail
- CO2 Air cartridges (for inflating the spare tube or tubeless tires)

This is just the basics, there is a reference list on the www.tennesseeemt.org website or just ask me if you are not sure about something.

Please go to the Team web page at: www.mcmountainbiking.com to find the following informative documents:

- MCHS Booster Club Members
- NICA Quick Start Guide

- NICA Insurance Overview
- NICA Middle School Policy
- NICA Rider Petition
- NICA Pit Zone 101 Registration
- Equipment Checklist for Athletes
- Race Bag Checklist
- Bill of Rights for Young Athletes
- Parent Handbook for Cycling
- Trek Bike discount 2017-NICA
- Cannondale Bike discount 2016-NICA
- Specialized bike discount 2016-NICA
- Pivot Bike discount – Talk to Jackie at WNW ~ 20%