

BOISE

Braves MTB

New in 2016

North Junior High and
Hillside Junior High

Signup Form:

<http://boisemtb.org/team-registration>



Intro



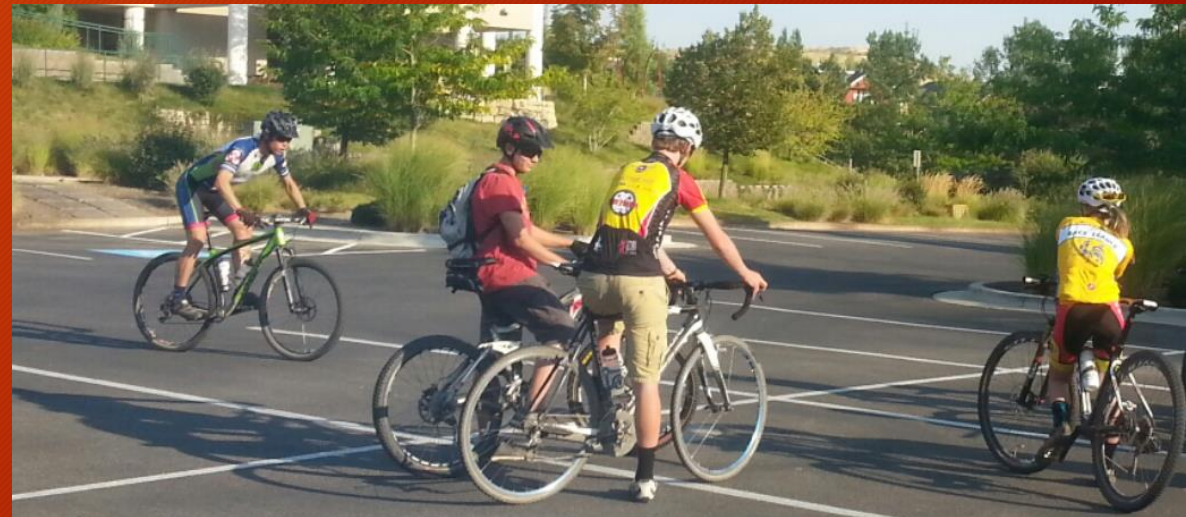
Andrew Shaber, Head Coach
Renée Kline, Assistant Coach
Ben Stein, Team Director
Zane Colby, Assistant Coach



National Interscholastic Cycling Association



Idaho Interscholastic Cycling League



Video



- Check out the excitement in this Utah League video
- Idaho League courses are a little more mild. Courses are rideable by all athletes
- <https://www.youtube.com/watch?v=QnvOUDNliLw> (Utah League)
- <https://vimeo.com/157611276?ref=fb-share&1> (Barb Kreisel 0:25)

NICA Five Core Principles

- Inclusivity
 - There are no bench warmers. We all ride. We're all part of the team.
- Equality
- Strong Body
 - Fitness and strength
- Strong Mind
 - Maintain grades. Learn about cycling
- Strong Character
 - Show respect, work through challenges, be a good example

Boise Braves MTB Team Vision



- An inclusive team for Boise High School, North Juniors High School and Hillside Junior High School students and interested students from the 6th grade.
- **Skills Coaching:** Team coaches have many years of racing and riding and other sports. We have received specific skill practice instruction in coaching high school athletes from world renowned mountain bike skills instructor Lee McCormack
- **Cycling Fitness:** The focus of NICA is the love of cycling. Racing is an excuse to train for big adventures. Our coaching team has solid background in cycling fitness and will provide quality coaching to ensure appropriate progression of fitness for varied levels of cycling fitness.



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- **Whole Body Fitness:** Success in cycling requires good nutrition, core strength and maintaining the stoke or love for cycling. Within our season we work with experts to provide instruction and clinics about nutrition for cycling, core strength, flexibility and other components of cycling that allow for athlete's success.
- **Racing:** With all the skills developed above, students become race ready. There is a category suitable for all athletes where they can succeed. Racing gives a tool to measure and strive toward personal achievements.
- **Travel:** Parents and students are responsible for travel to races around the state. The team, with support of parents, coordinate the travel and provide a chance for athletes and their parents to ride together in beautiful and amazing locations.



Season Overview



- April 1 - Registration opens, Beginning of Pre-Season
 - Try-it-out: April 2, 13, 19
 - Bike-a-thon: May 21
 - Bike Camp: June 24, 25 (overnight for High School)
- July 1 -In-Season
 - Practices two week days and one weekend day
- Races
 - #1 Jug Jamboree Jug Mountain 8/27/2016
 - #2 Galena Gallop Galena Lodge 9/10/2016
 - #3 Grand Charge Grand Targhee 9/17/2016
 - #4 Magic Mania Magic Mountain 9/24/2016
 - #5 Avimor Avenger Avimor 10/8/2016



See full Calendar at
<http://boisemtb.org/calendar>

Cost



- Cost:
 - Team Dues: Prior to April 15: \$125. After April 15: \$150
 - PitZone (NICA) \$50
 - Each race \$35
 - Bike Camp \$50-\$75
 - Scholarships Available

Equipment

What to wear

- Cycling jerseys and shorts (ordered with the team)
- No Cotton & No Jeans!
- Nylon wind and rain breaking shell type jacket
- Light, water-resistant jacket if it is raining.

Cycling Gear

- Helmet! Make sure that it fits properly.
- Gloves
- Water Bottle or Hydration Pack with plenty of water.
- Eye protection

Mountain Bike

- Any bike-shop type mountain bike will do. There is no need for exotic and expensive.
- Must be a mountain bike (no BMX, cyclocross etc)
- Flat Bar
- Functioning front and rear brakes
- At least 1.75" tires

Other Necessities (plan to be self-sufficient)

- Food, preferably energy bars, gels or Gummy Bears. If you are a big eater bring a sandwich.
- Food portables are a great solution too!
- Tools, basic things like a spare tube, a hand pump, tire irons and a multi-tool.
- A good attitude!

Camping Gear

- Sleeping Bag and Sleeping Pad

Commitment



- Spring Events
 - 1 day of Try-it-out
 - Bike-a-thon
 - Bike Check -> Hill Climb -> Bike Camp
 - Community service
- Practice
 - 2 of 3 practices per week from July 1 through August 27 (15 practices)
 - 1 practice per week on race weeks, 2 per week in race season
- Races are not mandatory but highly encouraged



Risk Plan



- Licensed Coaches trained in first aid, CPR, risk management, Heads-up Concussion Training
- Strict helmet and concussion policies
- Coach and volunteer Background Checks
- Skills coaching to lessen chances of crashing
- Closely supervised practices with lead/sweep ride leaders
- Training plan for proper fitness progression
- NICA provided insurance
 - Athletes are covered by excess medical insurance, which means you are eligible to submit claims that are over and above what your own medical insurance covers, up to a limit of \$25,000.

Next Steps

Whew! We're done with the boring stuff, lets sign up and go ride!



- Registration:
 1. Fill out the registration form on <http://boisemtb.org/team-registration>
 2. Parents should also fill out the parents form found on <http://boisemtb.org/forms>.
 3. On or around April 1, expect an email invitation to pitzone. This is where you'll fill in the rest of your information and pay the league registration fee
 4. The first league event is April 2, Try-it-out in conjunction with George's grand opening celebration (see website for details) Make sure you are registered and can ride with the team.
- Watch the calendar for event details. Spring events will provide opportunity to meet the team
- Ride your bike! Training doesn't start until July 1. You don't want to be that guy or gal sucking wind at the first practice. Besides, the trails are primed for riding in April and May.
- Connect with teammates using the team directory (details to be sent out.) Get to know and ride with teammates.



Thank you. Ask lots of questions



- Remember, if you have a question, someone else will too. I will be posting questions and FAQ on the site
- All of us coaches are stoked for a great season.
- Welcome to Boise Braves MTB Team!

