

SNOW CANYON HIGH SCHOOL MOUNTAIN BIKE TEAM HANDBOOK



March 2022

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1.0 WELCOME

Snow Canyon MTB is a mountain bike team for student athletes grades 7 through 12 living within the Snow Canyon High School boundaries (including students from Lava Ridge Intermediate, Vista, Snow Canyon Middle, and Snow Canyon High). We love riding bikes and want to share our excitement with any interested students, regardless of mountain biking experience, skill, or ability. At the end of the day (and season) we want our student-athletes to love riding bikes (we hope to make them lifelong riders)!

We welcome student athletes in whatever level of participation they are comfortable with – from novice athletes just wanting to gain fitness/skills to highly competitive racers. Coaches will work with riders to place them in an appropriate riding category based on their skill, riding ability, goals, and commitment level.

2022 will be our fifth season as a team and we are excited for what lies ahead! We plan on making this the best season yet!

2.0 ATHLETE CODE OF CONDUCT

Student-athletes, parents and coaches agree to follow the National Interscholastic Cycling Association’s (NICA) code of conduct to maintain a culture of safety, responsibility, and respect. Parents/guardians are asked to review and agree to the code of conduct (Table 2.1) with their children during the registration process.

TABLE 2.1: NICA CODE OF CONDUCT

Be Safe	<ul style="list-style-type: none"> ➤ Always wear a helmet ➤ Be prepared with additional safety gear: gloves, glasses, and extra clothes to match the weather ➤ Be prepared with a working bike and perform an ABCDE bike check (Air, Brakes, Chain, Derailleur, Everything Else) ➤ Ride within your limits ➤ Ride with someone else in isolated areas ➤ Never use any performance enhancing drug described in the NICA Handbook (https://www.nationalmtb.org/blog/wp-content/uploads/NICA-Handbook.pdf) ➤ Plan ahead and let your family or caregivers know where you are going and when you plan to return ➤ Avoid contact with wildlife ➤ Understand the dangers of the native plants and avoid poisonous plants, stay on the trail
Be Responsible	<ul style="list-style-type: none"> ➤ Be prepared with the water, food, and clothing that you need to complete the ride ➤ Come to practice with a clean and well-maintained bike ➤ Be accountable for your actions and choices ➤ Never consume alcohol or use any illegal drugs ➤ Ride only on designated and legal trails and routes ➤ Follow additional rules that may be associated with team’s school or league affiliations
Be Respectful	<ul style="list-style-type: none"> ➤ Respect coaches, teammates, competitors, trail users and other community members: <ul style="list-style-type: none"> ▪ Treat everyone with dignity and respect ▪ Avoid language and actions that may be perceived as bullying or harassment ▪ Be inclusive and welcoming to new athletes, coaches, competitors, and other trail users ▪ Use appropriate language ➤ Move aside to allow others to pass you safely ➤ Announce your passing, intention, and specify the passing side ➤ Do your best when racing or riding your bike ➤ Ride with courtesy at races, at practice, and in the community ➤ Seek consent before touching, hugging and otherwise embracing teammates and coaches ➤ Slow down when approaching other trail users ➤ Provide right of way to pedestrians and equestrians and stop and ask for passing instructions from equestrians ➤ Leave no trace or trash on the trail ➤ Ride on trails when the weather and surface conditions will not cause damage ➤ Perform trail maintenance on trails only with full permission and permits from the land owner/manager

3.0 KEY DATES

Before we jump into the nitty gritty, we want to share some key dates with you so you can plan the season accordingly.

3.1 Key Registration and Team Dates

Key dates pertaining to the 2021 SCHC MTB season include:

- Team Informational Meeting: 31 March 2022
- Team Registration Deadline: 1 June 2022
- League Registration Deadline: 1 June 2022
- Team Practice Start: 01 June 2022

Registration details are discussed in Section 4.0. Please note that **student athletes (and coaches) cannot practice with the team until they are fully registered.**

3.2 Race Dates

The Fall 2021 race schedule is posted (and updated/revised as needed) on the Utah High School League website (<https://www.utahmtb.org/race>). SCHS MTB races in the Southern Region. High School (Grades 9 through 12) racers are eligible to race all four regional races while Junior Devo (Grades 7 and 8) may only race the first three races. High School racers who finish at the top of their categories (and all Seniors) are eligible to race at the State Championships (eligibility is defined in Section 13.8 of the Utah High School Cycling League rule book – <https://static1.squarespace.com/static/54ebaa0ce4b0b896afa5155d/t/60392914f6e63921ad64d2f/1614358841038/UT-2021-Handbook.pdf>).

Table 3.1 summarizes the 2022 race schedule and venues as currently published.

TABLE 3.1: 2022 RACE SCHEDULE

Race Date	Race Date(s)	Venue	Eligible Racers	
			Junior Devo (Grade 7 & 8)	High School (Grades 9 – 12)
Race 1	20 August 2022	Cedar City	✓	✓
Race 2	3 September 2022	Richfield	✓	✓
Race 3	17 September 2022	Soldier Hollow	✓	✓
Regional Championship	1 October 2022	Eagle Mountain		✓
State Championship	21 & 21 October 2021	St. George		✓ Eligible Racers Only

The Utah High School Cycling League will post race day flyers with pertinent information on their website (<https://www.utahmtb.org/race>) a few weeks before each race. While races are on

Saturday (and Friday for the State Championship), we have team pre-rides and race preparation at each venue the day before race day (typically Friday). So, if the race is far from home, you should plan on making hotel or camping arrangements near each venue (the sooner the better as hotels and campgrounds tend to fill up quickly).

4.0 SNOW CANYON TEAM BASICS

4.1 Why?

Because riding bikes is awesome – awesome for lifelong fitness, fun, challenge, and friendships. We love riding bikes and want to share our love with any and all interested student-athletes.

4.2 SCHS MTB Team, Utah HS Cycling League & NICA

The SCHS MTB team is part of the Southern Region of the Utah High School Cycling League (<https://www.utahmtb.org>) which is a member of the National Interscholastic Cycling Association (NICA, <https://www.nationalmtb.org>).

NICA was founded in 2009 with a mission to “build strong minds, bodies, character, and communities through cycling.” NICA’s core values include:

- **Fun:** NICA inspires friendship, joy, and adventure;
- **Inclusivity:** NICA believes everyone should be able to participate in our programs and feel welcomed, respected and supported;
- **Equity:** NICA is committed to fair treatment, equal access, opportunity, advancement and elimination of barriers to encourage participation for all;
- **Respect:** NICA expects consideration for all others, oneself, and the outdoors; and
- **Community:** NICA unites diverse people, families and communities through cycling by creating fun and welcoming experiences.

The Utah High School Cycling League was founded in 2012 and seeks to “provide a safe and positive experience for Utah’s teens and their facilities...with a philosophy that ‘nobody rides the bench’.”

This year marks Snow Canyon MTB’s 5th season (before that we were part of the Flying Monkeys, a composite team of all Southern Utah’s high schools).

4.3 Goals

SCHS MTB’s primary goal is to foster a lifelong love of mountain biking in our student-athletes. Second to that, we wish to support our student-athletes individual goals pertaining to fitness, skill development, and competitive racing. Goal setting promotes life skills development that will benefit student-athletes off the bike.

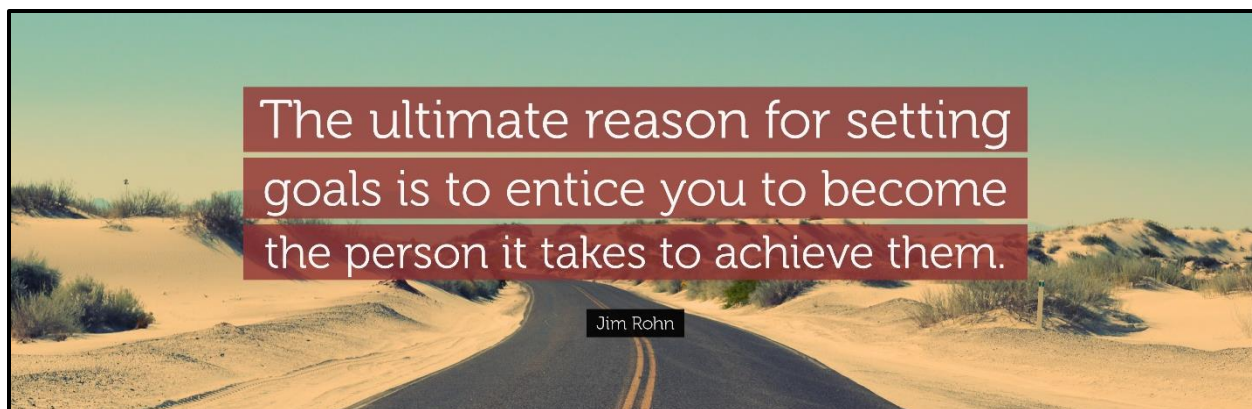


FIGURE 4.1: PRIMARY REASON TO SET GOALS

We encourage each student-athlete to thoughtfully consider and define their goals for the 2022 season and then share those goals with the team coaches. NICA's goal setting worksheet is provided as Appendix A.

4.4 Expectations

We expect our student-athletes to:

- Adhere to the NICA code of conduct (Section 2.0);
- Have a positive attitude;
- Be excellent teammates;
- Practice good sportsmanship;
- Give their best effort;
- Respect their teammates, coaches, and parents;
- Practice trail stewardship; and
- Be ambassadors for the SCHS MTB team, their school, their coaches, and their families.

4.5 Coaching Staff

Our dedicated coaching staff are all volunteers trained and certified by NICA. Our coaches are diverse and include both parents and local amateur racers. Many of our coaches have been involved with local high school mountain bike teams for more than 5 years and have been riding and racing bikes for decades.

Table 4.1 summarizes our key coaching staff.

TABLE 4.1: KEY COACHING STAFF

Coach/Position	Name
Head Coach	Nate Hansen
Head Coach	Jared Purdy
Team Director/Treasurer	Kenzie Hansen
Group Coaches	Shane Christensen
	Mitch Cloward
	Scott Gates
	Mark Mortensen
	Rob Parr
	RP Perez
	Jeff Wilson
	Jeff Quayle
	Shirlyne Quayle

Our key coaching staff is assisted by a dedicated group of supporting coaches that are too numerous to list. These supporting coaches serve as ride leads and assistant group coaches.

4.6 Volunteer (or “Voluntold”) Opportunities

Volunteers keep the SCHS MTB team running. So, we need your help, especially on race day. Volunteer opportunities include:

- Practices (require registration w/ NICA as a coach):
 - Ride Lead;
 - Group Coach;
- Race Day:
 - Race venue pit zone set-up and take down;
 - Pit Zone food/food committee;
 - Pit zone manager;
 - Racer warm-up leaders (must be registered as a NICA coach);
 - Racer feed zone support;
- Team Support:
 - Team Activities Committee
 - Social Media Manager
 - Team Photographer

- Sponsorship/Fundraising Committee

We welcome and appreciate your support wherever you can serve.

4.7 Sponsors

4.7.1 General

Sponsors provide or help us purchase the equipment we need to keep our team running smoothly (and thus help keep our team fees lower).

4.7.2 Sponsorship Opportunities and Benefits

We need team sponsors! Please contact businesses to request sponsorships. In addition to helping our mountain bike team, they receive a few perks such as logo placement on our team trailer and tent wall. A sponsorship flyer (to share with prospects is provided in Appendix B).

Below is a breakdown of what discount you will receive for bringing in sponsors.

- \$250 Sponsorship = \$50 off team fees
- \$500 Sponsorship = \$100 off team fees
- \$750 Sponsorship = \$150 off team fees
- \$1,000 Sponsorship = \$200 off team fees
- \$1,500 Sponsorship = \$300 off team fees

Any additional sponsorship money brought in that exceeds that which covers your team fees (see Section 5.2), will count towards a team clothing credit (\$25 credit for \$250 sponsorship).

4.8 Communication – Teamsnap

The SCHS MTB team communicates during the season using the Teamsnap App (Figure 4.2). This app allows us to post training calendars, message the team, direct message each other, access key files/forms, etc. Please download the app from your respective app store. You will receive an email invite to join our team (sent to the email address you use during registration).



FIGURE 4.2: TEAMSNAPE APP LOGO

4.9 Social Media

The SCHS MTB team has a Facebook and Instagram profile. Please connect with us and share team pictures and announcements with us!

Facebook: <https://www.facebook.com/scmountainbike>

Instagram: @scmtbteam (<https://instagram.com/scmtbteam?igshid=11qwewwj13xbp>)

4.10 Website



The SCHS MTB team now has a team website. Key team information will be available on the website. Please check it out! www.scmtbteam.com

5.0 REGISTRATION

5.1 Student-Athletes

This is **SUPER IMPORTANT INFORMATION**. Registration for student-athletes is a **TWO-PART PROCESS**. Both parts **MUST BE COMPLETED BY REGISTRATION DEADLINES** for your child to participate. Your student-athlete will not be allowed to practice or race until their registration is complete. Table 5.1 summarizes the student-athlete registration process.

TABLE 5.1: REGISTRATION PROCESS

	<p style="text-align: center;"><u>SCHS MTB TEAM REGISTRATION</u></p> <ul style="list-style-type: none"> ➤ Register with the Snow Canyon High School Mountain Bike Team at Team Registration Night ➤ Pay Team Fees ➤ Team Registration Includes: <ul style="list-style-type: none"> ▪ Coaching ▪ Team Activities ▪ Race Day Lunch and Snacks ▪ Team Swag ➤ Pay Team Kit Fee (Cycling shorts, Jersey, Socks, Hat, and T-shirt)
	<p style="text-align: center;"><u>NICA/LEAGUE REGISTRATION</u></p> <ul style="list-style-type: none"> ➤ Register by the League Registration Deadline (30 June 2021): <ul style="list-style-type: none"> ▪ NICA/League Registration and fees are processed on-line at https://pitzone.nationalmtb.org/ ▪ Once you register with the SCHS MTB team (Step 1) we will set-up an account for you on PitZone so you can complete the NICA/League registration process ➤ NICA/League Registration includes: <ul style="list-style-type: none"> ▪ Insurance ▪ All race fees ➤ Student-athletes cannot practice with the team until they are fully registered with NICA/League.

5.2 Student Athlete Fees

Table 5.2 summarizes the 2022 season fees.

TABLE 5.2: 2022 SEASON FEES

Item	Jr. Devo Fees	High School Fees	Comment
NICA Fees	\$40	\$40	Paid directly to NICA through the Pitzone website
League Fees	\$210	\$260	Paid directly to the UT League through the Pitzone website

Item	Jr. Devo Fees	High School Fees	Comment
Team Fees	\$180	\$180	See §4.7.2 on how to discount this fee
Team Kit	\$170	\$170	Not required if you already have a current team kit

5.3 Parents/Coaches

Individuals who wish to ride with or coach the SCHS MTB team must register with NICA as a Level 1 (or higher) coach. NICA coach registration is processed through their Pit Zone website (<https://pitzone.nationalmtb.org/>). The registration process includes:

- Background check;
- Registration fee; and
- Key training (concussion, child safety, and NICA coaching fundamentals).

6.0 EQUIPMENT

Mountain biking has a reputation for being equipment heavy (Figure 6.1). There are mandatory equipment requirements in order to practice and race. Resources are available if a student-athlete needs financial help getting a bike or necessary equipment. The Utah League also has some loaner bikes available. Please meet with the team coaches to discuss your needs so they can direct you to the available resources. Our goal is to give every student-athlete the opportunity to ride and race.



FIGURE 6.1: THE BLACK HOLE KNOWN AS MOUNTAIN BIKING!

6.1 Mandatory Equipment

The following are required for riding and racing:

- Functioning, safe mountain bike;
- Undamaged and properly fitting helmet;
- Hydration pack (70 oz. minimum);
- Gloves;
- Close-toed shoes (cycling specific shoes are preferred);

- Eye protection;
- 2 inner tubes (correct size for mountain bike, even if riding tubless);
- Hand pump (even if carrying CO₂);
- Inner tube patch kit;
- 2 tire levers;
- Multi-tool and chain breaker;
- Spare derailleur hanger;
- Nutrition (bars, gels, etc.);
- Medication (must be self-administered); and
- Head and tail lights if riding to/from practice (before sunrise or after sunset).

Student-athletes must have this equipment with them at every practice and race. The team will conduct an equipment check before the practice season starts to identify any bike issues that need to be resolved or equipment needs. Our basic bike equipment checklist is provided in Appendix C.

Many of the bike shops in town offer NICA discounts and we recommend you purchase the required gear from them. They sell quality gear and are there to support you (which cannot be said of online or big box retailers). When in doubt, ask a coach and support your local bike shops.

6.2 Race Day Gear

Bring it all. You never know what will happen on race day. The weather could change. A tire sidewall could get cut. A shift cable could break. The list is endless. The best advice is to come as prepared as possible. A general race day gear checklist is provided in Appendix D.

6.3 Clothing

6.3.1 Practice

Wear clothing and footwear conducive to cycling and the weather. We recommend wearing cycling specific clothing (shorts with a chamois, wicking jersey, and cycling shoes). Proper attire makes riding more comfortable, efficient, and enjoyable.

6.3.2 Race Day

Racers must wear team kit (the team jersey as a minimum). We recommend wearing a full team kit (jersey, shorts, and socks) along with cycling specific footwear.

Team jerseys (zipped up) should be worn on the podium. Remember, you are representing our team and should make the best impression possible. A good adage is to “Look the Part.” You are a SCHS MTB Warrior. Be Proud.

6.4 Bike Maintenance

Proper bike maintenance not only ensures you can finish rides/races but do so safely. Coaches have the responsibility to ensure all riders are safe and have the right to dismiss a rider from practice if their bike is not in safe working order. We recommend that you complete the following to ensure that your bike is ride/race ready. Please do not leave the maintenance of your bike until race day. By then it may be too late.

1. **Clean Bike** – A clean bike is a fast bike. Bikes perform better when they are clean and it gives you the opportunity to inspect for wear and damage.
2. **Clean and Lube Chain** – Clean dirt and grime from the chain, apply a coat of your favorite lube, and wipe off excess lube.
3. **Check for Chain Wear** – Use a chain gage to check for chain link wear. Replace worn out chains quickly or you could be saddled with replacing your entire drivetrain which is expensive.
4. **Suspension** – Check the suspension, both front and rear, by operating it through its entire range of travel to check for anything strange. Check pressures.
5. **Tires** – Inspect tires for wear, crack, abrasions, etc. and replace worn tires. Replace sealant regularly if you are riding tubeless.
6. **Tire Pressure** – Ensure your tires are inflated to the correct pressure (and that they are holding that pressure).
7. **Bolts** – Ensure all your bolts are tightened to their correct torque specifications.
8. **Wheels** – Spin the wheels to ensure they are straight and true. Check for broken and loose spokes.
9. **Brakes** – Inspect brakes and brake pads. Bleed brakes and replace pads as needed.
10. **Tune-up** – Take your bike to a certified mechanic for a regular tune-up to ensure it is shifting, braking, and operating as intended. This can take a few days during busy periods, so don't wait until race week to get shop work done. Schedule it in advance and you will have a bike that is ready to rip.

We do not have a team mechanic. Some of our coaches can do basic repairs in a pinch (on the trail or on race day) but it is always best to have maintenance work done by a certified bike mechanic. Our local shops have excellent mechanics (for work done ahead of time) and there is always a neutral support mechanic at the races to handle race day repair needs.

7.0 PRACTICE

7.1 Practice Organization

Practices are organized to prepare each student-athlete for the race season. Coaches develop a detailed training plan to help the team build the necessary fitness base, strength, and skills to perform at their peak (Figure 7.1). Training blocks are used to achieve these goals with dedicated rest intervals between each block to ensure out student-athletes properly recover from the intense work of each training block.

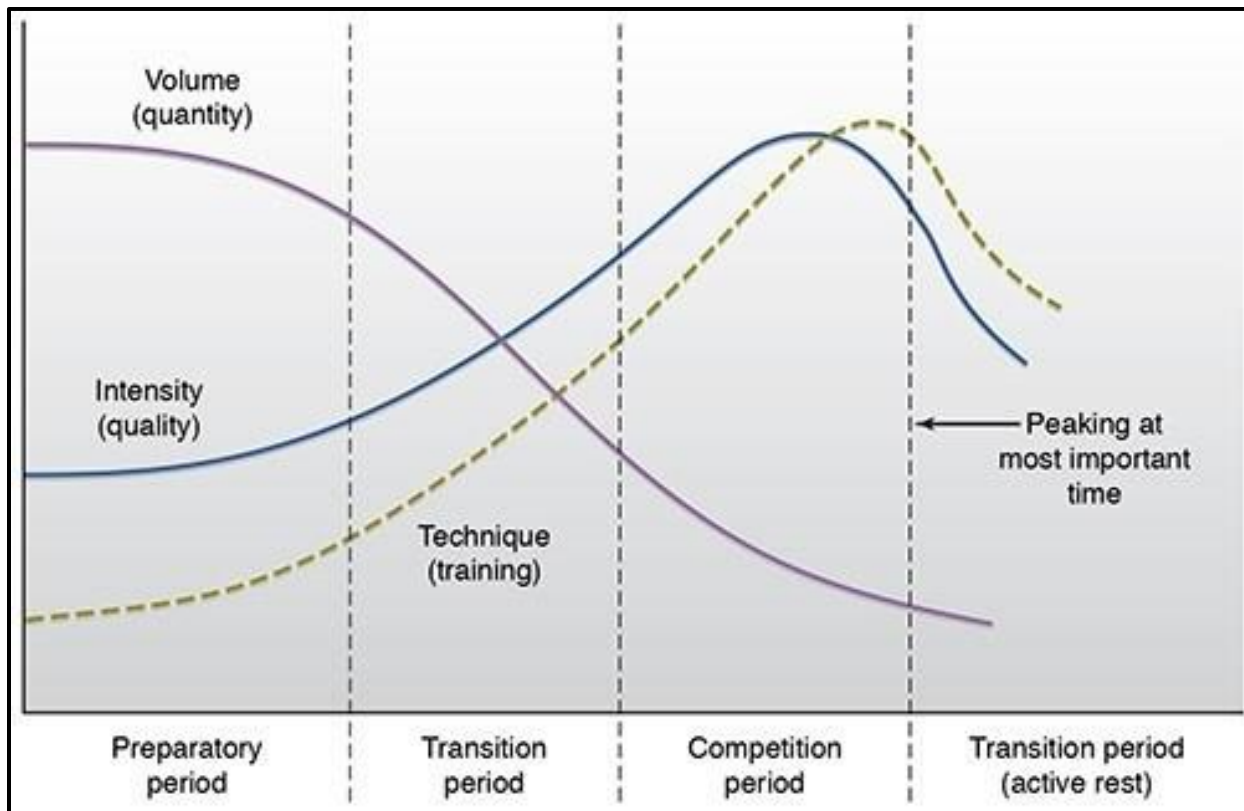


FIGURE 7.1: TRAINING PHASES

Peak performance means something different to every student-athlete: from novice athletes who may just want to gain fitness/skills to races want to improve their past performance to highly competitive racers who are looking to stand on the podium. Coaches tailor the training blocks as required to meet the needs/goals of their respective practice groups.

7.2 Practice Groups

The coaching staff will organize practice groups based on student-athlete:

- Skills;
- Fitness; and
- Individual goals.

Coaches are responsible for each rider in their group. As such, riders may not move between groups without coach consent.

7.3 Practice Schedule

Practices are held three days a week. During the summer, practices are held in the morning (to beat the heat) and then transition to evenings when school starts in August. Summer practices are scheduled to start at “official” sunrise and Fall practices are scheduled to end at “official” sunset.

Typically, practices are 1.5 hours long. Riders and coaches are expected to be “ready to ride” 15 minutes before practice is scheduled to start. “Ready to ride” means you:

- Are at the venue;
- Are properly fueled and hydrated;
- Have the required gear; and
- Have a safe and functional bike.

Group practices will start promptly and if you are not prepared you will miss practice.

7.4 Practice Locations

SCHS MTB typically practices at six primary locations:

- Gates Lane (Santa Clara);
- Anasazi Trailhead (Ivins);
- Green Valley (St. George);
- Navajo Trailhead (Bloomington);
- Desert Canyons (Washington); and
- Grapevine Trailhead (Washington).

The practice calendar (on TeamSnap) includes the practice location. Maps to each practice location are provided in Appendix E.

Occasionally we will practice at a different location. When this occurs, the practice location will be detailed on TeamSnap.

7.5 Participation

Mountain bike practice is fun but it can also be extremely hard work. Active, consistent participation is essential to student-athlete development and success. We expect student-athletes to attend practices.

8.0 RACING

8.1 General Information

General information for each race is posted by the Utah League in race flyers (<https://www.utahmtb.org/race>). Race day flyers include maps to the venue, race course maps, general time tables, general race details, recommendations for overnight accommodations, and other information pertinent to the race/venue.

Student-athletes are responsible for getting to/from each race venue as well as any necessary overnight accommodations.

8.2 Race Day Schedule

Race days are crazy, hectic, energetic, and non-stop action. We develop a detailed race day schedule (Figure 8.1) for each race that summarize the time each racer needs to arrive at the venue and all subsequent activities until their race starts, including times to:

- Arrive in the Team pit zone;
- Get ready to race (dress in their kit and do last minute preparation to their bikes/gear);
- “Pump Up”/Race discussion and Team Cheer;
- Warm-up ride (lead by a coach);
- Arrive in the race Staging Area (lead/managed by a coach); and
- Race start.

Category	Wave	No. Laps	First Name	Last Name	Race Plate	Staging / Call-up	Arrive at Venue	Ready to Ride 0:05:00	"Pump Up" 0:15:00	Warm Up 0:15:00	Staging 0:20:00	Race Start
JV Boys - D2A	5	3	Jace	Kelly	6238	1	11:40 AM	11:45 AM	11:50 AM	12:05 PM	12:20 PM	12:40 PM
			Ryker	Radley	6241	8						
			Jonah	Joines	6237	9						
			Bryce	Cowley	6211	17						
			Carter	Simmons	6214	18						
			David	Bennett	6219	19						
			Jordan	Crosby	6230	20						
			Chase	Cloward	6201	21						
			Reese	Parkinson	6225	35						
JV Boys - D2B	5	2	Maddox	Thompson	8226	11	11:40 AM	11:45 AM	11:50 AM	12:05 PM	12:20 PM	12:50 PM
			Xander	Jackson	8260	22						
			Jacob	Haws	8265	27						
			Corbin	Christian	8202	28						
			Adam	Dunn	8238	32						
			Nathaniel	Williams	8259	52						
JV Girls B	6	2	Elyza	Syphus	1934	20	1:10 PM	1:18 PM	1:23 PM	1:38 PM	1:53 PM	2:13 PM
			Auriana	Dunn	1926	29						
Freshman Girls	6	2	Mariposa	Purdy	3934	11	1:10 PM	1:18 PM	1:23 PM	1:38 PM	1:53 PM	2:16 PM
			Heidi	Parr	3930	15						
JV Boys - D2C	7	2	Daks	Walker	9235	6	2:25 PM	2:35 PM	2:40 PM	2:55 PM	3:10 PM	3:30 PM
			Bradley	Williams	9236	13						
			Cole	Cascio	9202	17						
			Travis	Paxman	9273	70						

FIGURE 8.1: EXAMPLE RACE DAY TIME TABLE

The race day time table is sent out to the team a few days before each race via Team Snap and is posted on a white board in the Team Pit Zone.

Student-athletes are encouraged to spend the time before and after their races cheering on their team-mates.

8.3 Pit Zone

SCHS MTB's Pit Zone is our home away from home on race weekend. It is our gathering place, race preparation area, shelter, dining room, chill/recover zone, and overall base of operations. It's a busy place. Student-athletes, families, and friends are welcome in the pit zone, but we encourage you to spend more time out on the race course cheering on your teammates than you spend in the pit. General pit zone rules include:

- Keeping all your equipment and personal belonging collected in a duffle bag or backpack and placed out of the way. Do not take up a chair or walkway space. Put your gear with your bike, along the outer edge of the Pit Zone, or in an area designated by a coach;
- Labeling all your equipment with a Sharpie or Tag (it's hard to identify your hat or hoodie from 50 other similar ones!);
- Storing your bike on one of the A-Frame bike stands;
- Cleaning-up after yourself (especially after eating); and
- Being mindful of teammates that are preparing for or coming back from races (they need space, food, and hydration too).

The team provides lunch and snacks for the student-athletes on race day. Families are encouraged to bring their own food or visit the food trucks that service the race venues.

Note that the team only has a few chairs. Please bring your own camp chairs to the venue/pit zone.

8.4 Pre-Ride

Race course pre-rides are lead by team coaches the day before race day (Friday in all cases, except for the State Race). Only student-athletes and registered coaches are allowed to pre-ride the course.

The race course pre-ride allows the student-athletes and coaches to preview course conditions, recon key/critical race segments, and devise a race plan. Every student-athlete should plan to pre-ride every course as conditions and routes change year to year.

Experience indicates that the earlier you can pre-ride, the better. Plan to arrive at the venue so you can pre-ride as soon as the league opens the course. The later you start, the more people there are on course and the busier (and slower) the pre-ride gets.

One thing to remember is that: Pre-riding is not racing. Take your time. Save your legs for race day.

8.5 Racing

Races are an opportunity for NICA Student-Athletes to test their fitness and skills in a supportive and encouraging competition environment. Through participation in racing, student-athletes develop strong minds, body, and character.

8.5.1 Number Plates and Bibs

Number plates (attached to the bike) and bibs (pinned to the racer's jersey) are provided to each student-athlete at the first race. These plates and bibs are for the entire race season and are required to race. It is each racer's responsibility to have these at each race. If they are forgotten or lost, the racer may be able to purchase a replacement set from the league. In previous years, the league has run out of replaced plates/bibs and some student-athletes have not been able to race as a result. So, the short story is: **Guard your plate and bib as if they are made of gold.**

8.5.2 Staging

Racers are staged according to their performance (previous season for the first race and then by previous race finishing position). Top finishers are "called up" by name to enter the staging area (but only if they are present otherwise they are relegated to enter the staging area when they show up). The remaining racers enter the staging area in blocks (typically 10 racers at a time). Coaches will help athletes negotiate the staging process at each race.

8.5.3 Feed Zone

The Feed Zone is located on the race course and is the only source of support SCHS MTB Team can provide to student-athletes during the race including water, food and clothing hand ups. Only individuals assigned by the coaches are allowed in the Pit Zone. Parents are not allowed into the Feed Zone unless by assignment.

If you desire specific nutrition needs during your race (gels, sports drinks, etc.), please prepare and label them and then discuss your feed requests with the Feed Zone volunteers. We'll do our best to accommodate your requests.

8.6 Podium and Awards

8.6.1 Award/Podium Ceremony

Podium ceremonies are held twice on race day: once when the Junior Devo races are complete and at the end of the day when the high school races are complete. Student-athletes are encouraged to stay at the venue for the ceremonies. They may not stand atop the podium for their individual race, but if the team does well, the team may achieve a podium spot and the whole team gets to join the podium moment (and pose for a picture).

Regardless of where we finish individually or as a team, we are there to support each other and our competitors. Remember that respect and a positive sporting attitude are worthy attributes to which we aspire.

8.6.2 Podium Etiquette

If you are lucky enough to stand atop a podium, please consider the following etiquette recommendations:

- **Wear your Jersey.** Even if the podium is hours after your race, that just allows more time to primp. The team jersey is your uniform and it is what you should be wearing when on the podium. If your jersey just can't be worn, please wear team attire.
- **Zip up that Jersey!** Whether it the team jersey or the leader's jersey, zip it up and look professional.
- **Don't Wear a Helmet.** Wear a hat (team hat, bike shop hat, sponsor hat, etc.). A hat looks official, covers up your hair, and is an easy transition for the podium. Your helmet is never to be worn on the podium. We aren't practicing "safe" podium attire here.
- **Sunglasses Placement.** Your sunglasses should be worn on your hat, but in a way where they don't cover up the logo on the hat.
- **Smile.** Don't forget to smile and enjoy the moment while pausing for the picture. Keep your eyes open and make sure you don't have anything in your teeth. Take a deep breath and live in the moment. You deserve it. Then exit gracefully, don't be a ham on the stage. I know you want to relish your moment, but that's all it is. A moment. The memory and picture will last a lifetime on Facebook and Instagram.
- **Think symmetry.** Winner uses both arms. 2nd and 3rd are single armed salutes. The winner gets to make the "V" and the 2nd and 3rd place get to put one arm in the air. It's symmetrical, and there isn't room for everyone arms up there in that small space.
- **Just be proud of yourself.** You made the podium. Take time to be proud of yourself. Remember that there are more podiums in life than just the obvious ones that look like an upside-down box at a bike race. Make a life podium. Life podiums are always worth more.

9.0 OTHER ACTIVITIES

Throughout the season the SCHS MTB Team may have other team activities, including breakfasts, movie nights, pool parties, etc. These activities are not mandatory but do give the student-athletes the opportunity to socialize with their teammates off the bike. We encourage participation.

We will communicate team activities with parents and student-athletes through Teamsnap.

10.0 NUTRITION & FUELING BASICS

Books are written on nutrition and bicycle fueling. We aren't going to tackle this subject but rather share a few things we know and feel are critical to success.

General nutrition and fueling basics include:

- Hydrate with more than plain water if you can. Drinking water is ALWAYS a good idea. If you can, however, drink it with a little sodium added to aid its absorption into the bloodstream (you will know water is getting absorbed because you won't have to urinate as frequently). Hammer HEED, CarboRocket 333, Skratch and Nuun are examples of different products that can be added to water to help with absorption and electrolyte replenishment.
- Eat a balance of carbohydrates, proteins and fats; minimize sugar. Getting enough calories of ANY food during the season can be a challenge, so when you are hungry, eat something. You can maximize the impact of your training, however, if you eat food with a proper balance of nutrients before, during and after your training rides and races. Having a mixture of fats, protein and carbohydrate at every meal or snack ensures that your body receives an evenly distributed amount of energy over the day, rather than a quick high from sugar followed by a crash.
- Eat real food whenever possible. Shot bloks, Gu chomps, gels, powders are all manufactured food. Eating too much of these products can lead to GI distress and unnecessary spikes in blood sugar because of the high sugars (glucose, fructose, maltodextrin, etc) content. Eat real food when possible. For rides lasting longer than an hour, however, it always makes sense to keep some of these in your jersey pocket or pack, because you never know when you might need the extra energy to make it home safely. Bloks and gels and powders can be great as a supplement to eating real food on longer rides, but these things should never be your primary energy source.
- Train with the nutrition you plan to race with. Use your practices to experiment and find out what nutritional products work best for you (as well as when, how much, etc.). Then stick with your personal formula for race day. Don't try new things on race day as your body may decide to revolt!

Nutrition/fueling for practices and general training rides:

- Eat a meal about 2 hours before practice. Include protein, carbohydrates and fat. Don't show up to practice fasting or having just eaten. It will end badly.
- Pack liquid for your ride – Bring an electrolyte solution (HEED, 333, Skratch, Nuun, etc). No plain water.
- Eat a snack before your ride - Perhaps an almond butter and jelly sandwich or something similar. Prep ahead of time, and keep with your clothes that you have set out to ride.
- During the ride remember to hydrate, hydrate, hydrate. Don't wait until your thirsty because by then it is too late.

- After the ride you have a 30-minute window to consume 20 to 30 grams of protein (girls need more than boys) to aid in your recovery and optimize your absorption of carbohydrates later. If you don't, your training will not have the effect you want. Not enough protein keeps your stress hormones elevated.

Nutrition for race day:

- Eat the same breakfast you always eat, don't change anything up on race day. If your race is later in the afternoon, eat a substantial snack within 2 hours of the race.
- Hydrate and fuel during the race. Make sure to grab at least one water bottle for each lap raced, especially in warmer weather. Leave sugar products to the beginning of the last lap, giving you energy to attack and sprint at the end.
- After the Ride you have a 30-minute window to consume 20 to 30 grams of protein (girls need more than boys) in order to optimize your absorption of carbohydrates later.

11.0 KEY RULES

It is your responsibility to know and understand the rules associated with racing. Please take the time to familiarize yourself through the rules (). Key racing rules include:

- **POSITIVE SPORTING ATTITUDE:** NICA student-athletes are expected to display an excellent sporting attitude during all NICA league events and should treat all other student-athletes, coaches, spectators, and official with respect. Fair play and respectful, kind, supportive behavior is expected of all NICA student-athletes. Profanity of any situation is not acceptable.
- **WALK YOUR BIKE IN THE PITZONE AND THROUGH CROWDED AREAS:** Riding your bike in the Pit Zone will result in penalty.
- **WEARING A HELMET IS STRICTLY ENFORCED:** Under no circumstance should a student (or family member or friend) be on their bicycle without a helmet fastened to their head, even when riding a short distance. Riding your bike without a helmet with result in a penalty.
- **MASKS:** Riders must wear a mask at all times up until 1 minute before their race starts. The race official at staging will alert riders when they can remove their masks.
- **BANNED SUBSTANCES:** NICA student-athletes are subject to all U.S. Anti-Doping Agency rules. NICA prohibits the use of Tobacco, Alcohol and Drugs. NICA prohibits the consumption of caffeine, including caffeinated sports products, soda, coffee, creatine, guarana root and taurine at NICA league races and activities for all athletes. Caffeinated sport products are banned BEFORE and DURING league races.
- **PASSING:** When overtaking a rider on the racecourse, the passing rider is encouraged to do so respectfully and must: (1) pass only when safe to do so, (2) announce the pass by calling out “on your left” or “on your right” or use other similar language to indicate whether the pass will be on the other rider’s left or right, and (3) without rider contact. Passing in a manner that compromises the safety of other riders is not allowed. Bike pushers must yield to racers riding their bike. Lapped riders must yield to overtaking racers. Leader owns the trail but cannot block.
- **OUTSIDE ASSISTANCE:** Flat tires and mechanical problems should be repaired by the racer, with their own equipment. If outside assistance is required during a race a five minute penalty will be added to the racer’s time (unless that assistance is provided by the official neutral support crew, then there is no penalty). This is well worth it if you don’t have the needed items to do the repair yourself. If you switch to another wheel or complete bike during the race a 10 minute penalty is assessed. It is the racer’s responsibility to report outside assistance to league officials. Failure to report outside assistance will result in additional penalties.
- **FEED ZONE:** Only individuals assigned by the Team will be allowed to enter the Feed Zone. Please do NOT enter the Feed Zone to hand off only to your student-athlete. Please work with them for any special requests you may have.

- **FINISH CHUTE/COACH ZONE:** Only assigned coaches are allowed in the Coach Zone at the finish line. Please do NOT enter the Coach Zone to congratulate/hug/whatever your student-athlete. Coaches will help them transition from finishing their race and then send them out to you.
- **HEADPHONES:** Riders are not allowed to race or ride with headphones or portable musical devices.

12.0 RESOURCES

Snow Canyon Team:

Website: www.scmtbteam.com

Facebook: <https://www.facebook.com/scmountainbike>

Instagram: @scmtbteam (<https://instagram.com/scmtbteam?igshid=11qwewwj13xbp>)

NICA/League Websites:

NICA Website: www.nationalmtb.org

Utah League Website: www.utahmtb.org

Pit Zone Website: www.pitzone.nationalmtb.org

Local Bike Shops:

Bicycles Unlimited

435-673-4492

90 S 100 E, St. George, UT 84770

www.bicyclesunlimited.com

Bike Fix

435-627-0510

445 E St George Blvd #103, St. George, UT 84770

www.bikefixutah.com

IBB Cyclery

435-319-0011

185 E Center St, Ivins, UT 84738

www.ibbcyclery.com

Over the Edge

435-635-5455

76 E 100 S, Hurricane, UT 84737

www.otesports.com/locations/hurricane/

Rapid Cycling

435-703-9880

705 N Bluff St, St. George, UT 84770

www.rapidcyclingbikes.com

Red Rock Bicycle Company

435-674-3185

446 W 100 S, St. George, UT 84770

www.redrockbicycle.com

APPENDIX A

NICA GOAL SETTING WORKSHEET



NICA



Goal Setting for NICA Student Athletes and NICA Teams

Goal setting is important to improving sport performance and to character development. Goal setting promotes life skills development that will benefit student-athletes off the bike. Coaches can reinforce and steadily improve these mountain bike and character skills by setting SMART goals at the beginning of each season.

Goal-setting also helps athletes understand their current level of skill, achievements, and ability to progress. Establishing goals may seem simple, but to do so effectively requires an understanding of the different goal types and how to set, monitor, and accomplish them.

Here's how to conduct goal setting sessions with your athletes:

Goal-Setting Meetings

Prior to setting personal goals, have your riders list their personal strengths and weaknesses.

Next, have one-on-one meetings to discuss this list and propose goals to help convert weaknesses into strengths. For new riders, having these meetings after the initial few weeks of practice or the season will allow time to get used to the team environment. For returning riders, this can happen before practices start.

A good set of goals contain several short-term ones that support larger long-term ones. An example for a mountain biker could look like:

- Long-term goal: Improve my stamina and energy in practices and in races and feel strong and powerful when I ride my bike
- Short-term goal: Eat prior to and bring healthy snacks to practice/races
- Short-term goal: Hydrate and eat breakfast and lunch every day before practice and/or races.
- Short-term goal: Drink and eat during all my rides.

Before or during these individual meetings, ask athletes to write their goals and share them. Discuss the goals, and once agreed upon, make copies for both of you to have. Encourage the athlete to display these goals where they can be seen regularly, as goals that are visible are more likely to be attained.

For more resources, visit: www.nationalmtb.org/nica-coaches-resources/

For more information on the National Interscholastic Cycling Association, visit: www.nationalmtb.org

Checking In With Your Athletes' Goals

It's important at various points in the season to remind players to review their goals. These meetings not only allow athletes an opportunity to revise their goals as needed, but also to re-examine their strengths and weaknesses or address any issues.

The end-of-season meetings are probably the most important, but can also be the most challenging to fit in. Even so, all the work spent on goals throughout the season is pointless if there is no follow up at the end of the season. If time is limited, still try to have at least a quick conversation with each rider to ask if they believe they met their goals for the year. This is also a great time to discuss areas of improvement and things they could work on in the off-season.

*Adapted from True Sport's "How to set goals with young athletes" Complete resources on Goal Setting can be found here: <https://learn.truesport.org/topics/goal-setting/>

For more resources, visit: www.nationalmtb.org/nica-coaches-resources/

For more information on the National Interscholastic Cycling Association, visit: www.nationalmtb.org

NICA Student-Athlete Goal Setting Worksheet

Please fill out the following worksheet and return to your coach. Remember, to make your goals SMART: Specific, Measurable, Achievable, Realistic and Timely

Name 3 of your strengths:

1. _____
2. _____
3. _____

Name 2 of your weaknesses:

1. _____
2. _____

What are 3 goals you have for this season:

1. **Goal #1:** _____
 - a. Steps you will take to reach this goal:

2. **Goal #2:** _____
 - a. Steps you will take to reach this goal:

3. **Goal #3:** _____
 - a. Steps you will take to reach this goal:

For more resources, visit: www.nationalmtb.org/nica-coaches-resources/

For more information on the National Interscholastic Cycling Association, visit: www.nationalmtb.org



Athlete: _____

ATHLETE GOALS

Training Goals

1 _____

2 _____

3 _____

Season Goals

1 _____

2 _____

3 _____

APPENDIX B

SPONSORSHIP FLYER

APPENDIX C

BASIC GEAR REQUIREMENTS

Snow Canyon Mountain Bike Team Equipment Checklist

Athlete: _____



- Functioning bike, checked by a mechanic
- Undamaged and properly fitted bike helmet
- Hydration Pack (70 oz. min)
- Gloves
- Close-toed Shoes
- Eye Protection
- 2 Tubes (correct size for bike)
- Hand Pump (even if carrying CO2)
- Patch Kit
- 2 Tire Levers
- Multi tool with chain breaker - or individual tools
- Spare Derailleur Hanger (recommended)
- Nutrition
- Medications to be self administered
- Head and Tail Lights (if riding to/from practice)

Bike/Equipment Check Comments:

_____ Athlete Signature

_____ Date

_____ Coach Signature (when complete)

_____ Date

Coach Sig - Bike-Body Separation

Coach Sig - Ascend/Descend

Coach Sig - Stopping

Coach Sig - Cornering

APPENDIX D

RECOMMENDED RACE DAY GEAR

Mountain Bike Race Day Checklist

Kit

- o Helmet
- o Shoes
- o Eye Protection
- o Pre-Ride Kit
 - o Jersey
 - o Bibshorts/Shorts
 - o Socks
 - o Gloves
- o Race Day Kit
 - o Team Jersey
 - o Team Bibshorts/Shorts
 - o Team Socks
 - o Base Layer (if desired)
 - o Gloves
- o Cool/Cold Weather Gear (as necessary)
 - o Arm Warmers
 - o Knee/Leg Warmers
 - o Tights
 - o Base Layer
 - o Wool Socks
 - o Cool/Cold Weather Gloves
 - o Ear Warmers/Thermal Cap
 - o Rain Jacket
 - o Vest
 - o Cool/Cold Weather Jacket
- o Pre/Post-Race Clothes
 - o Comfortable Shoes
 - o Comfortable Clothes
 - o Snow Canyon Team Gear (Hoodie, T-Shirt, Cap, etc.)
- o Duffle Bag/Backpack (to keep gear organized)
- o Trash Bag (for wet/muddy/sweaty gear)



Equipment

- o Well Tuned, Clean, Race-Ready Bike
- o Race Plates (Bike and Jersey)
- o Zip Ties or Twist Ties (for affixing plate to bike)
- o Safety Pins (for affixing plate to jersey)
- o Bike Computer (if desired)
- o Heart Rate Monitor (if desired)
- o Camelbak and Water Bottle
- o 2 Extra Tubes
- o CO₂ Pump (w/ cartridges) and/or Hand Pump
- o Chain Link
- o Derailleur Hanger

Nutrition

- o Pre-Race Fuel
- o Race Fuel (gel, gel blocks, sports drink, etc.)
- o Lunch
- o Snacks (as desired)

Other

- o Towel (to clean up after your race)
- o Wet Wipes (if desired, to clean up after your race)
- o Sunscreen
- o Camp Chair
- o Cow Bell (to cheer on your teammates)

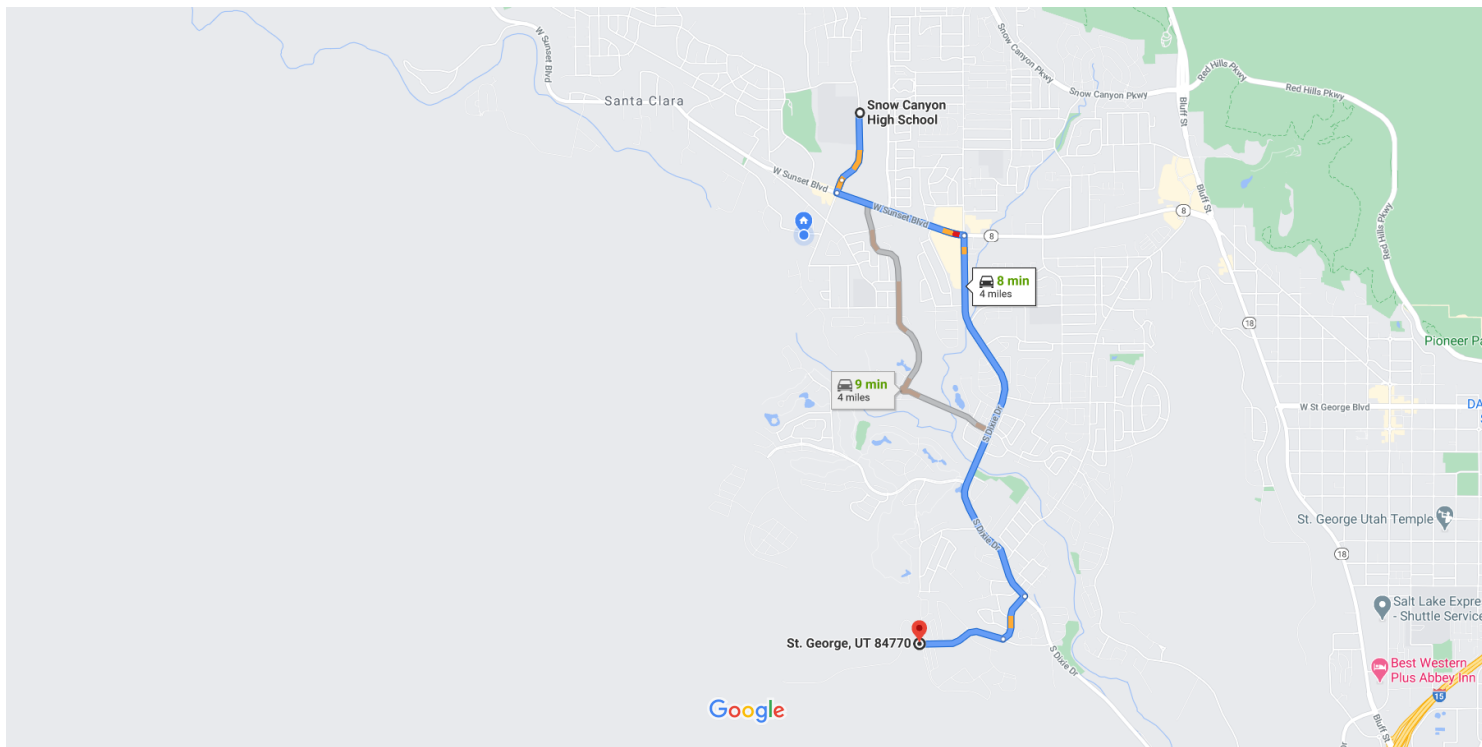
**To Give Anything Less Than Your Best Is to
Sacrifice The Gift.**

~Steve Prefontaine~



APPENDIX E

MAPS TO KEY TRAILHEADS



Map data ©2021 2000 ft

Snow Canyon High School

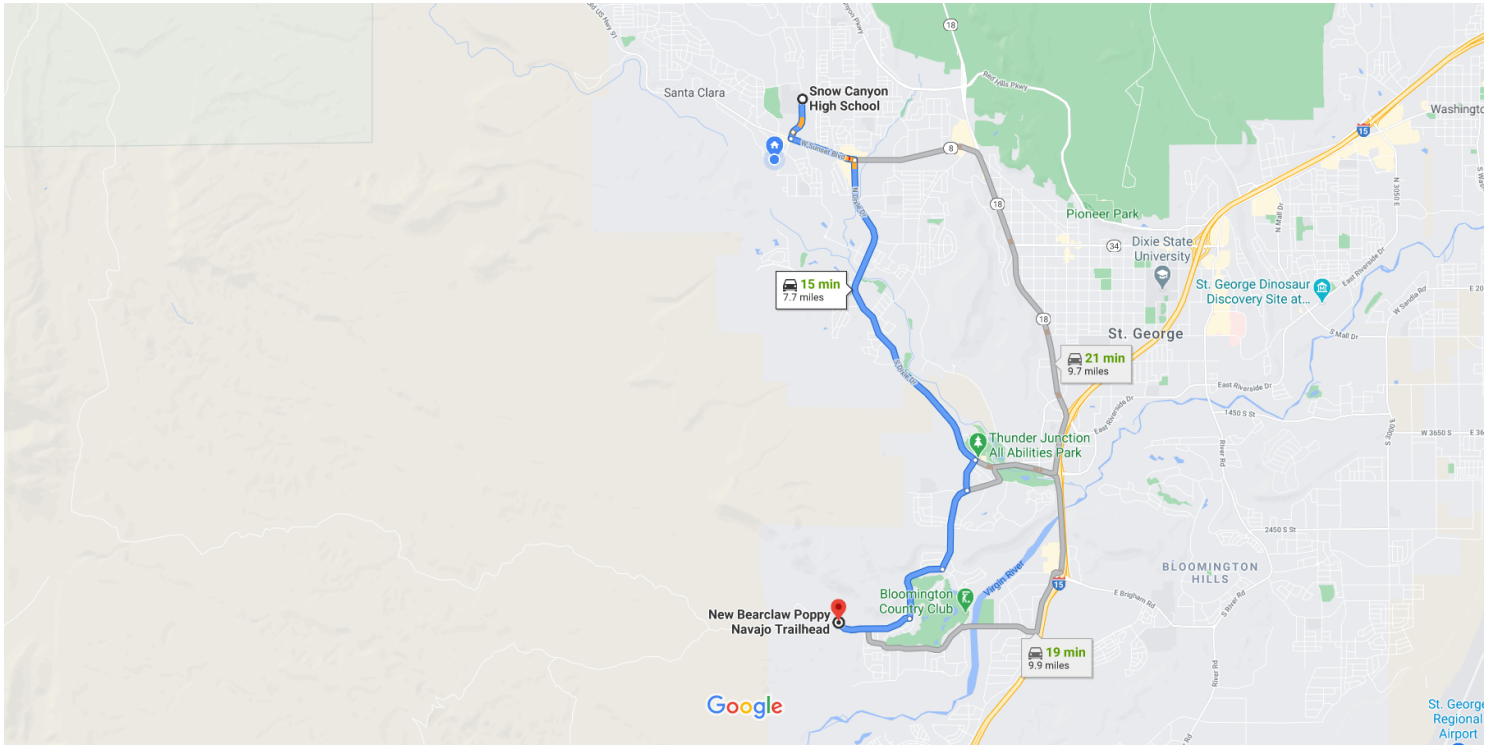
St. George, UT 84770

- ↑ 1. Head south on N 2400 W/Lava Flow Dr/Warrior Way 0.4 mi
- ↑ 2. Continue straight to stay on N 2400 W/Lava Flow Dr/Warrior Way 377 ft
- ↶ 3. Turn left onto W Sunset Blvd
 ⓘ Pass by McDonald's (on the right in 0.7 mi) 0.7 mi
- ↷ 4. Turn right onto N Dixie Dr 2.1 mi
- ↷ 5. Turn right onto S Ostler Way 0.3 mi
- ↷ 6. Turn right onto W Canyon View Dr 0.5 mi

St. George

Utah 84770

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



Snow Canyon High School

St. George, UT 84770

Follow N 2400 W/Lava Flow Dr/Warrior Way to W Sunset Blvd

- 1 min (0.5 mi)
- ↑ 1. Head south on N 2400 W/Lava Flow Dr/Warrior Way
- 0.4 mi
- ↑ 2. Continue straight to stay on N 2400 W/Lava Flow Dr/Warrior Way
- 377 ft

Take N Dixie Dr to Mesa Palms Dr in St. George

- 8 min (4.4 mi)
- ↙ 3. Turn left onto W Sunset Blvd
- 1 Pass by McDonald's (on the right in 0.7 mi)
- 0.7 mi
- ↘ 4. Turn right onto N Dixie Dr
- 3.7 mi

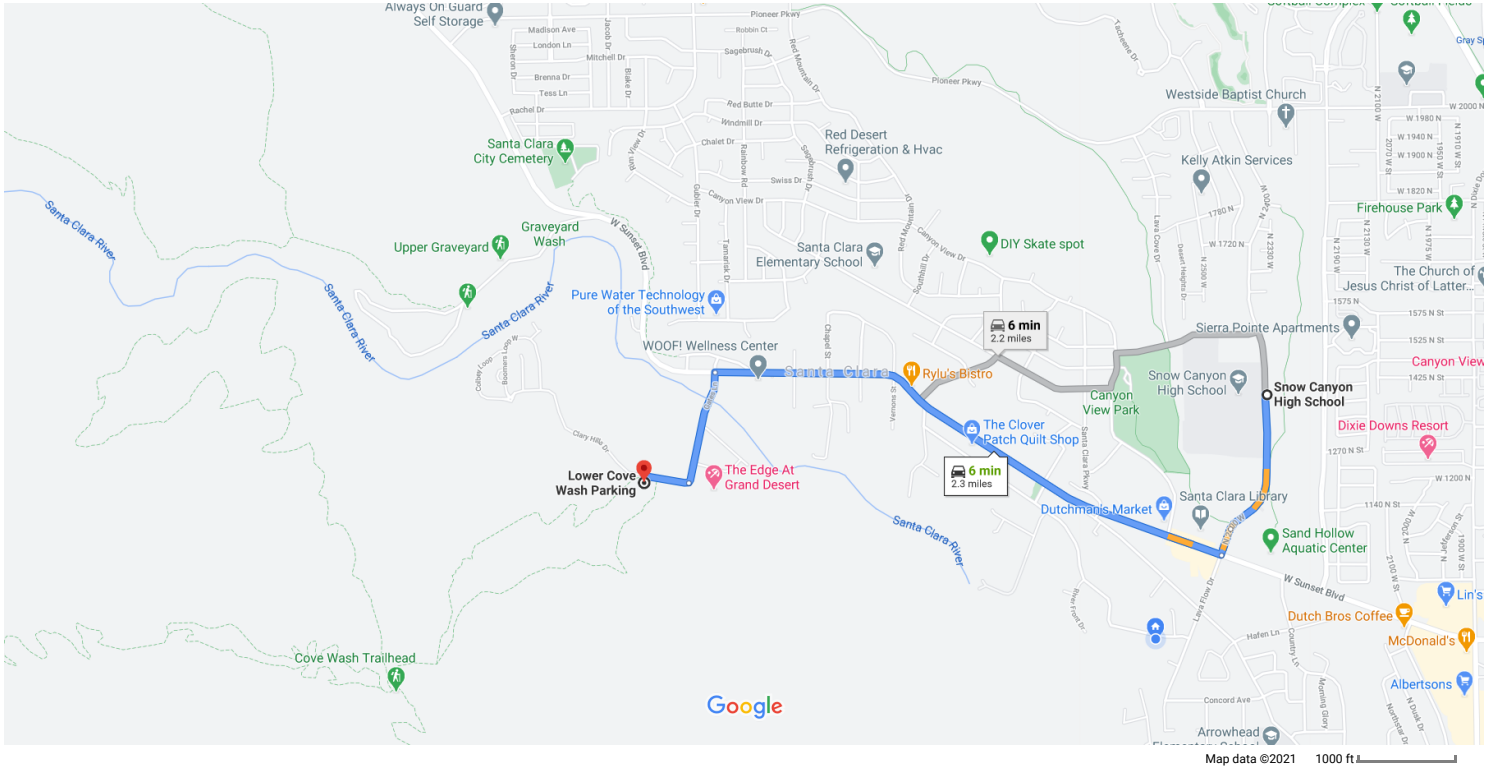
Take Tonaquint Dr and W Bloomington Dr N to Navajo Dr

- 7 min (2.9 mi)
- ↘ 5. Turn right onto Mesa Palms Dr
- 0.3 mi
- ↘ 6. Turn right onto Tonaquint Dr
- 0.9 mi
- ↘ 7. Turn right onto W Bloomington Dr N
- 0.8 mi
- ↘ 8. Turn right onto Navajo Dr
- 1 Destination will be on the right
- 0.8 mi

New Bearclaw Poppy Navajo Trailhead

1798 Navajo Dr, St. George, UT 84790

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



Snow Canyon High School

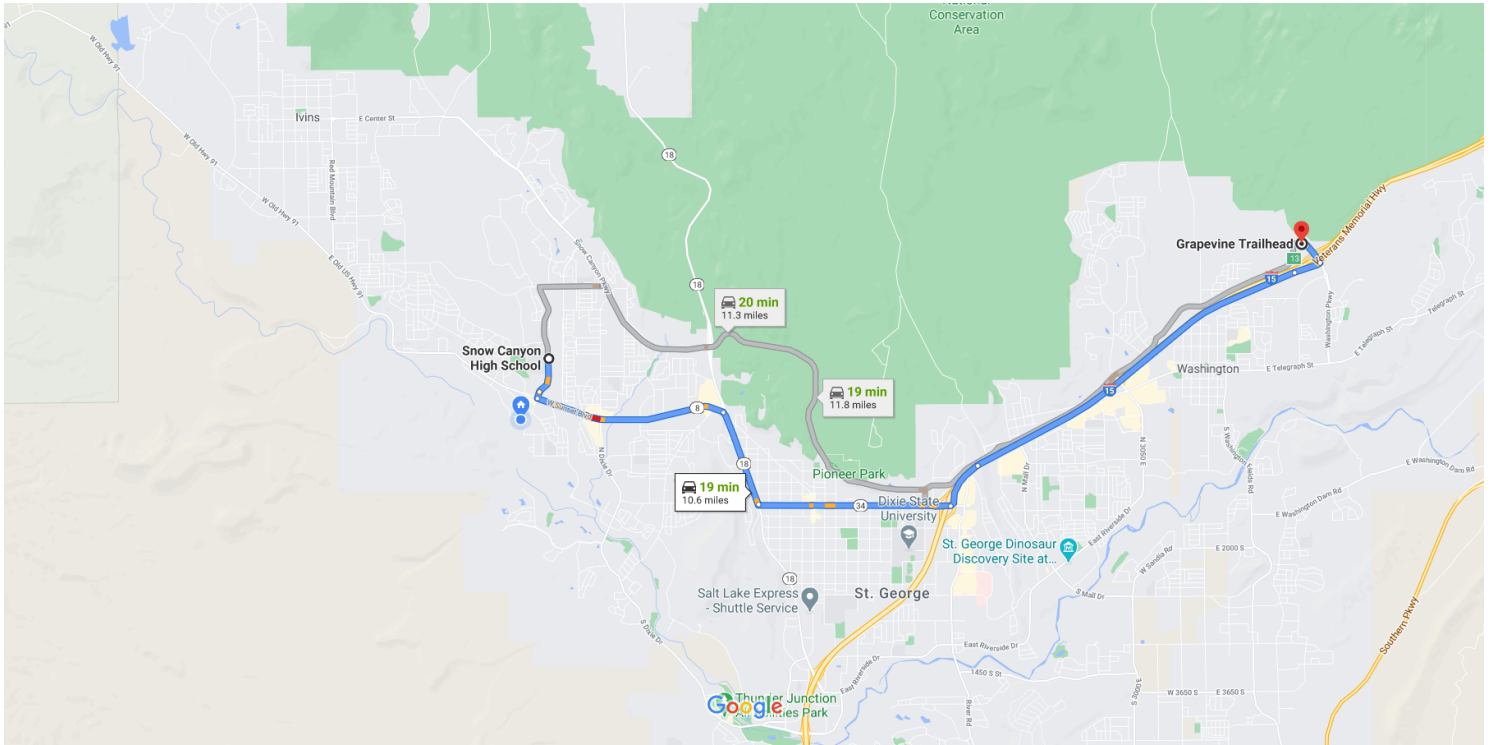
St. George, UT 84770

- ↑ 1. Head south on N 2400 W/Lava Flow Dr/Warrior Way
0.4 mi
 - ↑ 2. Continue straight to stay on N 2400 W/Lava Flow Dr/Warrior Way
377 ft
 - ↗ 3. Turn right onto Santa Clara Dr/W Sunset Blvd
1.5 mi
 - ↖ 4. Turn left onto Gates Ln
0.3 mi
 - ↗ 5. Gates Ln turns right and becomes Clary Hills Dr
0.1 mi
- i** Destination will be on the left

Lower Cove Wash Parking

Santa Clara, UT 84765

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



Map data ©2021 1 mi

Snow Canyon High School

St. George, UT 84770

Follow N 2400 W/Lava Flow Dr/Warrior Way to W Sunset Blvd

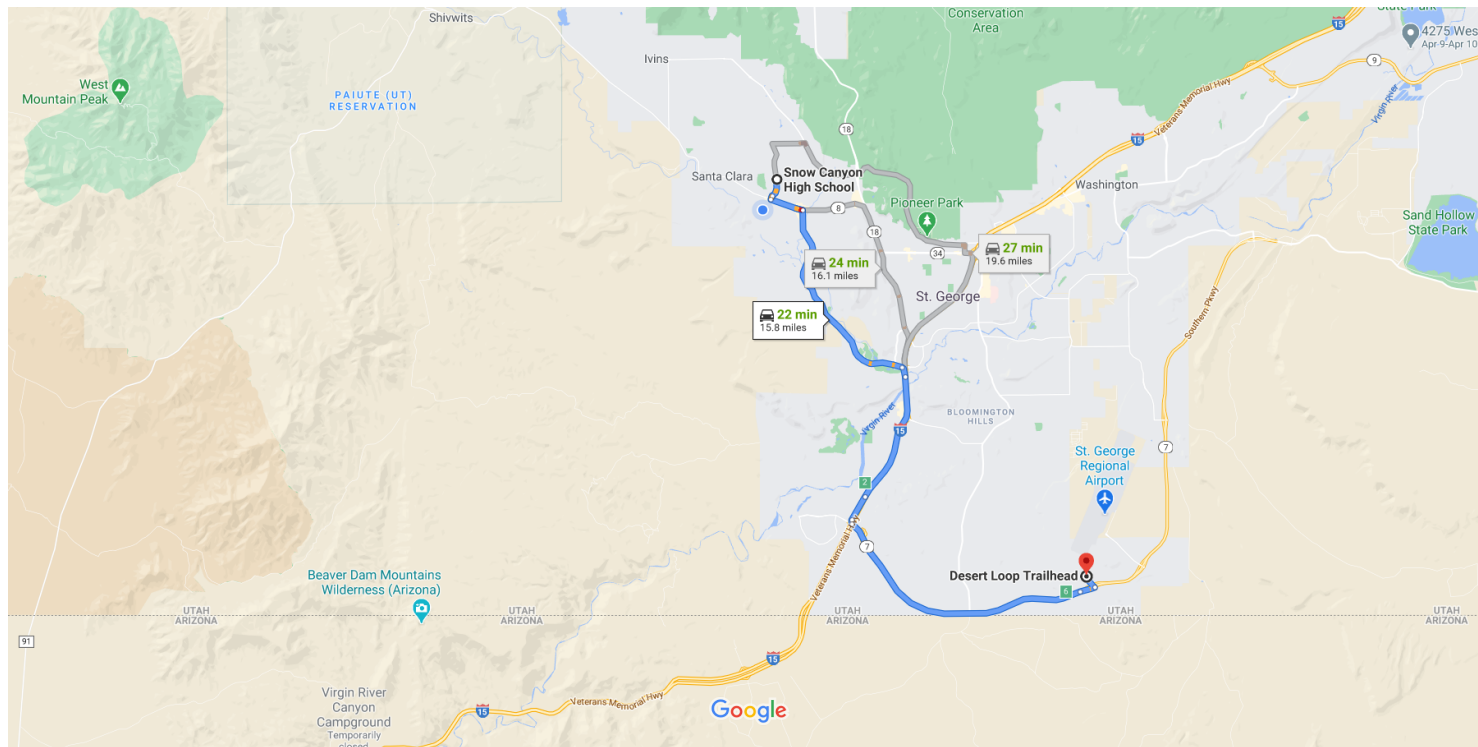
- 1 min (0.5 mi)
- ↑ 1. Head south on N 2400 W/Lava Flow Dr/Warrior Way
- 0.4 mi
- ↑ 2. Continue straight to stay on N 2400 W/Lava Flow Dr/Warrior Way
- 377 ft

Continue on W Sunset Blvd. Take W St George Blvd and I-15 N to Buena Vista Blvd in Washington

- 17 min (10.0 mi)
- ↙ 3. Turn left onto W Sunset Blvd
- Pass by Wendy's (on the left in 0.7 mi)
- 2.0 mi
- ↑ 4. Continue onto Bluff St
- Pass by Subway (on the left in 0.5 mi)
- 1.0 mi
- ↙ 5. Turn left onto W St George Blvd
- Pass by KFC (on the left in 1.6 mi)
- 2.0 mi
- ⤴ 6. Use the left 2 lanes to take the Interstate 15 N ramp
- 0.5 mi
- ⤴ 7. Merge onto I-15 N
- 3.9 mi
- ↘ 8. Take exit 13 for Washington Pkwy
- 0.3 mi
- ↙ 9. Turn left onto Washington Pkwy
- 0.2 mi
- ↑ 10. Continue onto Buena Vista Blvd
- 6 s (299 ft)

Grapevine Trailhead

Grapevine Trail, Washington, UT 84780



Map data ©2021 2 mi

Snow Canyon High School

St. George, UT 84770

Get on I-15 S from N Dixie Dr

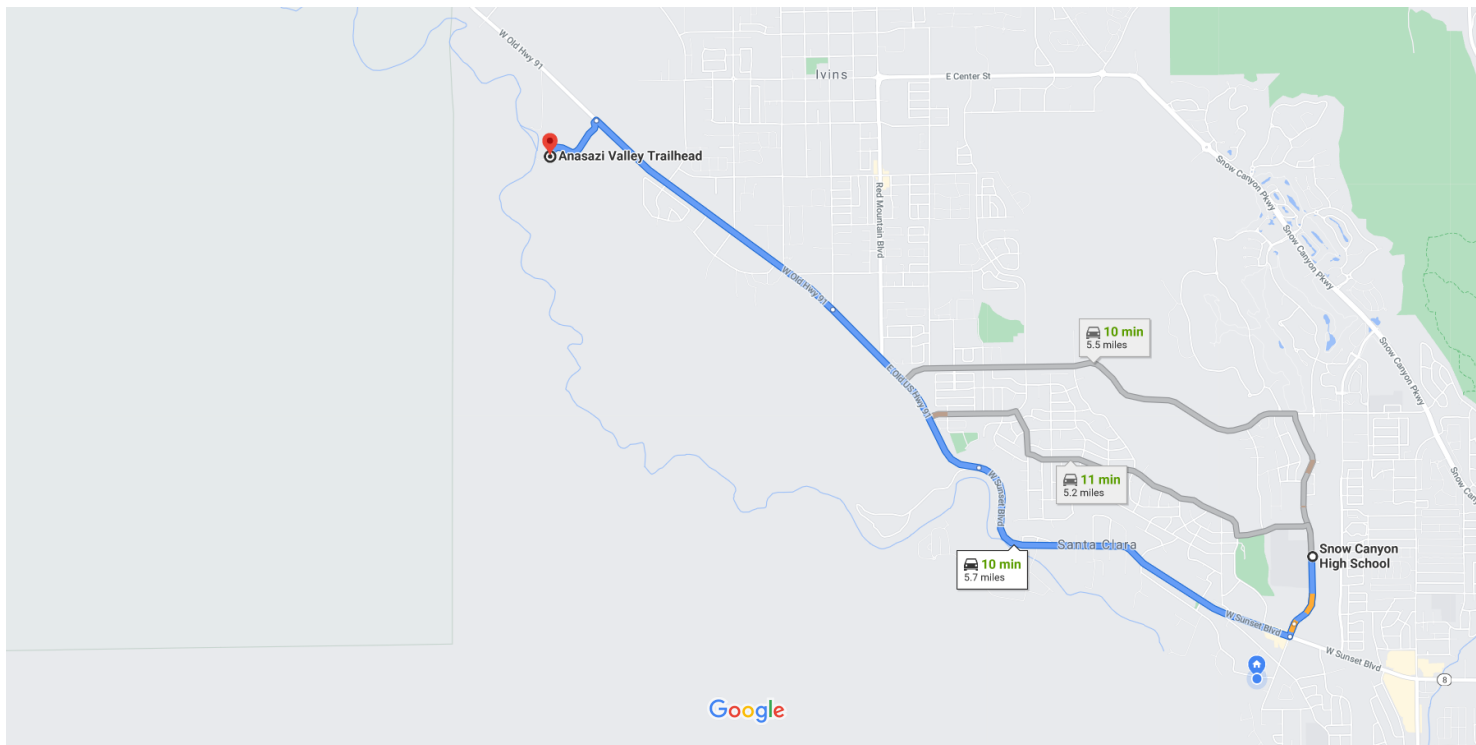
- 11 min (5.9 mi)
- ↑ 1. Head south on N 2400 W/Lava Flow Dr/Warrior Way
0.4 mi
- ↑ 2. Continue straight to stay on N 2400 W/Lava Flow Dr/Warrior Way
377 ft
- ↶ 3. Turn left onto W Sunset Blvd
① Pass by McDonald's (on the right in 0.7 mi)
0.7 mi
- ↷ 4. Turn right onto N Dixie Dr
4.5 mi
- ⤴ 5. Use the right lane to merge onto I-15 S via the ramp to Las Vegas
0.2 mi

Continue on I-15 S. Take UT-7 E/Southern Pkwy to Desert Canyons Parkway. Take exit 6 from UT-7 E/Southern Pkwy

- 10 min (9.5 mi)
- ⤴ 6. Merge onto I-15 S
2.8 mi
- ↷ 7. Take exit 2 for UT-7 E toward Southern Pkwy
0.6 mi
- ⤴ 8. Use the middle lane to keep left at the fork and follow signs for St George Airport
440 ft
- ↑ 9. Continue straight onto UT-7 E/Southern Pkwy
5.8 mi
- ↷ 10. Take exit 6 for Desert Canyons Parkway
0.3 mi
- ↶ 11. Turn left onto Desert Canyons Parkway
① Destination will be on the right
2 min (0.3 mi)

Desert Loop Trailhead

SG-6745-G, 2, St. George, UT 84790



Map data ©2021 2000 ft

Snow Canyon High School

St. George, UT 84770

- ↑ 1. Head south on N 2400 W/Lava Flow Dr/Warrior Way
0.4 mi
 - ↑ 2. Continue straight to stay on N 2400 W/Lava Flow Dr/Warrior Way
377 ft
 - ↘ 3. Turn right onto Santa Clara Dr/W Sunset Blvd
2.1 mi
 - ↑ 4. Continue onto E Old US Hwy 91
1.2 mi
 - ↑ 5. Continue onto W Old Hwy 91
1.6 mi
 - ↙ 6. Turn left onto S Anasazi Rd
0.4 mi
- i** Destination will be on the left

Anasazi Valley Trailhead

Ivins, UT 84738

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.