



2021 Parent & Student  
Team Handbook

## Table of Contents

1. OVERVIEW.....	1
2. TEAM RIDERS.....	2
3. TEAM RACERS.....	3
4. RACE DAY DETAILS.....	4
5. REQUIRED GEAR.....	5
6. TEAM COMMUNICATION.....	6
7. HOW TO SIGN UP.....	7
8. ATTENDANCE-BEHAVIOR-LETTERING....	8
9. SIGNATURE PAGE.....	9

## 1. OVERVIEW

The Montrose High School Mountain Biking (MHS MTB) Team is an official club sport through MHS, and a sanctioned team with the Colorado High School Mountain Bike League. Our program seeks to strike a balance between being a competitive individual/team sport and retaining recreational club qualities. Students may participate as a club rider or may choose to compete with the team at competitive races. For athletes new to cycling, immediate immersion into training, racing, and the perceived pressure to perform may be intimidating. Also, some kids may just want to learn to be better riders and to enjoy the camaraderie of the sport that a structured team provides. Here are the basics of the team:

- MHS MTB Team is an official club sport through Montrose High School.
- The team consists of riders and competitive racers. There is no expectation or pressure that all participants will race.
- The training and racing season is from July 15 through the end of October.
- All students attending MHS during the 2021 academic year are welcome to participate, but must meet minimum academic standards, like those for other school-sanctioned sports.
- Girls are encouraged to join! MHS MTB Team has many girls who successfully ride and race.
- A limited number of students from surrounding high schools are invited to join if their high school does not have an established team and there are less than 5 riders/school.
- There are no try-outs. If you try hard and obey the rules, you are on the team.
- The deadline to join the team is August 31, 2021.
- All coaches are certified through the Colorado League and all adults involved with the team must have background checks and be Level 1 volunteers.
- Team fees cover team insurance, League fees, and uniforms.

### Safety

Forget what you have seen on the X-Games. In cross-country mountain bike races, the average speed is usually around 8 to 12 miles per hour. This is an endurance sport, where the fittest athletes with good technical skills win. Each year, the League collects data on injuries from every team. Typically, for the whole League combined, there will be one or two broken bones, some sprains, a few cuts, some bruises, lots of nicks and scrapes, but little else. Statistically, we suffer fewer serious injuries than most other mainstream sports, especially contact sports.

We do our best to minimize the risks to your athlete. Risky behaviors are discouraged or forbidden, the League's helmet rule is strictly enforced, and we teach each athlete bike-control skills early in the season to minimize the risk of crashing. All MHS MTB Team coaches are required to complete concussion and risk management training as part of their certification. Level 2 and 3 coaches also have advanced first aid/CPR training. We want to minimize injuries and risky riding because, if you crash, you not only risk injury but also lose valuable time during races.

## 2. TEAM RIDERS

Team Riders consist of those students who choose to ride with the team, but do not want to race.

### Season Schedule

The season runs from July 15 through the end of October. Riders and Racers practice together. Those practices are held every Tuesday and Thursday from 5:30 to 7:30 at a variety of trails in the area. There will likely be some (up to 8) pre-season (4/1 – 7/14) activities scheduled, as well.

### Expense

There is a \$150 fee payable to the MHS MTB Team and a \$150 fee due to the Colorado League, which covers insurance, races, coach's training, and other league functions. The MHS fee covers the basic costs of registering and running the team and provides a team jersey to each student. In addition, there will be expenses associated with having and maintaining the required gear (see gear list in section 5). Scholarships are available by filling out the Scholarship Application in the Documents Section of Team App, which is a phone/computer-based team communications application we use.

### Riding Groups

Riding groups will be determined by speed and skill level at the beginning of the season through time trials and will be evaluated throughout the season.

### Rider Requirements

Attendance will be monitored. All riders are expected to be at each practice with the appropriate gear in working order, unless excused by their coach. Riders are required to help with fundraising and must complete at least 5 hours of trail building each season with the team. In addition, each student is required to adhere to the following **Code of Conduct**:

*The MHS MTB Team is committed to safety. We think about safety, teach safety, and require each rider to always ride in a safe and controlled manner. Riders who repeatedly flaunt our safety rules or engage in behaviors that present unnecessary risks to themselves or others will be warned and then dropped from the program if compliance does not occur. As visible representatives of Montrose High School and ambassadors of cycling, team athletes are expected to conduct themselves in a manner consistent with that status and always follow the MHS rules of behavior and in all places, from local trails to race-weekend hotel rooms. League riders must always wear an approved helmet and will lose race privileges or be removed from the team if they are seen on a bike without a helmet.*

### Parent Requirements

The Team uses a cell phone application called Team App, which allows for communication to the group, parents, riders, and individuals. All rider parents are expected to actively participate in all Team App communication. Transportation to and from the trailhead for practice is the responsibility of each rider and his/her family. Coaches will not be transporting kids to practices. Practices will be held on a variety of trail systems between Delta to Ridgway. Because of these transportation burdens, we encourage families to work together with others in their riding groups, to arrange carpools leaving and returning to MHS. Team App is a convenient way to coordinate this.

### 3. TEAM RACERS

Team Racers consist of students who choose to race competitively with the team at state sponsored races.

#### Racing Season Schedule

In addition to the Tuesday, Thursday practices and pre-season activities, the MHS MTB Team will participate in following races:

September 11-12- Chalk Creek Stampede- Nathrop (Individual Time Trials for placement)

September 25-26- Snowmassive Chase- Snowmass

October 9-10-Haymaker Classic- Eagle

October 23-24- Durango Mesa Pursuit- State Championships- Durango

#### Racing Expenses

In addition to the regular team and Colorado League fee, there is a \$65 race registration fee for each race that a student participates in.

#### Racer Requirements

The same practice and code of conduct expectations are in place for riders and racers. However, racing requires a higher level of independence. Each student must be aware of, and responsible for, their individual race schedule on race day. This includes being on time to pre-ride, the mandatory team race meeting, their warm-up ride, and their race call-up. Each rider is responsible for their own food and hydration during races, as well as setting up their Feed Zone person. We simply do not have enough coaches to be responsible for each stage of every racer's schedule as racers are staggered throughout the day. Racers are expected to be around during race day to encourage other racers and build team camaraderie as well as attend a brief awards ceremony to celebrate our team's efforts. We are a team. We will act like one.

#### Racer Parent Requirements

Racing requires a high level of parent involvement. Each family is expected to get their racer to the races with their bike and gear in excellent working order. Each parent is responsible for their racer throughout the race weekend. This includes transportation, lodging, food and all race related activities. Students cannot attend races alone. If you are unable to attend a race, another parent to be responsible for your student during the entire race weekend. These arrangements must be made in advance. Many parents are happy to help. During race day, parents are expected to engage in the team by watching/encouraging other student racers, helping in the Pit and Feed Zone, and contributing food for the Pit and/or team dinner. Parents are also expected to do a volunteer shift at a minimum of 1 race, registered through the Colorado League, in addition to helping with the race our team has been specifically assigned to.

## 4. RACE DAY DETAILS

### Sign Up for Races

To register for races, go to <https://ccnbikes.com/-/memberships/colorado-high-school-cycling-league>. Racers can sign up for all races they plan to compete in over the season at one time, or individually throughout the season. Race fees are transferable, but not refundable. The deadline for registration is always the Monday at 11:59 p.m. before the upcoming race weekend.

### Race Schedule

Races are typically a two-day commitment. Racers meet their coaches at the race venue the afternoon prior to race day (usually around 5pm), to pre-ride the course. Following the pre-ride, there is a mandatory team race meeting where coaches will discuss details for the following days race. Immediately after, there is a potluck style team dinner. On race day, waves are broken up into categories: freshman, sophomore, junior varsity, and varsity. Those waves are staggered throughout the day and rotated throughout the race season. For example, Freshman may race at 2:00 pm one race, and at 10:00 am the following race. A short awards ceremony takes place after races are finished, at about 4:00pm.

### Bikes/Gear

It is the racer family's responsibility to have their bike in good working order on race day. The team will not have the necessary tools to provide bike maintenance at the races. However, there is a neutral mechanical support tent that will help with common mechanical issues, often free or for a small fee.

### The Pit

The Pit is our team's home base at the race venue. We work together to set up tables, tents and bike racks, as well as bringing water, other drinks, and snacks to be shared throughout the day. Families are encouraged to bring their own chairs. Several people are needed to help set up the Pit as well as take it down after the awards ceremony.

### Feed Zone

The Feed Zone is a section of the course where coaches/parents can hand off fresh hydration bottles, or race foods, to their racers. Racers will need to have their own trail food and hydration supplies. If racers are wanting to have bottles handed off, they will need to have those bottles filled and labeled with their names. They also need to plan who will be helping them in the Feed Zone as a limited number of people are allowed in from each team.

### Lodging

Families are encouraged to stay wherever works best for them. Many of the team camp together. This is usually the meeting place for the race meeting and team dinner. As soon as the campground is determined, that information is posted on Team App and each family is responsible for their own reservations.

### Food

The Team Dinner, as well as drinks and snacks, will be planned prior to each race using Sign Up Genius. All other meals/race foods are the family's individual responsibility.

## 5. REQUIRED GEAR

It is necessary to have the proper equipment for maximum comfort, safety, and riding ability. If your athlete plans to race at any of the races, he or she will need a team jersey and matching team shorts or black riding shorts. Starred items are mandatory. If you show up without them, you will be sent home.

### On Your Body

- **An ANSI-certified bike helmet\*** - is required when riding with the team, both by team policy and by our insurance. No skateboard helmets.
- **Appropriate biking shorts\*** - These shorts have a liner which protects one's bottom and keeps muscles warm and less fatigued while riding. It is okay to wear baggy shorts over these, but not too baggy or they will get in the way. No long pants (like jeans) which can get snagged in the chain.
- **Close-toed shoes\*** - either for flat pedals or clipless (SPD) pedals.
- **Mountain bike gloves\*** - full-fingered to keep hands warm and allow for protection on single track from grazing branches and rocks. Should be lightweight for nimble shifting/braking.
- **Windbreaker** - If you can find one that doubles as a rain jacket, even better.
- **Rain jacket\*** - Many riders use the cheap plastic jackets – they make you sweat like crazy but create a nice sauna effect while riding to keep you warm in the rain.
- **Appropriate clothing for adverse weather conditions** - Your coach will give you tips before your first race.
- **Eye protection** - to keep rocks, dirt and mud from going in your eyes. Multi-lenses are good for different conditions, but photo-chromatic are even better, as they adapt to lighting conditions as you ride.
- **A bike\*** - Hardtails (with shocks in front only) are sufficient for cross-country racing, and their lighter weight is a benefit when riding uphill. Many modern full-suspension bikes are lightweight enough for XC racing as well, so it comes down to personal preference or simply what is available. We do have a few loaner bikes that can be checked out for racing.

### To Carry with You

- **Water bottle\* or Hydration Pack** – Bottles should be lightweight, so get the standard (not tall) ones. On some rides you will need two; for races you will need one per lap (up to 4 for varsity). Label them with a permanent marker; there are hundreds of water bottles floating around at races.
- **Bike tool\*** - with hex wrenches for seat post, headset, SPD, brake housing tightening and adjustment; screwdrivers for derailleur.
- **Spare tube, patch kit, tire irons, and a pump\*** - because, at some point, you will get a flat. Even with tubeless tires, carry a spare tube and some way to inflate it.
- **Food for training rides and races** - such as Clif Bars, Trail Mix, Shot Blocks. We burn a lot of calories out there and we do not want you to lose energy and bonk.
- **Medication\*** - If you have allergies that require an EpiPen, bring it along. If you have asthma, bring your inhaler. Notify your coach if you require any special medication or treatment.

### In Your Garage

- **Floor pump** with a pressure gauge.
- **Lube** for your chain and other moving parts. Ask the bike shop salespeople what they recommend for current conditions.
- **Rags** for wiping off excess lube, and for wiping down the drivetrain.
- **A bucket, some sponges, nylon brushes and old towels** for washing and drying your bike.
- **A way to transport your bike**, as you will be transporting bikes on a regular basis.

## 6. TEAM COMMUNICATION

### Team App

Team App is the team's method of communication. ALL communication between administrators, coaches, parents and riders will occur through Team App. This includes information regarding the schedule, practices, races and/or any other upcoming events. To streamline the work required by coaches and administration, it is expected that all team members, and parents, will be on top of Team App Communication. For instructions on how to download and sign up for Team App, see section 7 on How to Sign Up. It can be uploaded on your phone and on your laptop or home computer.

Team App is great in that everything is one place. Not only can you communicate with coaches and other riders, you can view and submit important documents, pay team fees, and shop for swag at the Team Store. There are also link to important websites such as for the Colorado League, MHS MTB Team, and race results.

### Team Leadership Contact Information

Laurie Brandt, Team Director .....	970-316-1746	<a href="mailto:lbrandt@buckhornengineering.com">lbrandt@buckhornengineering.com</a>
Tim Judkins, Head Coach .....	303-819-9734	<a href="mailto:trjudkins@gmail.com">trjudkins@gmail.com</a>
Chris Brown, Parent Coordinator.....	970-316-1788	<a href="mailto:baubabrown@gmail.com">baubabrown@gmail.com</a>
Tony Cimaglio, Teacher Advocate & School Rep .....	970-249-2429 x 4404 970-901-1661	<a href="mailto:Tony.Cimaglio@mcsd.org">Tony.Cimaglio@mcsd.org</a>
Liz Burton, Fees/Financial/Uniforms .....	970-209-9649	<a href="mailto:montrosemtbteam@gmail.com">montrosemtbteam@gmail.com</a>
Ben Brown, Sponsorship/Fundraising.....	954-703-0757	<a href="mailto:docbrowndmd@gmail.com">docbrowndmd@gmail.com</a>

### Other Ways to Stay Connected

Like us on Facebook: Montrose High School Mountain Bike

Follow us on Instagram [montrosemtbteam](https://www.instagram.com/montrosemtbteam).

Team E-mail: [montrosemtbteam@gmail.com](mailto:montrosemtbteam@gmail.com)

Website: <https://montrosemtb.weebly.com>



## 7. HOW TO SIGN UP

### 1) **Download Team App**

- Download Team App from the App Store or Google Play. Click on Find a Team, search for Montrose HS MTB Club. Follow the prompts. Put in parent/student phone numbers, and email addresses. Text Liz Burton at 970-209-9649 with any Team App questions.

### 2) **Complete the MHS and Team requirements**

- Pay the \$150 Team fee in the Store section of Team App.
- Fill out and submit the Sign-Up Form found in the Documents tab of Team App.
- Fill out and submit the Required MHS Paperwork found in the Documents tab of Team App. Team App will direct to you to use PDF Filler to complete the MHS paperwork. You do not have to download the app, just agree to the terms. The MHS paperwork is a 10-page document you **must fill out with your child**, as it requires multiple signatures from you and your rider. If you have trouble submitting these forms on Team App, you can electronically submit them at [www.teamapp.com](http://www.teamapp.com) or print them and email them to Chris Brown at [montroesemtbtteam@gmail.com](mailto:montroesemtbtteam@gmail.com).
- Download the Physical Form from the MHS MTB Team website at [www.montrosemtb.weebly.com](http://www.montrosemtb.weebly.com). When completed, email it to Chris Brown at [montrosemtbtteam@gmail.com](mailto:montrosemtbtteam@gmail.com).
- If a freshman or Junior, complete the Impact Testing which is for baseline concussion testing with Mr. Cimaglio at MHS.

### 3) **Register with the Colorado League**

- For new riders: Once you have submitted the MHS and team documents, you will receive an email invitation from the Colorado League. Create an account using the link contained in the email. Follow the prompts, fill out the forms, and pay your fees. If you do not receive the invite within 48 hours of submitting your MHS and team documents, please contact the team at [montrosemtbtteam@gmail.com](mailto:montrosemtbtteam@gmail.com).
- For returning riders: You should have received an email from the Colorado League on with a link to register with the Colorado League. Click on the link, create your password, click register, choose Montrose from the drop-down menu, enter the team password of Montrose \_21 and follow the prompts to complete paperwork and pay fees. If you did not receive an invite from the Colorado League, contact them directly and indicate that you are a returning rider with the Montrose High School Team.
- Contact Chris Brown @ 970-316-1788 with questions regarding MHS documents/paperwork or registering with the Colorado League.

Detailed sign-up instructions can also be found on our team website at <http://montrosemtb.weebly.com>.

Please note no student will be allowed to participate (including pre-season activities and practices) until he/she has turned in the above documents, or submitted them through Team App.

For academic eligibility and standards required by the high school. Please reference the MHS Student Handbook. An MHS link can also be found on our website.

## 8. ATTENDANCE-BEHAVIOR-LETTERING

### Attendance/ Behavior

**Attendance** - Each rider is allowed 6 absences, 2 of which can be unexcused. An excused absence is any absence that is reported to the Head Pod Coach and Team Director two hours prior to practice via Team App and falls into the following categories: sickness/injury, religious/family obligations, and bike mechanical problems etc. Unexcused absences include all absences that are not reported as instructed and include reasons such as poor time management, forgetting, wanting to do/ride something else, etc.

**Tardiness** - Riders must be at the trailhead on a functioning bike and ready to ride by the designated ride time. Groups will not wait past 5 minutes after this time. Riders more than 5 minutes late will be considered an unexcused absence.

**3 Strikes** – Out of courtesy to the coaches, teammates, and the team overall, we have a “3 Strikes” rule:

- 1) Coach warning - At 6 absences, or 2 unexcused, a warning will be issued to the student.
- 2) Suspension - If more absences occur, the Team Director will contact the student and parent. The student will be suspended from practicing with the Team and racing for one week.
- 3) Dismissal – Student will be dismissed from team.

### Behavior

**Respect for coaches** - Disrespecting coaches include making derogatory comments about coaches, or their coaching, or any other negative attitude and/or comments, cursing about/towards coaches.

**Respect for teammates** - Disrespecting teammates includes making derogatory comments about others, including physical appearance, personality, and riding ability etc. It includes not being a team player, not showing respect for teammates, laughing at or degrading others, ramming into or hurting others, and acting arrogantly towards peers.

**Respect for trail/other riders** - Disrespect for trail rules, not being aware of others around you, and/or riding out of control, or above your speed and ability level, and showboating.

**Language** - No swearing, yelling or crude language among riders at any practice, race, or team function.

### 3 Strikes

- 1) Coach warning - Coach explains the unacceptable behavior and issues warning to the student.
- 2) Suspension - If behavior continues, the Team Director will contact the rider and parent. The student will be suspended from practicing with the Team and racing for one week.
- 3) Dismissal – Student will be dismissed from team.

### MHS MTB Team Lettering

Any MHS MTB Team student athlete who meets the following criteria will receive a Varsity letter:

- 1) Meets academic eligibility standards as defined by MHS.
- 2) Consistently attends team practices and other team functions as defined in MHS MTB Team Handbook.
- 3) Participates with a positive attitude and respect as defined in the MHS Team Handbook.
- 4) Follows Team and Colorado League rules.
- 5) Competes in State Championships as JV or Varsity racer, finishes in the top five riders of their conference division at Conference Championships, or competes in at least one race in all four years of high school (Legacy Rider).

## 9. SIGNATURE PAGE

By signing below, I acknowledge that I have read the documents contained in the 2020 MHS MTB Parent and Student Team Handbook in their entirety. I understand the rules, expectations and guidelines set forth therein, particularly those regarding team members and parent expectations. I agree to abide by these expectations, rules, and Code of Conduct.

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Student (print name)

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Parent (print name)

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Student (sign name)

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Parent (sign name)

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Date

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Date