



Welcome to the 2020 Race Season!!



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Kind bars

please support them, they have given a lot to the program



NP MTB Boosters Board of Directors

The team is a 503c3 non-profit. We have a group of board members that rotates every few years that help guide the team into the future. If you wish to help shape the future of the team, please consider sitting on the board when positions open.

Current B.O.D.

Jim Rose

Shannon Howell

Greg Turner

Chris Hillman

Michele Francisco

Ben Cox

Mike Legge – Director



Coaches

Head Coaches - Bobby Langin, Pete Sullivan, Devin Carter, Dorothy Sullivan, Joe Ventrone , Christa Lamb and Mike Legge. Each head coach guides one of 7 training groups. The groups are based on skill level and endurance. Throughout the season riders may move from one training group to another based on their needs. These moves will be discussed with the rider and coaches.

We have a team of 20+ coaches and ride leaders but always need more. Always looking for additional coaches to ride with different training groups. Coach meeting on **Sept. 19th**. Only need an online waiver, online background check and league fee to ride with the team. Team pays for the fees.

Coaches trained in first aid, concussion awareness, background checks ,etc...



This is a mountain bike racing team

- We train and practice to race. Although riders are not required to race every race, our goal is to have every rider race eventually.
- 2 Teams - Jr. High and High School
- Teams train together in 7 ability based groups but race separately
 - Jr. High racing is split into Beg. Girls, Beg. Boys, Exp. Girls and Exp. Boys
 - High school is split by Frosh, JV1, JV2 and Varsity
 - More details on qualification of each category are available on the league web site www.socaldirt.org.
- We are part of the SOCAL League (www.socaldirt.org) which has about 100 schools that participate
 - Schools are D1, D2 or composite based on size. NPHS is D1 – 2016, 2017, 2018, 2019 league champs.
 - SOCAL is part of NICA (National Interscholastic Cycling Association) (www.nationalmtb.org).
 - Races start March 7th.
 - Races are held at various location throughout Southern California from Temecula to Tehachapi.
 - Jr. High Races are on Saturdays (late afternoon) and High School races are on Sundays (all day)
 - 5 races for all athletes. State Championship against the NORCAL league for high school athletes that qualify.



2019/2020 Calendar

Pre-season starts mid October

See web site (www.npmtbteam.com) for activities and dates. Must have Pit Zone waiver to participate in any pre-season events. Pit Zone will open around Oct. 1st, 2019.

Training Camp 10/18-10/20, see event calendar for details.

SAPWI Fun Ride 11/3

Unofficial!! 11/3 Not a sanctioned event. NOSCO Memorial Ride mikenosco.com/. Great cause.

Practices start December 1st

4 days a week – Monday, Wednesday, Thursday and Saturday is standard. Your Head Coach may change.

Jr. High weekday usually start at 4PM (Head Coach may modify)

High school weekday usually start at 3PM (Head Coach may modify)

Saturday rides start at 9AM (Head Coach may modify)

Depending on coach and point in season practices will last from 1-5 hours

Off practice day suggestions (optional)

Races

March 7-8: Beach to Boulders at Lake Perris

March 21-22: Vail Lake Challenge at Vail Lake

April 4-5: Victory at Vail at Vail Lake

April 25-26: Dam the Torpedos! at Castaic Lake

May 9-10: SoCal Finals at Lake Cachuma

May 23-24: SoCal Championships at Tehachapi

Team Party, Tentative Sunday May 31st

Official school season has ended by June but there are many non-school racing opportunities throughout the summer including a national Championships through USA Cycling (see one of the coaches for more information)



Race Weekend

Most people make a weekend out of it. Usually camping available at all venues or hotels nearby.

We will have a volunteer to coordinate camping so we can camp next to each other if you wish.

We will have a "Pit Zone" area set up near the race course by late morning on Saturday

Pit Zone is a place to gather during the races. Kids will warm up for the races, coaches will meet with athletes, athletes will gather after racing and food and drink is usually available.

We will have team canopies set up in the Pit Zone with folding tables and water

Transportation is the responsibility of each athlete. We need a volunteer to help coordinate carpooling for athletes that need transportation.

Trophy presentations will be after all Jr. High races are complete on Saturday and after all High School races are complete on Sunday. Team awards are Sunday and we encourage all team members to be there to be on the podium.



Team Uniforms (kits)

Only mandatory purchase is a jersey (about \$60) in order to race

Other optional items available – vest, arm and leg warmers, gloves, shorts(bibs), free ride jersey, free ride shorts, socks, water bottles

2 purchase opportunities – Oct. 1st-15th for December delivery and Dec 1st-15th for February delivery

Purchases are made on a “team store” set up by our supplier Hyperthreads. Kits will be shipped direct to purchaser. The link will be on web site on 1st day store opens.

Coach kits will be supplied by the team. An email will be sent out to all coaches with purchasing instructions.



Team Discounts at NPBS

Newbury Park Bicycle Shop is THE Original team sponsor.

Without the shop the team would not be what it is today. The shop offers the team exclusive discounts only to team members and their direct families. In order to get the discount you must be a current team member in good standing. A list will be sent to the bike shop after the 1st of December with the names of team members.

Please be discrete with this discount. Do not advertise that we get this special discount to people not on the team.



Requirements to join

- 6-12 grade
- Any local school
- Pay team dues (graduated based on # of years on team from \$0-155 a year)
- Complete membership form on team web site (www.npmtbteam.org) only need once or if your info. Changes.
- Complete "Pit Zone" registration, complete on-line NICA waiver and pay league fees.
- \$75 SOCAL (HS), \$50 SOCAL(Jr.HS)
- \$60 each race (HS), \$30 each race (Jr.HS)
- Pay for races as you go in the Pit Zone
- Total cost full season for HS (1st year)=\$590
- Jersey \$60 + 1st yr. dues \$155 + SOCAL \$75 + 5 regular season races x \$50) + state champs (optional) \$50
- Total cost full season for Jr.HS (1st year)=\$425
- Jersey \$60 + 1st yr. dues \$155 + SOCAL \$60 + 5 regular season races x \$30)



Required equipment

Mountain bike in safe working condition (if a rider can't afford a bike a team bike may be rented for a small fee)

Helmet (if a rider can't afford a helmet one will be given)

Recommended equipment

Riding shorts with padding

Eye protection (sunglasses or prescription eyewear)

Gloves

Riding jacket/vest – hoodies are not the best they hold sweat and are bulky to carry if taken off



Risk

Mountain Biking is not without risk. We do everything in our power to minimize risk while providing a fun and exciting experience. There are some things parents and riders can do to help minimize risk. Follow coaches and league directions. Help your rider make sure their equipment is in good working condition. Provide good working head and tail lights.

In case of an accident during practice or races, the league does provide for supplemental insurance.

Accident Medical: \$25,000 Each Person – Excess Accident Medical. Deductible: \$100 (details on NICA Website)



Volunteers needed

- Assistant Coaches/ride leaders
- Amgen matching donations
- Race Volunteer Coordinator – send out emails and reminders
- Race volunteers – 10+ for each race, very easy, no experience needed
- Food – coordinate a few volunteers to provide 1 breakfast, 1 dinner and 1 lunch for each race. Simple, good food
- Transportation – email coordination for carpooling
- Camping and off bike clothing– Michele Weyamn
- Team Party – coordinate our end of year party
- Pit Zone coordinator – need 2 volunteers, hang out in Pit Zone and make sure kids get what they need before and after races
- Feed Zone – Joe Ventrone
- Sponsors – Michele Francisco
- Media – Chris Mortillaro
- Equipment Mgr. – verify team equipment is in working order, storing in trailer, trailer transportation
- Fund raising – coordinate various fundraisers. Typically 3-4 restaurant fund raisers each year, movie fund raiser, etc...
- Training Camp coordinator
- Registration coordinator
- Training room technician
- Team Trailer project
- Coach training project



Expectations of Coaches

1. Always set a good example for athletes and parents to follow, exemplifying high moral and ethical behavior.
2. Instruct in proper sportsmanship and practice responsibilities and demand that they make sportsmanship a priority.
3. Respect the rules of the NICA league.
4. Treat opposing coach, athletes, fans and other trail users with respect.
5. Enforce penalties/ramifications for athletes who do not abide the rules and practice standards.
6. Develop each player to his fullest potential, giving candid feedback on strengths as well as opportunities to improve.
7. Develop creative, structured and FUN practice sessions.
8. Keep parents informed on team goals, practices, races, camps, etc.
9. Notify parents or guardians of any injury as soon as possible.



Expectations of Athletes

1. Accept seriously the responsibility and privilege of representing NPMTB Team, NPHS and display positive public action at all times.
2. Demonstrate respect for team mates, opponents, coaches and league officials.
3. Live up to high standards of sportsmanship. (no profanity, inclusiveness, helpful, kind, supportive, understanding, hard working)
4. Come prepared each practice (Clean and safe bike, water, food, tools, air and spare tubes (patches)) and understand that there will be ramifications not being prepared (Sent home)
5. Read and understand the NICA rules.
6. Notify coaches of any schedule conflict or of any practice absences prior to said conflict or absence.
7. Maintain a 2.5 GPA.
8. **ABSOLUTELY NO BANNED SUBSTANCES!!** In addition to the penalties set forth by the league (Rule Book 2.17-2.19) the team will forfeit the score for the races the substances were used and will return any trophies if the adjustment in points warrants.



EXPECTATIONS OF PARENTS

1. Support the team and coaches
2. Respect decisions made by coaches and the NICA league.
3. Ensure students can arrive to practice on-time and prepared.
4. Volunteer at the races.... How many times? At least once.
5. Communicate any concerns or special needs, medical issues to coaches. Notify coaches of schedule conflicts.