

LCHS Mountain Bike Team



September 2021

LA CAÑADA SPARTANS

NICA

- NICA (National Interscholastic Cycling Association)
- Cross Country mountain bike riding and racing (Olympic sport)
 - 6th – 12th grade, boys & girls
 - Participation subject to league mandated rider:coach ratio – 6:1
 - 30+ Leagues / Over 1000 teams / Over 20k riders / 22% girls
 - Growing at just under 40%



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SoCal League (www.socaldirt.org)

- Over 70 teams / over 1,000 racers
- Five race weekends plus a 6th HS only SoCal Championship
- Team scoring only for HS
- Middle School races Saturday
- High School races Sunday
- First race weekend Feb 19/20



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LC MTB Team

- Year 4
- Last year 63 riders and over 20 coaches, no races due to Covid
- 501c3 set up to govern team
- Team Director - Derek Grey + 4 other Board of Directors
 - Administrative, relationship with league (NICA), pay fees, manage rosters, emergency contact lists
 - Relationship with LCHS
 - Find coaches
 - Volunteer requirement



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Coaches

- Head Coach - Bill Barker
 - IG: billybobbikes
 - Strava: Billy Bob Barker
- POD Leaders – parent coaches
- Adults/coaches in order to ride with team must:
 - Get league certification
 - Get LCUSD background check and TB test



LA CAÑADA SPARTANS

Mission/Vision

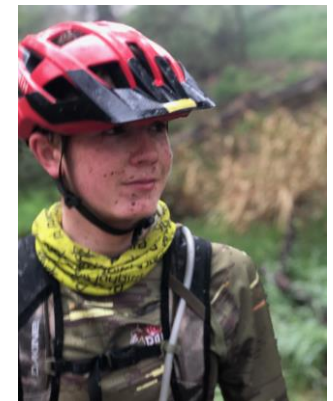
- Nurturing the next generation of cyclists in a supportive, FUN, yet competitive environment
- Our goal is to work with athletes of all abilities
 - We start in October with the very basics, and will progress steadily through late May



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Why Join?

- Riding is fun!
- Lifetime enjoyment
- Healthy Lifestyle
- Everybody plays
- Individual development within a team environment
- Make new friends
- Teaches grit & perseverance



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3 Phases to Season

- Pre-Season Skills Training: Oct. 15 – Nov. 30
- In Season Training: 12/1 – End of May
- Races: First Race Feb 19/20



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Skills Training

- Pre-Season: 10/15 – 11/30 -
6 team activities (Saturdays for
1.5-2 hours each)
 - Riding Protocols
 - Riding Skills
 - First Aid
 - Bike Maintenance
 - Off Bike Training –
Core, recovery, diet
 - Race Strategy



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In Season Training - Practices

- Begins 12/1
- Following NICA/SoCal/LA County/LCHS guidelines with respect to Covid guidelines for vaccinated and unvaccinated
- Max: 6 rider / 1 coach ratio, ideally 8:2
- M/W/S, M/R/S or T/R/S training days; Start and end times set by Pod (Saturday tends to be longer rides)
- Ideally rider has built up some fitness before 12/1



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Race Weekends

- **Saturday** - Arrive AM, set up site, ride course, lunch as team, MS races, dinner as team
- **Sunday** - Breakfast as team, HS races, break down site
- Feb 19-20 – Lake Perris
- Mar 12-13 – Vail Lake
- Mar 26-27 – Vail Lake
- Apr 2-3 – Lake Castaic
- Apr 30/May 1 – Lake Cachuma
- May 13-15 – Tehachapi (HS only)



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SoCal League – Middle School

Saturday Middle School Racing Schedule

Field	Start Time	Laps	Mileage	Numbers Colors
WAVE 1	Stage 1:45 PM			
Girls Level 3 Grades 7/8	2:00 PM Sat	2	6.5	1000s
Girls Level 2 Grades 6-8	2:04 PM Sat	2	6.5	2000s
Girls Level 1 Grades 6-8	2:08 PM Sat	2	6.5	3000s
WAVE 2	Stage 2:45 PM			
Boys Level 3 Grades 7/8	3:00 PM Sat	3	10	4000s
Boys Level 2 Grade 8	3:04 PM Sat	2	6.5	5000s
Boys Level 2 Grade 6/7	3:08 PM Sat	2	6.5	6000s
WAVE 3	Stage 3:45 PM			
Boys Level 1 Grade 8	4:00 PM Sat	2	6.5	7000s
Boys Level 1 Grade 7 (Even Number Plates)	4:03 PM Sat	2	6.5	8000s
Boys Level 1 Grade 7 (Odd Number Plates)	4:06 PM Sat	2	6.5	8000s
Boys Level 1 Grade 6	4:09 PM Sat	2	6.5	9000s



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SoCal League – High School

Sunday High School Racing Schedule

Field	Start Time	Laps	Mileage	Numbers Colors
WAVE 1	Stage 9:00 AM			
JV1 Boys Conf A	9:15 AM Sun	2	11	1000s
JV1 Boys Conf B	9:20 AM Sun	2	11	2000s
JV1 Boys Conf C	9:25 AM Sun	2	11	3000s
WAVE 2	Stage 10:15 AM			
Freshman Boys Conf A	10:30 AM Sun	2	11	4000s
Freshman Boys Conf B	10:35 AM Sun	2	11	5000s
Freshman Boys Conf C	10:40 AM Sun	2	11	6000s
WAVE 3	Stage 11:30 AM			
Varsity Girls	11:45 AM Sun	3	16.5	100s
JV2 Girls	11:49 AM Sun	2	11	200s
Freshman Girls	11:53 AM Sun	2	11	300s
JV1 Girls	11:57 AM Sun	2	11	400s
WAVE 4	Stage 1:15 PM			
Varsity Boys	1:30 PM Sun	4	22	500s
JV2 Boys Conf A	1:34 PM Sun	3	16.5	7000s
JV2 Boys Conf B	1:38 PM Sun	3	16.5	8000s
JV2 Boys Conf C	1:42 PM Sun	3	16.5	9000s



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Code of Conduct

- Committed to safety
- Athletes that repeatedly engage in risky behaviors will be dropped from the team
- No riding without a helmet (NICA mandated *ANY TIME* on a bike)
- We are visible representatives of La Canada HS specifically and of mountain bikers in general (Trail use issues)
- Team and SoCal League rules apply to family and friends as well



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Equipment

- Mountain Bike – Ready to ride
 - Air, Brakes, Chain, Derailleur
 - Hydraulic Disc Brakes preferable
 - Tubeless tires preferable – properly inflated
- Bicycle helmet – MIPS equipped is advised
- Gloves and eye protection
- Water/food (gels)
- Bike lights – Front white solid/flashing; Rear flashing red light



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Equipment Cont'd

- Clothing appropriate for the ride
 - Cycling shorts
 - Layering - Wind breaker and/or vest, leg or knee warmers, arm warmers
 - Cycling shoes (if using clipless pedals)
- Bell – to alert other trail users of your presence
- Innertube, small pump, tire levers (even if tubeless)
- Multi-tool with chain breaker
- Any health related rqmts – i.e. Asthma
- ***Bike Shop Sponsors – TBD***
- ***reCYCLE (FaceBook Team Site)***



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Volunteers

- Fundraising/Sponsorships
- Team Gear & Equipment
- Uniforms
- Website
- Season Kick-off BBQ
- Team Building Events
- Race Weekend Pit Zone Lead
 - Transportation of Equipment
 - Set up/Break Down of Pit Zone
- Race Weekend Food & Drink
 - Pit Zone/Saturday Lunch and Dinner/Sunday Breakfast
- League Race Volunteers
 - Marshaling/Parking Attendant/Feed Zone/Finish Line/Sweeper
- Photo/Video



Most positions will be posted through a *Sign Up Genius*



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Joining the Team

- Our goal is to allow anyone interested join the team
- The league 6:1 coach to rider ratio forces us to make sure we have enough coaches
- If we cannot accept all riders, priority of joining is as follows:
 - Returning Riders
 - New riders who have a parent coaching
 - New riders based on grade – Sr., Jr, Soph, Fr., 8th, 7th, 6th



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Costs

- Equipment
- League Costs
 - Rider SoCal League Dues - \$100
 - Race Fee Per Race - \$60 HS / \$40 MS
- LCHS Team Fee: \$100, waived if:
 - if you paid \$100 last year
 - If you bring a sponsor in for \$200 or more



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How to Join

MUST BE REGISTERED WITH NICA TO RIDE

- 1. Returning riders** should mark 'Yes' on the Returning Rider Form by Sept. 27th and will get email with link to register on or around October 1st.
- 2. New riders** should fill out the 'New Rider Form' with rider and parent info by Sept. 27th, and then also get an email link to register on the league site on or around Oct. 1.
3. Pay \$100 team fee
 1. Check to: LC MTB Team (mail or drop off at 4825 Daleridge Rd. LC)
or
 2. Zelle transfer to: lcmtbteam@gmail.com



LA CAÑADA SPARTANS

Communication / Contact Info

Team Email: lcmtbteam@gmail.com

Team Website: www.lcmtbteam.com

Instagram: lcmtbteam

Twitter: lcmtbteam

Bill Barker – barkerwilliam1969@gmail.com / 626.354.0113

Derek Grey – dmgrey@hotmail.com / 818.524.8832

Communication RE: practices will be from Pod coaches and may vary in how to communicate.



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Q&A



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