

LEHS Mountain Bike Team



October 2020



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 coach/rider ratios
 - 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
- Cleared to do practices/training using Covid protections
- No current plans for races (following County guidelines). Will race if possible.
- Races typically 5 weekends – MS Sat. / HS Sun.



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LC MTB Team

- Year 3 – last year over 50 riders and over 20 coaches
 - 3 top 5 finishes LY; Conference champion in 2019
- 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 volunteers
 - Find coaches



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Coaches

- Head Coach - Bill Barker
- Asst. Head Coach John Grace
- POD Leaders – parent coaches

- Adults/coaches in order to ride with team must:
 - Get league certification
 - Get LCUSD background check and TB test



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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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Practices

- Following NICA/SoCal/LA County/LCHS guidelines
- 10 person max: 8 rider / 2 coach training pods that stay together
- 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)
- Likely taking temperatures before practice
- Riders/coaches wear mask and stay 6 feet apart. On rides mask not required but stay 8 feet apart.
- First Aid on rides – gloves / hand sanitizer
- No sharing water or tools
- If someone in pod gets covid, pod stops for 14 days



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Achievements

- League is developing achievements for riders to obtain over course of season
- We will create team, pod, rider achievements
- Focus on FUN while still having kids prepared if we race
- Creating a meaningful experience in a challenging time
 - Bicycling is one of the few activities /sports that is relatively normal



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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 bottle/Camelbak
- 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
- Food (Gel packs are small and light)
- Innertube, small pump, tire levers
- Multi-tool with chain breaker
- Any health related rqmts – ie. Asthma
- ***Bike Shop Sponsors – TBD***



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Costs

- Rider SoCal League Dues - \$200
- Participation Fee - \$100
- Equipment – Bike, Helmet, gloves, eye protection



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How to Join

MUST BE REGISTERED WITH NICA TO RIDE

- 1. Returning riders** register at:
https://pitzone.nationalmtb.org/users/sign_in
- 2. New riders** send email of intent to join to: lcmtbteam@gmail.com with:
 1. Parent name
 2. Rider name and grade

Deadline to register at SoCal: Tues. 10/13 Noon

- 3. Pay \$100 team fee either**
 1. Check to: LC MTB Team (mail or drop off at 4825 Daleridge Rd. LC)
or
 2. Zelle transfer to: lcmtbteam@gmail.com



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Communication / Contact Info

Team Email: lcmtbteam@gmail.com

Team Website: www.lcmtbteam.com

Instagram: 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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Sponsorship / Donations



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Questions



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