

A group of mountain bikers are riding down a dirt trail in a grassy field. The lead rider is wearing a yellow jersey and a red helmet. Behind them, another rider in a black jersey and grey helmet is visible. Further back, several other riders are following. The scene is outdoors with tall grass and some purple flowers on the left. A semi-transparent circular overlay is centered over the riders.

LCHS Mountain Bike Team

LCHS Mountain Bike Team

- Year 5
- Last year 75 riders and over 20 coaches
- 501c3 set up to govern team
- Team Director – Hamid Namazie
- 4 additional members on the Board of Directors (5 total)
- Part of SoCal League
- Relationship with LCHS

Club Goals

- Nurturing the next generation of cyclists in a supportive, FUN, yet competitive environment
- Encourage riders of all abilities to enjoy and excel at mountain biking. We start in October with the basics, and progress steadily through late May



SoCal League

www.socalyouthcycling.org

- Founded in 2008
- Currently over 70 teams / over 1,000 racers



Season

- Pre-Season Skills Training
 - Saturdays mornings, Oct. 15 – Nov. 30
 - @LCHS 9am-11am
- In Season Training: 12.1 – End of May (3x / week)
 - 2x /week after school, depending on pod
 - Saturday mornings
- Races (optional)
 - 6 weekends
 - Mid Feb – early May



Pods

- Pods are 8-12 riders of similar age and ability
- Each pod has 2-3 dedicated coaches



Coaches

Head Coach – **Bill Barker**

POD Leaders – parent coaches

To Volunteer or coach:

- Get league certification

- Get LCUSD background check and TB test



Races

- Saturday – Middle School Races.
Arrive AM, set up site, ride course,
lunch as team, dinner as team
- Sunday – High School Races.
Breakfast as team, break down site
- Team scoring only for HS



Race Dates

Feb 11-12 – Lake Perris

Feb 25-26 – Vail Lake (Vail Lake Challenge)

Mar 11-12 – Vail Lake (Victory at Vail)

Mar 25-26 – Lake Cachuma

Apr 15-16 – Vail Lake (Finals)

May 5-6 – Lake Cachuma

(Championships – HS only)



Why join?

- Skills for a lifetime of enjoyment
- Everybody plays
- Individual development within a team environment
- Make new friends
- Teaches grit & perseverance
- Explore the mountain wilderness
- Excellent source of exercise
- Riding is FUN!



Registration

MUST BE REGISTERED TO RIDE

- **Returning riders** and **new riders** should:
 - Complete the form at the following link by no later than October 15, 2022
 - **<https://docs.google.com/forms/d/e/1FAIpQLSd83icoRyYtnsMRFb7P3IQFmsuDY-xVc4tuVRDuIAu46AJjGA/viewform?vc=0&c=0&w=1&flr=0>**
 - Pay **\$150** team fee
 - Check to: LC MTB Team or
 - Zelle transfer to: lcmtbteam@gmail.com
 - Register with [Socalyouthcycling.org](https://socalyouthcycling.org)





Contacts

Team Email: lcmtbteam@gmail.com

Team Website: www.lcmtbteam.com

Instagram: [lcmtbteam](https://www.instagram.com/lcmtbteam)

Twitter: [lcmtbteam](https://twitter.com/lcmtbteam)

Bill Barker – barkerwilliam1969@gmail.com / 626.354.0113

Hamid Namazie – lcmtbteam@gmail.com / 310.486.7550





Q&A

- Equipment
- Costs
- Uniform
- Parent volunteers
- Safety

