



# The Utah High School Cycling League



WE ARE PART OF UTAH NICA  
NATIONAL INTERSCHOLASTIC CYCLING ASSOCIATION



NICA is a 501(c)3 Non-Profit Organization founded in 2009

NICA facilitates the development of youth cycling for grades 7th-12th nationwide by providing the licensing, training, and insurance to our coaches, teams, and volunteers.

a 501(c)3 nonprofit, was organized in 2011.

We provide a high-quality mountain bike racing experience that emphasizes the value of each participant (no one is benched), camaraderie among peers, a positive sporting behavior and the cultivation of health over competition.

# Vision

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TO ENABLE EVERY UTAH TEEN TO  
STRENGTHEN BODY, MIND, AND  
CHARACTER THROUGH THE LIFELONG  
SPORT OF CYCLING

Here's how...



# Vision



## 5 Core Principles

FUN \* INCLUSIVITY \* EQUITY

RESPECT \* COMMUNITY





Our Team





# Head Coaches



Mindy and Dave Taylor



(Photo taken prior to joining NICA, we always wear helmets now)

Megan and Seth Bradley



# Our Team

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## 2023 Support Staff

- \*Team Director – Heather Tasker
- \*Accountant/Assistant Coach - Ben Covington
- \*Equipment Manager – Grzybowski's
- \*Food Coordinator - Julie Haddock
- \*IT Manager - Mike Drechsel
- \*Sponsorships- Monika Preysz
- \* Team Photographers - Seth Bradley  
Mike Drechsel
- \*Team Mechanics - Jeremy Boberg
- \*Snack Master - Tonya Pack
- \*First Aid Coordinator - Amber Spillet
- \***Volunteers - All Parents**

# The Team



## 2023 Team Captains

- \*Griffin Tasker
- \*Heidi Christensen
- \*Cole Kunkel
- \*Eric Pack
- \*Kevin Law
- \*Emily Moss
- \*Jon Ketcheside
- \*Ryker Brand





# The Team



## What Makes Alta Great!

We support each other

- Work hard/play hard
- Enthusiastic coaches/parents
- School support (not official school sport)
- Multiple podium
- placements at every race.



# Volunteers



## Team Help

Ride leaders

Food Prep

Party planning

Pit Zone setup/takedown

Equipment Assistants

Sponsorship/fundraising

Team administration

Transportation

Race Day Support

*Fee discounts covered for certain volunteer positions*

## League Volunteers

Each family required to volunteer at least once

Race sweep

Scoring

Parking

Trail marshal

Setup/takedown

2 – 4 hour shift





# Team Goals - Why We Race



To enable Alta High School students to develop the lifelong sport of mountain biking while honoring the Utah High School Cycling League's 5 core principles of FUN, INCLUSIVITY, EQUITY, RESPECT, AND COMMUNITY.

To enable students to develop personal discipline and a strong work ethic through training and racing.

To develop a fun, safe atmosphere where students can develop friendships and Alta pride.

To teach mountain bike handling skills and fundamentals to reduce injury risk and enable students' bike confidence.



# June 200 Mile Challenge



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In June, Alta riders can join the 200 miles challenge.

## Rules

- \*Must Strava all rides
- \*No sharing rides on Strava
- \*No Shuttling
- \*Road miles only accepted from home to trail (maximum 25 miles)
- \*Remainder of miles must be mountain bike rides
- \*Must be part of the Alta MTB Strava Club

Riders who complete the challenge will receive a T-shirt and their name will be entered into a drawing for prizes.



# Other Activities



Team Hike

Maintenance clinics

Trail work days

Practice Race

Taco Tuesday

Team Activities

End of season banquet



# Practice Schedule (Tentative)



## May – Preseason

Maintenance and skills clinics, team activities, group rides

All riders must pass off skills basics – ready position, braking, cornering, descend, ascend

Advanced skills practice for experienced riders

## June 1<sup>st</sup> – Regular Season starts

Schedule will be set up in Team Snap

Tuesday 6:00 – 8:00am

Corner Canyon

(until school starts, then evenings)

Thursday, Alternate 6:00 – 8:00 am and 6:30 – 8:30pm

Snowbird, Solitude, Corner Canyon

(start time changes as sunset gets earlier)

Saturday 8:00am – 10:30am, Location TBD

2 per month -One Saturday practice with the team, one on your own/with friends





# Practices



## Expectations

- Arrive **15 minutes early** – be ready to ride on time
- **RSVP in TeamSnap for the week by 6:00 pm Sunday**
- Follow ride leader instructions
- Be prepared - water, tube, food, proper clothing

## Typical Practices

- Start with announcements/reminders
- Skills practice in parking lot and flow trails
- Groups based on ability – 2 to 3 ride leaders each
- Rides will vary between endurance, intervals, technical and race skills



# Attendance

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**80% attendance required to be race eligible and to remain on the team.**

50% must come from team rides. If rides are missed a comparable ride may be made up. (Send a picture of your Strava ride to Mindy and Megan)

All rides must be made up within two weeks.

# Practices



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**Please come prepared, this means giving your body proper nutrition before the ride.**

## **Required:**

**2 water bottles or camel back**

**Snack**

**Gloves**

**Glasses**

**Helmet that fits properly**

**Medication needed to self administer (asthma inhaler, epi pen, diabetes control)**

**Clothing for changes in weather.**





“Cross Country” (XC) or “All-Trail” style Mountain Bike

Enduro and Downhill (DH) are not suited for NICA races (Under 150mm of travel)

Hard tail or Full suspension

# Equipment



Tubeless tire set-up



Flat or Clipless pedals



Bike properly fit to athlete

Disk Brakes preferable

27.5 or 29 inch wheels preferable

9 Loaner Bikes available from the team. 4 race commitment required. Borrower responsible for maintenance and repair. \$200 deposit.

# Equipment



## Required:

Spare tube  
CO2 or small hand pump  
Tire levers  
Quicklink for chain  
Multitool



## Nice to Have:

Tire plug  
Valve core remover  
Quicklink breaker



# Team Package





# Team Package



# Team Package



# Team Package





# Team Apparel - Optional



# Team Apparel Optional



# Fit Kit



- \*Sizes of jerseys and bib shorts are mens and womens specific.
- \*Shorts should fit snug, not loose. Jersey sizing is a personal preference.
- \*If you have questions about sizing please visit [DNAcycling.com](https://www.dnacycling.com) for sizing charts or schedule a time to try on a kit in person.  
(801) 676-5057  
8681 S 700 W, Sandy, UT 84070





# Communication



## Teamsnap

Website and smartphone app

Full schedule

Contact information

## RSVP

Payment tracking

Documents

## Website

<http://altamtb.com>

Registration, documents, photos/videos, sponsors

## Facebook

<https://www.facebook.com/groups/altahsmtb/>

Share photos/other info

## Instagram

<https://instagram.com/altamtb/>

#altamtb

## READ THE EMAILS!

Check spam folder

## Strava

<https://app.strava.com/clubs/altahsmtb>

Track rides, informal competition

# Rules

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**Sportsmanship** – I will encourage and support team members and other racers, at practice and at school.

**Helmets** – I will have my helmet on and buckled when standing over or riding a bike.

**Safety** – I will maintain safe speeds and stay within my ability level. I will keep both wheels on the ground for the entire practice, including in the parking lot.

**Respect** – I will stay on legal and open trails, and pass with care.

**Attendance & Participation** – I will maintain 80% practice attendance.

**Service & Volunteering** – I will do trail work and my family will volunteer to help the team.

**Practice Groups** – I will stay in groups organized by skill/fitness level.

**Bicycles & Maintenance** – I will keep my bike properly maintained.

**Injuries** – I will report to my coach any injuries especially those that require medical attention

**League Rules** – I will not use caffeine at races, no alcohol, tobacco, vaping, illegal drugs year round.

**Racing** – I commit to race a minimum of three races

All team members must sign rules form at registration

# Fees



## Team Fees

\$415 - includes jersey, shorts, socks, t-shirt, water bottle, stickers, bell, pre and post season activities, sports drinks/food, race day meals)

Pay by Saturday, April 30 **(NO LATE REGISTRATION!!!)**

## League Fees

\$340– NICA Membership fee

– Utah cycling league registration fee

Must pay before participating in any team activities

- Covers all 5 races

*League scholarships to cover race fees are available for all students in need (Open April 1)*

*Race fees covered for some race crew positions*

*Team fees can be discounted with sponsorships*

*Payment plan available*



# Sponsorship and Fundraising



## Students – Bring in a sponsor for discount on club dues

\$500 level: 25% discount on club fees

\$1,000 level: 50% discount on club fees

\$1,500 level: 75% discount on club fees

\$2000 level: 100% club fees waived

Deadline is April 30 for logo to be included on the jersey

Information document on team website



Our club is part of the Alta Corner Canyon Cycling 501(c)3 Non-profit organization. All donations are tax-deductible

Link to sponsorship letter: [altamtb.com/documents](http://altamtb.com/documents)

# Our Region



## Region 3 Teams

- \*Alta
- \*Brighton
- \*Corner Canyon
- \*Juan Diego
- \*Copper Hills
- Murray-Taylorsville  
Comp
- \*Jordan
- \*Riverton
- \*West Granite Comp
- \*Cotton-crest Comp
- \*Olympus



# Race Schedule



## East Region

8/19/23 Powder Mountain

9/2/23 Snowbasin

9/16/23 Richfield

9/30/23 Price

10/20-21/23 State Champs - TBD

- Must Qualify For State



# Race Day



## Expectations

- All day event
- Cheer and encourage teammates
- Pit Zone setup/takedown
- Pre-ride course
- Podiums after racing completed

## Food

- Light breakfast and lunch provided
- Water, snacks, sports drink, bar, gels





# Upcoming meetings - Team

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**May 10 @ 7:30 pm New Parents Meeting-** If you are new to the Alta Team join us for an informative discussion on what is expected from you and your rider.

**May 10 @ 8:00 pm Parent Volunteer Meeting-** This team is run %100 on volunteers. Every parent is expected to volunteer in some way with the team.

**Ride Leader Training-** If you are interested in riding with the team please contact us right away. We will be scheduling ride leader training.



# How to Register - Team

## Complete Team Registration Process

<http://altamtb.com>

Opens Today

Closes on April 30

(No Late Registrations Allowed)

Please use riders email on Teamsnap Signup. There will be additional fields for Parent emails.

## Ride Leader Registration

<http://altamtb.com>

Open now

Once you are registered in TeamSnap a welcome email will be sent to you. This email will include a link to the DNA-Alta Store and a code to enter at check out that will cover the cost of the Team Package.

Item that are not in the team package are optional.

If parents or family want team apparel, this is the time to purchase it.

# Reminder



Complete registration process at team website, <http://altamtb.com>

Download Teamsnap App, <https://teamsnap.altamtb.com>

- Look for email invite if new to team

Complete Pitzone registration, <https://pitzone.nationalmtb.org>

- Look for email invite if new to league

Registration deadline, April 30

DNA Team Store Deadline, April 30

**Go outside and ride your bike!**



# Contact Info



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## Head Coaches Alta MTB

Mindy Taylor  
801-913-1822

Megan Bradley  
801-541-5021

[altahsmtb@gmail.com](mailto:altahsmtb@gmail.com)

Team website – [altamtb.com](http://altamtb.com)  
League website – [utahmtb.org](http://utahmtb.org)