



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



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



Head Coaches



Mindy and Dave Taylor



Megan and Seth Bradley



Assistant Coaches Seniors: Ben Covington and Kent Ferguson



Assistant Coaches Juniors: Jody and Joe DeLisis



Assistant Coaches Sophomores: Laura Gehret and Ben Ahyou



Assistant Coaches Freshman: Scott Tasker and Jason Bradford



Our Team



2024 Support Staff

- *Team Director – Heather Tasker
- *Accountant - 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 and Emily Boberg
- *Snack Master - Tonya Pack
- *Videographer - Jason Haddock
- *Trail Work Coordinator -Sean Squire
- ***Volunteers - All Parents**



2024 Team Captains

- *Greyson Covington
- *Derek Hopper
- *Ruby Lewis
- *Jacob Taylor



Senior Officers

Laker Ferguson
Tyler Jorgensen



Junior Officers

Luke Boberg

Georgia Bradley

Matthew Stoker

Grace Taylor



Sophomore Officers

Elias Ahyou
Clark Hanley
Kaitlyn Harris
Jason Law
Sally Wetzel



Freshmen Officers

TBD

GRiT Ambassadors

Kaihli Larrabee
Saylor Summers
Kirsten Christian
Audrey Grigg



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 per rider

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



In June, Alta riders can join the 200 miles challenge. This is an optional activity and riders will need to put in quite a bit of extra effort

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 - May 9

Maintenance clinics - May 14

Six Hours of Eagle Mountain - June 15

Trail work days

Practice Race - July 20

Team pictures and dinner

Team Activities

End of season banquet



Practice Schedule

(Tentative-schedule will be published on teamsnap)



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 1nd – 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, Park City

(start time changes as sunset gets earlier)

Saturday 8:00am – 10:30am, Locations varies. Eagle Mountain, Herriman, 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 - bike, 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

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 the assistant coach for your grade).

All rides must be made up within two weeks.

Practices



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

Required:

2 water bottles or a hydration pack

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).

Hardtail or full-suspension bikes are great.

Equipment



- Tubeless tire set-up
- Flat or Clipless pedals (if clipless, make sure you are proficient before using for practices)
- Bike properly fit to athlete
- Disk Brakes preferable
- 27.5 or 29 inch wheels preferable
- 12 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



Optional Team Apparel



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 for sizing charts or schedule a time to try on a kit in person.
(801) 676-5057 584 E. 1100 S. Ste #1 American Fork 84003

We do NOT order extra spandex gear. Make sure you order the correct size as you cannot exchange

Parents, siblings, grandparents, supporters: Order your swag now!

It's so fun to see all the AHSMTB fans wearing their team apparel at the races. After the first race, we are always asked "How do I get one of those cool hats/t-shirts/hoodies?"

The easiest way to get your team support gear is to order yours along with your rider's kit. There will be a small amount of swag to purchase at races, but to guarantee you have yours for the first race and that it's in your size, order now



Communication



Teamsnap

Website and smartphone app

Full schedule

Contact information

RSVP

Payment tracking

Documents

READ THE EMAILS!

Check spam folder

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

Strava

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

Track rides, informal competition

Rules



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

\$425 - includes jersey, shorts, socks, t-shirt, water bottle, stickers, pre and post season activities, sports drinks/food, race day meals)

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

League Fees

\$360– NICA Membership fee

– Utah cycling league registration fee

Must pay before participating in any team activities

- Covers all 5 races

TOTAL: \$785

*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*

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 T-Shirt, however we are happy to take donations throughout the season.

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

Our Region



Region 3 Teams

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

Race Day



Expectations

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

Light breakfast and lunch provided for racers and families



Race Schedule



East Region

8/24/24 Manti

9/7/24 Price

9/21/24 Vernal

10/05/24 Eagle Mountain

10/18-19/24 State Champs - Cedar City-
Must Qualify For State

**ONLY REGISTERED RIDERS AND RIDE
LEADERS ALLOWED ON COURSE FOR PRE
RIDES (number plate required-number
plate earned by attendance)**



2024 State Championship Qualification

Qualifying Categories and Required Placement

All High School Seniors regardless of category and placement

All Varsity Riders

Top 70 Series Overall JVA Boys per region

Top 40 Series Overall JVA Girls per region

Top 40 Series Overall JVB Boys per region

Top 40 Series Overall JVB Girls per region

Top 25 Series Overall JVC Boys per region

Top 25 Series Overall JVC Girls per region

Top 40 Series Overall Freshman A Boys per region

Top 25 Series Overall Freshman B Boys per region

Categories that do not participate at State Championships

JVD Boys

JVD Girls

JVE Boys

Freshman C Boys

SLR Boys and Girls

All Junior Devo



RACING

Upcoming meetings - Team



May 16 @ 7:30 pm Parent/Volunteer Meeting- Join us for an informative discussion on what is expected from you and your rider.

This team is run %100 on volunteers. Every parent is expected to volunteer in some way with the team.

April 30: 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

Get outside and ride your bike!

Contact Info



Head Coaches Alta MTB

Mindy Taylor
801-913-1822

Megan Bradley
801-541-5021

altahsmtb@gmail.com

Team website – altamtb.com
League website – utahmtb.org