

Alta MTB Parent & Volunteer Meeting



Agenda

- Who Are We?
- What is NICA?
- Practices
- TeamSnap
- Strava
- Races
- Volunteering
- Q&A

This meeting is an open forum so please ask questions, make suggestions and be prepared to volunteer for a job.



Who are We? Head Coaches



Mindy and Dave Taylor



Megan and Seth Bradley



Assistant Coaches Seniors: Jody and Joe DeLisis



Assistant Coaches Juniors: Casey Cherrington and Matt Deming



Assistant Coaches Sophomores: Jason Bradford and Scott Tasker



Assistant Coaches Freshman: Kent Ferguson & Phil Broadbent



“NICA” National Interscholastic Cycling Association

NICA Values

- **Fun:** NICA inspires friendship, joy, and adventure.
- **Inclusivity:** NICA believes everyone should be able to participate in our programs and feel welcomed, respected and supported.
- **Equity:** NICA is committed to fair treatment, equal access, opportunity, advancement and elimination of barriers to encourage participation for all.
- **Respect:** NICA expects consideration for all others, oneself, and the outdoors.
- **Community:** NICA unites diverse people, families and communities through cycling by creating fun and welcoming experiences.

<https://www.nationalmtb.org>



“NICA” National Interscholastic Cycling Association

NICA Mission

We build strong minds, bodies, character, and communities through cycling.

NICA Vision

Every youth is empowered to be part of a thriving and engaged cycling community.

<https://www.nationalmtb.org>



TYPICAL PRACTICE



Riders must show up, ready to ride, having eaten, checked their ABCDE's 15 minutes before practice starts. We want practice time spent riding!

We take attendance, get groups together, make announcements and want to leave the parking lot by 6:00

Dress for the weather! We will ride in heat, cold, rain, and wind. Practice will be cancelled or shortened due to lightning or air quality issues.

If your child needs an inhaler, epi-pen, insulin, etc, they must let us know, bring it to all practices, and know how to administer

PRACTICE

Once groups leave the lot, they will do a structured warm up, then regroup to discuss the ride plan.

Pretty early on, the expectation is that riders can ride for 2 hours at a moderate pace with MINIMAL stops.

If riding to or from practice, Utah law states “You are required to have a white headlight, red tail light or reflector, and side reflectors, all visible for at least 500 feet (41-6a-1114) any time you ride earlier than a half hour before sunrise, later than a half hour after sunset, or whenever it is otherwise difficult to make out vehicles 1000 feet away” Ride WITH traffic or on the sidewalk.

Trail Work

All student riders are expected/committed to 3 hours of trail work/community service. The team has lined up trail days through Draper Park and Rec. If you are unable to make any of the trail days, you need to contact Draper Parks and Rec (801)576-6570 or Sandy Parks and Rec (801)568-7100 to set up your own trail work and let Sean Squire (801)493-5032 or squiresean@yahoo.com, know when and where you completed your trail work.

TEAM SNAP

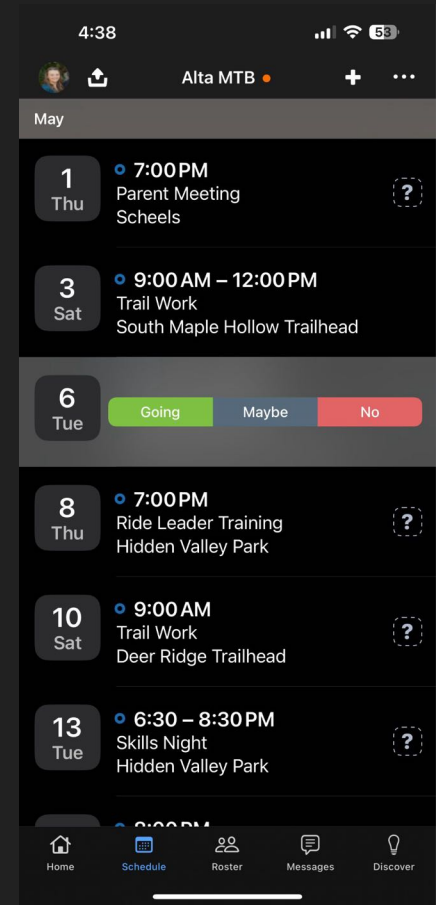
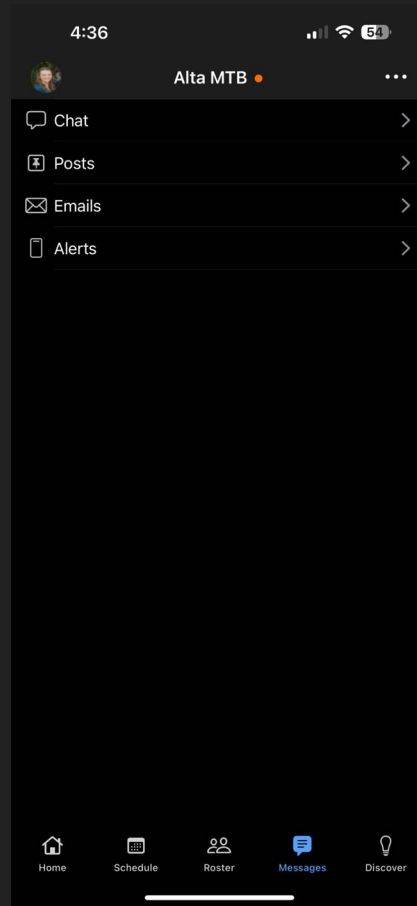
Schedule can be found on TeamSnap.

Availability MUST be set for each practice. Enter a yes or a no, maybes are not helpful.

Practice ride plans will be published to the TeamSnap schedule a week in advance so riders can be prepared (SPRINTS!)

If you have a question, check TeamSnap before you ask.

Please use the TeamSnap chat to contact us. Use a private chat to the assistant coaches over your students grade for issues concerning your rider, and leave the main TeamChat for issues that affect everyone. We want to use the main chat for pertinent team information.



Strava



AHSMTB 2025



Scan to join
AHSMTB 2025



JUNE 200 MILE CHALLENGE

Log 200 trail miles on STRAVA between June 1 12:01 am-June 30 11:59 pm

****By joining this challenge, you agree to the following:****

These are TRAIL miles. Only road miles TO or FROM a MTB ride can be counted (25 road miles total)

NO SHUTTLE MILES (Your elevation gain should be equal to or greater than elevation lost each ride)

NO E-BIKE MILES (this goes for both riders and adult ride leaders)

ALL miles must be on Strava. NO SHARING MILES. Make sure your tracker is charged and started each ride!

We are strict on these rules. This is an optional activity. It will take extra effort. But it will be worth it.

Race Schedule



East Region

8/23/25 Herriman

9/6/25 Beaver Mountain

9/20/25 Panguitch

10/04/25 Gunnison

10/17-18/25 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)



2025 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



RACES

NICA Race flyer

Pre ride is the Friday evening before the race. The pre-rides are essential to get the kids ready, familiar, and comfortable for the course they are racing. Coaches and ride leaders are available to help session technical spots or other areas they want help with during the pre ride. Courses are unavailable to pre ride on race day.

Get there early, stay all day. Hang out in the Pitzone and along the race course. The team provides lunch for the family. Bring a chair and water bottle and get to know the Alta MTB Team Family.

There will be a practice race JULY 20 in Eagle Mountain to help racers and parents feel prepared and excited for races.





RIDE LEADERS

NICA Pitzone courses available now

Sign up for OTB classes. Informative for any level ride leader.

Race plates to pre-ride are required for ride leaders, and given to those who attend 15 practices.





Volunteer needs

Ride Leaders

Banquet chair and committee

Ride Leader dinner chair and committee

Poster/Memorybook chair and committee

Race day help (LOTS) feed zone, check in, finish line support, warm up (must be ride leader), water bottle washer, towel laundry, pitzone set up and take down and general pitzone support.

Required: Volunteer for the league at least once per rider at races (crossing guards, check in, course marshall, race sweep, some paid positions)

Race Day Volunteer Needs

Pitzone set up

Pitzone food

Race plates (per wave)

Merchandise table

Finish Line support (per wave)

Feed Zone (per waive)

Warm up (per wave-ride leaders only)

Clean feed zone water bottles (at home)

Clean team cooling towels (at home)

THERE ARE ABOUT 95 VOLUNTEER SPOTS THAT NEED TO BE
FILLED EVERY RACE

Families committed to volunteering 3 times per racer with the team, and
once per racer for the league

General info and Q&A

Kits and swag order has been sent to Italy. Expect delivery to your home in July

Bike and gear questions?

Loaner Bikes

