



Head Coaches



Mindy and Dave Taylor



Megan and Seth Bradley



The Utah High School Cycling League



WE ARE PART OF UTAH NICA
NATIONAL INTERSCHOLASTIC CYCLING ASSOCIATION



VISION:

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

Vision



5 Core Principles

FUN * INCLUSIVITY * EQUITY

RESPECT * COMMUNITY



Assistant Coaches Seniors: Casey Cherrington and Matt Deming



Assistant Coaches Juniors: Jason Bradford and Scott Tasker



Assistant Coaches Sophomores: Kent Ferguson & Phil Broadbent



Assistant Coaches Freshmen:

Clair / Stephanie Rosenberg AnnaMae / Mike Drechsel



Assistant Coaches -Finance Eric Madsen



GRiT Coach: Natalie Jensen



GRiT Ambassadors:
Savannah Woodhouse
Bridgely Wolfe

**ALTA/ CHAIN LYNX
MNT BIKE**

GRIT ACTIVITY

**ICE CREAM SOCIAL
BRING A FRIEND**

**FOR ALL INTERESTED GIRLS AND
GIRL RIDE LEADERS**

**APRIL 15TH 7-8:30 PM
2256 E 11620 S SANDY UT 84092**



Our Team



2026 Support Staff

- *Volunteer Coordinator-Heather Tasker
- *Pitzone Manager- Jessie Lewis
- *Accountant - Eric Madsen
- *Equipment Manager - Grzybowski's
- *IT Manager - Mike Drechsel
- *Sponsorships-Sadie Knutsen
- * Team Photographers - Seth Bradley
Mike Drechsel
- *Team Mechanics - Jeremy and Emily Boberg
- *Snack Master - Jenny Boyack
- *Videographer - Samson Madsen
- *Trail Work Coordinator -Sean Squire
- ***Volunteers - All Parents**

2025 Team Captains



*Alistair Drechsel

* Elias Ahyou



Senior Officers

Jason Robbins

Mace Nicholson

Steven Squire

Canon Spillett

Junior Officers

Payton Bradford

Ryland Lueders

Lewis Madsen

Jett Mackey

Sophomore Officers

Houston Lewis

Maxwell Kershaw

Levi Wetzel

Cruz Nicholson

Freshman Officers

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

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



Maintenance clinics - May 7 & 14

Six Hours of EaMo - June 20

Trail work days

Practice Race - July 18

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

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

Normally Tuesday & Thursdays 5:45– 8:00 am

Corner Canyon

(until school starts, then evenings)

Once school starts evenings at 6:00 or 6:30pm

Snowbird, Solitude, Corner Canyon, Park City

(start time changes as sunset gets earlier)

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



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

6 Hours Event and Practice Race

Mark your calendars for these two fun events.

6 hours of EaMo June 20

Team Practice Race at Eagle Mountain July 18

TRAIL WORK - Sean Squire

Each rider must complete **one complete trail work session** with the team (or 3 hours approved personal trailwork) to be eligible to race. We spend a lot of time and put a lot of wear and tear on our trails. This is how we give back.

April 25, 8:30 am-Noon Dimple Dell Park

Other dates TBD

Attendance

50% attendance required to remain on the team.

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 and sleep before the ride, bringing all the required gear, and a willing attitude.

Required:

Bike -ready to ride (check your ABC's)

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.



Equipment



“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.

- 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 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

HANGAR



BICYCLES

762 E 123 S 801-576-8844

10% discount

Provide prizes for 200 mile challenge drawing

Provide us with our water bottles

Priority service scheduling

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://www.strava.com/clubs/2041496>

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 FRIDAY, APRIL 17 (NO LATE REGISTRATION!!!)

League Fees

\$400– NICA Membership fee

– Utah cycling league registration fee

Must pay before participating in any team activities

- Covers all 5 races

TOTAL: \$825

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 17 for logo to be included on the T-Shirt, however we are happy to take donations throughout the season. We are happy to take inkind donations, reach out to Sadie

Information document on team website.

Money For Miles- Collect sponsor pledges for personal or team miles ridden during our 200 Mile June Challenge.

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: altamtbc.com/documents



SPONSORSHIP GOAL \$15-20,000

Our Region



Region 3 Teams

- *Alta
- *Brighton
- *Copper Hills
- *Corner Canyon
- *CottonCrest Composite
- *Highland
- *West Granite Composite
- *Jordan
- *Juan Diego
- *Judge HS
- *Murray Taylorsville West
- Jordan Composite
- *Park City
- *Riverton

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

8/22/26 Soldier Hollow

9/5/26 Eagle Mountain

9/26/26 Moab

10/10/26 Cedar City

10/23-24/26 State Champs - TBD- 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 RACE SCHEDULE

Wave	Category	Start Time	Laps
Wave 1 - JD	Advanced Boys	8:00	1+
	Int Boys 8	8:05	1
	Int Boys 7	8:10	1
Wave 2 - JD	Advanced Girls	8:40	1+
	Intermediate Girls	8:45	1
	Beginner Girls	8:50	1
Wave 3 - JD	Beginner Boys 8	9:20	1
	Beginner Boys 7	9:25	1
HIGH SCHOOL			
Wave 4 - HS	Varsity Boys	10:20	3+
	JVA Boys	10:25	2+
Wave 5 - HS	Varsity Girls	11:40	2+
	JVA Girls	11:45	2
Wave 6 - HS	JV B Boys	1:00	2
	JV C Boys	1:05	2
Wave 7 - HS	JV B Girls	2:05	2
	JV C Girls	2:08	2
	JV D Girls	2:11	2
	Single Lap Girls	2:14	1
Wave 8 - HS	JV D Boys	3:15	2
	JV E Boys	3:20	2
	Boys Single Lap	3:25	1
Wave 9 - HS	Freshman A Boys	4:25	2
	Freshman B Boys	4:30	2
	Freshman C Boys	4:35	2
HS Podiums 6:30 or 7:00 depending on clean up			

NEW SCHEDULE - 2026

Subject to change

Wave	Category	2025	Start Time	Laps
Wave 1 - HS	JVB Boys	Wave 6	8:00	2
	JVC Boys	Wave 6	8:05	2
Wave 2 - HS	JVA Boys	Wave 4	8:55	2/3
	Fresh A Boys	Wave 9	9:00	2
Wave 3 - HS	Varsity Boys	Wave 4	10:10	3/4
	Varsity Girls	Wave 5	10:15	2/3
Wave 4 - HS	JVA Girls	Wave 5	11:35	2
	JVB Girls	Wave 7	11:40	2
	JVC Girls	Wave 7	11:45	2
Wave 5 - HS	Fresh B Boys	Wave 9	12:40	2
	JV D Boys	Wave 8	12:45	2
Wave 6 - HS Single Lap Categories	JVE Boys	Wave 8	1:35	1
	Fresh C Boys	Wave 9	1:38	1
	JVD Girls	Wave 7	1:41	1
	Adventure*	New	1:45	1
	Adaptive			
*Adventure category: Non-competitive, No race medals awarded				
HS Podiums: 2:45pm - 3pm				
JR DEVO				
Wave 7 - JD	Advanced Boys	2:30		1
	Interm Boys 8	2:35		1
	Interm Boys 7	2:40		1
Wave 8 - JD	Advanced Girls	3:10		1
	Intermediate Girls	3:15		1
	Beginner Girls	3:20		1
Wave 9 - JD	Beginner Boys 8	3:50		1
	Beginner Boys 7	3:55		1
No 1/2 laps for Advance Jr Devos				
JD Podiums 5:00-5:30pm				

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 in the State Championships

JVD Boys

JVD Girls

JVE Boys

Freshman C Boys

SLR Boys and Girls

All Junior Devos

2026 State Championship Qualification

Qualifying Categories and Required Placement

All High School Seniors regardless of category and placement

All Varsity Riders

Top 85 Series Overall JVA Boys per region

Top 45 Series Overall JVA Girls per region

Top 60 Series Overall JVB Boys per region

Top 40 Series Overall JVB Girls per region

Top 40 Series Overall JVC Boys per region

Top 30 Series Overall JVC Girls per region

Top 40 Series Overall Freshman A Boys per region

Categories that do not participate in the State Championships

JVD Boys

JVD Girls

JVE Boys

Freshman B Boys

Freshman C Boys

SLR Boys and Girls

Adventure

All Junior Devos

Upcoming meetings - Team



May 4 @ 7:30 pm Scheels Education Rooms Parent/Volunteer Meeting-
Join us for an informative discussion and Q & A session about 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

Hidden Valley Park

How to Register - Team



Complete Team Registration Process

<http://altamtb.com>

Opens Today

Closes on April 17

(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 17

DNA Team Store Deadline, April 19

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