

Welcome to the Central Missouri Composite Lumberjacks--2022

Who can join the Lumberjack mountain biking team?

The Lumberjack team welcomes riders in grades 6-12 (during the 2022-23 school year) from the mid-Missouri area. The team rides and races in the NICA Missouri Cycling League (www.missourimtb.org). Our team philosophy is fun first and our central goal is for students to develop a strong body, mind and character through mountain biking. There are no tryouts. Everyone rides no matter his/her ability and skill level.



When and where does the team practice?

Practices start in July and go through October. Most are held at Binder Lake though there are a few trips to other locations. Practices are held on Monday and Thursday evenings as well as Saturday morning, weather permitting. In the middle of the summer, evening practices are 6:00-7:30 pm and Saturday practices are 9:00-10:30 am. In the fall, this schedule is adjusted slightly for less daylight.

When are the races?

There are five races that will be held at various locations around the state. The locations for 2022 have not been confirmed, but the dates will be August 28, September 11 and 25, and October 9, and 23. Typically, racers arrive on Saturday afternoon to pre-ride the course and

race on Sunday. Parents and students are responsible for providing transportation to and from all races. Some families and coaches camp on-site at the races.



Do students have to attend every practice and race?

No, that is not required. Of course, the more a student practices, the more their mountain bike skills will improve! But the coaches know that students may have to be gone for family vacations or other reasons. In addition, racing is not required. However, most

participants have this as a goal and the practices are designed to help students do well when racing.

Who coaches the team?

Team practices are led by trained coaches and ride leaders. All coaches and ride leaders receive background checks and are trained per NICA standards in many aspects of mountain biking including first aid, concussion awareness, and risk management.

Registration

All students on the Lumberjack team must register in two places: in the Missouri League's "Pit Zone" and in the team's TeamSnap platform (<https://go.teamsnap.com>). The Lumberjacks use TeamSnap for team communications first, with email as a backup. The TeamSnap page allows team members, coaches and parents to communicate with each other in one place. Returning riders **MUST** be registered and "race ready" in "Pit Zone" by their 1st practice in July. NICA does not allow exceptions due to insurance requirements. We will send unregistered riders home. If a student wants to try out mountain biking before joining the team, there will be a day to do that in June. The date and time will be announced a little later this spring.



Fees: Each student pays \$300 to the NICA Missouri League. This covers all the fees associated with practices and races. The fee will be paid online when registering in "Pit Zone". Fees include a team jersey.

Equipment: Riders need to have his/her own mountain bike and are required to wear helmets and closed-toe shoes when riding. Gloves are strongly recommended. Riders must carry their own spare tube, mini-pump, and water at all practices. Each rider is responsible for having and maintaining his/her own mountain bike. It is best if every rider establishes a relationship with a local bike shop for bike tune ups, maintenance, and questions. Since Red Wheel Bike is one of our sponsors and the

owner, Nick Smith, is our Team Director, that is a good place to go (though other shops are also available). Please let the head coaches know if you need help finding and or purchasing a bike. We can help riders find bikes. The Missouri League also has scholarships available for equipment and fees.

Questions?

The coaches are here to help! Please do not hesitate to reach out to the head coach or team director if you need help finding a bike, have questions about the team, or if costs associated with the program or equipment are unaffordable. We think everyone who wants to ride deserves to participate!

Lumberjack Head Coach contact info: Stoney Cranmer - StoneyCranmer@gmail.com

Lumberjack Team Director contact info: Nick Smith - redwheelbike@embarqmail

April 2022