



IN THE KNOW



What you need to know to join our mountain bike team!

2020 SEASON

5.19.2020

Meet the Head Coaches



Dana Johnson

Head Coach Lake Country Composite, GRIT Liason
dana@openleafx.com



Steve Lirette

Head Coach Kettle Moraine
lirettehouse@gmail.com



Mike Gerlach

Head Coach Arrowhead
auktion911@aol.com



Jo Ann Gerlach

Team Coordinator and Coach
juraireland@gmail.com

The Team Basics

WHO: Co-eds grades 6-12 from schools in the Lake Country Area (KM, Arrowhead, Oconomowoc, and private schools)

WHAT: We are a team in the WI High School Cycling League under the direction of NICA (National Interscholastic Cycling Association).

WHERE: Practices are within the area at local mtb trails (Lapham Peak, Minooka, Emma Carlin, John Muir and Camrock). 5 non-mandatory races are held around the state (Waukesha, Eau Claire, Waterloo, Wausau and Mt. Morris)

WHEN: Practices are every T/Th (5:30-7pm) beginning July 7th and season runs through Oct 25th

WHY: To instill a lifelong love of biking into the next generation.

How To Join



For a rider invitation:

- Parent (first name, last name)
- Email address (that will get checked)
- Rider (first name, last name)
- School
- Age and grade level in the fall
- Parent phone number

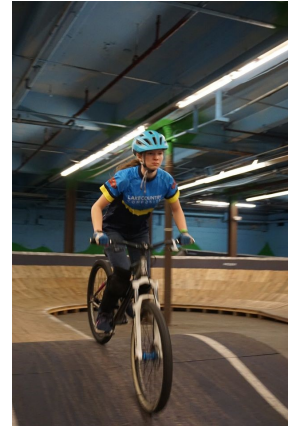
To join the team you have to register after being invited to our pit zone. This is what the league uses to manage all of the riders. As a team we communicate through an app called Team Snap. If you are interested in joining the team then **please send the following information to BOTH of our team directors**, Kyle Warras and Jo Ann Gerlach. They will get you an invitation for both platforms.

Kyle@bikedr.com Juraireland@gmail.com

For a parent/coach invitation:

- See details about riding with the team in following Parent Participation section**
- Parent (first name, last name)
 - Email address





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How Much Does It Cost?

League registration \$40

NICA membership fee \$25

IF you race, a team jersey is mandatory (approx. \$55). Ordering a team jersey can be done on this link: [Uniform Order Site](#) . We will have an opportunity for riders to try on samples for sizing help at our pre-season gathering (June 16th, rain date June 18th).

IF you race you will have a registration fee for each race of approximately \$40 plus the cost of camping/hotel/food/ etc....

You will need equipment. At a minimum a mountain bike and a helmet. See information about our sponsor, The Bicycle Doctor bike shop, for team discounts (up to a 25% discount on a new bike). We do have some loaner bikes and equipment but it is a first-come first-serve basis.

IF you can't afford the fees or equipment, please reach out to coach Dana at dana@openleafx.com and she will discuss scholarships privately.

GEAR

Bottom line you need a mountain bike (knobby tires and disc brakes) and a helmet. There are lots of other recommended items such as gloves, glasses, hydration systems etc....., but if you have a bike and a helmet, you can practice with the team. NO EXPERIENCE WITH MOUNTAIN BIKING IS NECESSARY!!

The Bicycle Doctor bike shop in Dousman is our sponsor shop. They helped create our team and have supported us for many years with team sponsorship, gear, knowledge, maintenance and discounts.

Information for support from Bicycle Doctor:

- \$375 donation for our team registration
- Priority service during season
- 20% discount on parts, accessories, and clothing (includes special orders) *They are partnered with huge vendors that carry hundreds of brands and can open accounts with almost any brand out there. If you don't see something, just ask and they can probably get it.
- 25% discount on Trek Bikes* (based on availability from Trek distribution centers)
- 10% discount on Orbea Bikes* (currently suspended by Orbea due to COVID-19)
- 10% discount on car racks
- 10% discount on wheelset/fork upgrades

*Please note: The bike industry is experiencing unprecedented inventory shortages in what Trek is calling a 'bike boom'. Bicycle Doctor is doing everything it can to reduce the impact on customers, but there are some things that are out of their control.





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Parent Participation



One very cool thing about the MTB team is parents are encouraged to join us during practices. No more waiting in your car perusing Facebook, you can get out and exercise AND it helps us with our liability of coach:kid ratio. One caveat is you need to have a background check, sign a participation agreement and do some basic online tutorials regarding safety awareness* to be able to ride with the team. After going through this training you will be considered a level 1 coach and can ride with us. You are also privy to a 25% discount off of a new bike! DO NOT be intimidated if you're not a proficient rider or are brand new to the sport. We will train you. Also we have kids in the same boat who could

use adult supervision on the trail while our advanced coaches work with the advanced kids etc..... MTB is all hands on deck for fun!

*there is a \$25 coach fee as well as a fee for the background check of \$40

Not a rider? No problem, we are a team family and many hands make light work. We have various opportunities to support the team throughout the season such as cooking food, helping with the team parties and organization. We'll have more information as we move into the season.

Recruitment & Fundraising

We need your help to get the word out about our team. COVID-19 has greatly affected our ability to get the word out so please talk to your kids' friends and parents.

We are an all-volunteer operated team and are also fully funded through donations and fundraising. Our greatest success for fund-raising has been through our parents' employers. If you have an employer who offers volunteer grants or sponsorships, please inquire on our team's behalf. Also if you have a business or know of a business which is passionate about supporting getting kids active in the outdoors please consider donating or asking on our behalf.

Mission

Along the lines of fun, our mission is to simply get more kids on bikes having fun. It is our hope to introduce a lifelong sport to kids. While we are a bad-ass sport, we aren't uptight like other sports you may have experienced. Practices and races are not mandatory but encouraged. MTB is a great cross-training opportunity for other sports. We have other focusses other than racing as well. NICA has programs surrounding adventure riding and trail maintenance/building. In addition NICA is focused on getting more girls on bikes with their GRIT program. We would love to see more moms and daughters on our team and we encourage girls who are interested to bring their friends along as we find this to be a huge factor in the success of continued membership on the team.





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Calendar



All practices and events are TENTATIVELY scheduled as everything we do is weather dependent. **Changes will be communicated through the [TEAM SNAP app](#) so always look there to verify.**

Pre-season kick-off organizational gathering/cookout June 16th (6-8pm) rain date June 18th

Team uniform orders due July 17th

Practices begin July 7th and season runs through Oct 25th.

Practices are on Tues/Thurs (5:30-7 until we run out of daylight and will move them earlier) at various mtb trails in area (Lapham Peak, Minooka Park, Emma Carlin, Southern Kettle, Camrock and possibly others)

5 non-mandatory races:

Sept 12-13, 2020. Minooka Park. Waukesha, WI.

Sept 26-27, 2020. Lowe's Park. Eau Claire, WI.

October 3-4, 2020. 9 Mile Recreation. Wausau, WI.

October 17-18, 2020. Nordic Mountain. Mt. Morris, WI.

October 24-25, 2020. State Championship. Trek Trails. Waterloo, WI.

End-of-season party, November 5, 6-8pm (date and time tentative)