

Rochester Mountain Bike Team Information

2011 Calendar Overview

April 11 Mon 7:00 PM Sign-Up Meeting – Cafeteria – Lourdes High School

April 26 Tues 4:30 PM First Practice –
Regular Practice Schedule Mon, Tue, Thu - 4:30- 6 PM

July 28 Thurs Last Practice

Early August End of Season Potluck/BBQ – TBD

There will be 4 races for the team, held on Sundays in June and July.

Rochester Mountain Bike Team (RMBT) Program

This program is run under the auspices of the Rochester Active Sports Club (RASC). The goal is the development of Mountain Biking both as an individual and team sport in Rochester high schools. This bike program is open to all students finishing 8th – 12th grades in the Rochester area. RMBT members will be considered full members of RASC. RASC provides members with regular e-mail updates, a club web site, an electronic bulletin board, and insurance. Members are also entitled to discounts off items purchased at several local bike stores.

Program Costs

The cost / student will be **\$75**. Of this, \$5 goes to the RASC membership fee, \$50 goes toward a team jersey and t-shirt, and \$20 toward general team expenses (including rent of meeting and training facilities, race travel, team mechanic equipment, etc.). **Fees will need to be paid when registering. All Checks should be made payable to RASC.**

In addition to the Program Costs, students will have to pay their own race registrations and provide transportation to the races. Race entries are estimated to cost \$15-\$20 per race.

Training Sessions – Dates and Times

The first training session of the 2011 season will be Tuesday, April 26. Regular training sessions will be held on Monday, Tuesday and Thursday from April 26, 2011 through July 2011. All training sessions will run from 4:30 pm until 6:00 pm.

Riders should plan to arrive promptly and ready to start the training session at 4:30. A minimum of 2 coaches will be present at all sessions. Bikers are required to make their own travel arrangements to and from all training sessions. Bikers should arrange for pick-up by 6:00 pm.

Cancellation of Training Sessions

In the event of severe weather, practice will be canceled. We may ride in rain/wet weather; Practice time may be shortened to 1 hour. If in doubt, check the RMBT section of the RASC Bulletin Board (<http://www.rasc-mn.org>). A notice will be placed on the Bulletin Board no later than 3:00 pm on practice days.

Training Locations

We have great trails at Eastwood Golf Course; we will generally practice there. For variety, fitness, and preservation of our trails during wet conditions, we will occasionally practice at the Douglas Trail.

Competitive and Recreational Biking

Why cycling? Cycling is a family-friendly fitness activity that can be done lifelong, with great social qualities. Groups of cyclists (except when climbing difficult hills) can talk, joke, and some even sing as they ride.

Training and racing with a team provides life lessons in self-discipline, teamwork and sportsmanship, along with the fitness and camaraderie. It is our objective to help each member find ways to reach their goals and develop life skills.

Good “bike-fit” is important, be sure to consult with an expert before purchasing a new or used bike!

Is Participating Dangerous? Are you new to mountain biking? Forget what you have seen on TV with the X-Games or soft drink commercials. In cross-country bike races, the average speed is usually around ten to twelve miles per hour. This is an endurance sport where the fittest athletes win. Each year, the National Interscholastic Cycling Association (NICA) collects data on injuries from every high school mountain biking team. (See [MN FAQs](#)). Typically, for the whole League combined, there will be one or two broken bones, some sprains, a few cuts, some bruises, lots of nicks and scrapes, but little else. Statistically, we suffer fewer serious injuries than most other mainstream sports, especially contact sports.

We do our best to minimize the risks to your athlete. Certain risky behaviors are discouraged or forbidden, the League helmet rule is strictly enforced and we teach each athlete bike-control skills early in the season to minimize the risk of crashing. After all, if you crash you not only risk injury but also lose valuable time during races. Even with our best efforts, crashes and injuries can occur. RASC requires all athletes to comply with certain athletic eligibility rules, including that the athlete have personal medical insurance.

Depending upon numbers, we will group riders into three categories – beginners with no prior experience mountain biking, riders who have the basic skills and wish to become more proficient, and riders who are training to be competitive.

Team Member Conduct

Each member of the team is expected to conduct him/herself in a manner, which is conducive to learning, safety, and having respect for teammates and coaches. Examples of misconduct: (not inclusive) – not attentive, distraction to other riders, disruptive behavior, lack of effort, misrepresenting practice attendance, and not following coaches instructions. Helmets are required at all times!

Contact Information

If you have questions please contact Brian or Melissa Gregg:

E-mail: greggbri@yahoo.com; greggme@gmail.com

Phone: 507-358-3286, 507-398-5934

REQUIRED EQUIPMENT:

- Helmet
- Mountain bike – more details below
- Clipless pedals are recommended for both safety and efficiency
- Gloves and eye protection (recommend generic sport glasses under \$10)
- Cycling shorts (lycra or baggy)
- Wind breaker, leg warmers, and arm warmers

MOUNTAIN BIKES ONLY

League athletes must compete using mountain bikes that have 26 (or 29) inch wheels (or between 26 and 29 inches) and the tires must not be narrower than 1.75 inches. In addition:

- Tires must have knobbies – no slick tires are permitted
- No road bikes (or mountain bikes with down-drop handle bars)
- No cyclocross bikes (or other 700c bikes)

NO SINGLE-SPEED BIKES

Pushing big gears has been proven to be detrimental to the joints (specifically the knees) of young riders. Bikes must have multiple gears including at least two chain-rings up front and at least five cogs in the rear.

FRONT AND REAR BRAKES

Bicycles must have fully operational front and rear brakes. Brakes must be adjusted to provide significant stopping power. Brake pads must not be worn below recommended limits.

Clothing

What to wear

- Clothing appropriate for the weather conditions.
- Footwear appropriate for cycling (no flip-flops).
- Cycling gloves and glasses.
- A helmet must be worn at all times while riding.
- Shirts are required.

Student Athlete Code of Conduct

It is expected that all RMBT members will adhere to the following athletic code year round.

1. Student athletes will refrain from using or possessing any tobacco product.
2. Student athletes will refrain from using or possessing alcoholic beverages.
3. Student athletes will refrain from using or possessing any mind or performance altering drugs or substances.
4. Student athletes will refrain from attending and/or remaining in attendance at a function where illegal drugs are present and/or being used or where alcohol is possessed or being used by minors. Remaining in attendance after becoming aware or reasonably should have become aware that drugs or alcohol were present is a violation of the code.
5. Student athletes will fulfill their commitment to their team unless the Team Coaches agree that it is in the best interest of the team and the individual to not fulfill that commitment.
6. Student athletes will attend at least the minimum required number of scheduled practices and games, unless the student is absent from school or has prior permission from a Team Coach.
7. Student athletes will refrain from any activities that result in an out-of-school suspension.
8. Student athletes will attend school and classes each day school is in session unless legally excused by a parent or guardian.
9. Student athletes will conduct themselves in a manner that avoids being insubordinate or disorderly and endangers the health, safety or morals of others while in school.
10. Student athletes will avoid any violations of any state or local law.

Student athletes are expected to maintain constant academic progress toward graduation. To that end, a student athlete will never be penalized for missing a practice or a race due to a documented academic responsibility.

Coach's Questionnaire

Complete this questionnaire and return it to Coach Ian Lochridge at or before the first practice session.

Athlete's Name _____ Male/Female

Age _____ Height _____ Weight _____ School _____

Phone _____ E-mail _____

Emergency Contact _____ Phone _____

Health History Today's Date _____

Please answer the following with Yes or No. If yes, explain.

1. Have you or anyone in your family had coronary artery or heart-related disease?
2. Do you ever have chest, shoulder, neck, or arm pains after exercise?
3. Have you ever fainted, felt dizzy, or unusually winded after exercise?
4. Has a doctor said that your blood pressure is too high or uncontrolled?
5. Has a doctor ever said you have heart trouble, a heart murmur, or that you have had a heart attack?
6. Are you diabetic, have a thyroid condition, or any chronic condition?
7. Are you using any medications? List Them.
8. Do have asthma? If so, how is it controlled?
9. Have you ever had a seizure? Was it diagnosed? Please explain.
10. Do you have any condition that a doctor says may limit your exercise?
11. Do you have any health-related condition of which we should be aware? Please explain.
12. Have you ever had a joint or back disorder or any current injury?
13. Have you had surgery in last 12 months?

Athletic History

Please tell us a little about your athletic background and your goals for joining RMBT.

1. List your favorite sports and years of participation.

2. Have you ever had an exercise related injury which caused you to stop exercising for a week or more?

3. Have you ever raced a bicycle in an organized event? If so, please provide information on specifics of your experience (and specify what type of bicycle racing, e.g., road, mountain bike, track cyclocross).

4. What are your three most important goals as they relate to participation in RMBT?
 - 1.
 - 2.
 - 3.

5. At the completion of our first season together, how will we know if we were successful? What is the single most important thing we should accomplish?

6. This year, what is your longest (hours:minutes) bicycle ride?

7. Do you now own or have access to a mountain bike? If not, do you have plans to acquire one*?

*If you cannot acquire the use of a mountain bike and you cannot afford to buy one, you may be eligible for a lending program based upon individual circumstances. Contact the organizers or one of the RMBT coaches to learn more.

