

# MOUNTAIN BIKING

Updated: July 15th, 2023

## 2023 BK MTB Team New Rider Information

Hello Future & Existing BK Mountain Bikers!

Thanks for your interest in the BK Mountain Bike Team, we've included more information regarding events and what you can expect when joining the team for the season.

### Annual Milestones

Event	Date
Information Knight	January 30th
TVCS School Bulletins	April
Season Meet & Greet	May 5th & 6th (Bishop Kelly High School)
Season Kick-off Rides	June 3rd (Eagle Island State Park)
Practices Begin	July 6th
Races Begin	August 18th
Season Ends	October 7th

### Team Details & FAQ

1. BK & NICA: The BK mountain bike team is a school club team and a registered Idaho NICA Team. Our on-the-bike season starts mid-June and lasts through the mid-October.
2. Season Registration Fee: There is an annual NICA registration fee to participate in all team practices between June and October. The registration is required for liability and is \$200 per student in 2023.
  - Please send Matt Davis or Shannon Boroff an email if you'd like to start the registration process. We will add you to the NICA PitZone portal to complete registration.
3. Race Registration Fee: Racing is not a requirement, but we do train to be able to race in the Fall at all levels of ability. Racing events are also very fun and great team comradery. Race fees are \$50 per student per race paid to IICL. NICA offers a six race cross-country series that begins

late August and ends in October. Race venues include: Jug Mountain, Brundage, Pocatello, Grand Targhee, Magic Mountain, Soldier Mountain and Bogus Basin.

4. Practice Jersey: We have a practice jersey and a race jersey each year. The practice jersey will be a technical fabric shirt appropriate for MTB activities, estimated cost is \$25. A team race jersey is required for racing as it identifies our riders and team. Estimated race jersey cost is \$80. A race jersey is not required if you are not planning to race.

5. Team Apparel: We also have a team apparel store where casual & technical clothing can be purchased. Prices vary and purchases are completely optional.

6. Coaches: In 2022 we had 25 volunteer coaches who were certified with NICA. All of our coaches are parents and the majority have kids at BK or TVCS schools. For successful growth, we need parent volunteers to help coach.

7: Student-Athletes: 2020 was our first full-year BK MTB Team and we had 21 students on the team, in 2022 we had 36 students. We welcome all ability levels and interests to join the team. We believe in the NICA mission, vision and values (<https://www.nationalmtb.org/about-2/>).

8. Who can join? Our team is open to BK students and students attending TVCS schools entering 6th - 12th grade in the Fall of '23. Current year 5th, 6th, 7th & 8th graders do not have to wait until they are at BK to join the team!!

9. What if I'm involved in a Spring sport or planning a different Fall sport? No problem! You can still participate on the BK mountain bike team. Attend as your schedule allows.

10: What do I need to get started? Good question! A mountain bike, a helmet and a desire to learn as part of a fun and exciting team.

11: How often does the team practice? Where? We practice 2 times per week all Summer & Fall and the 2023 season practice schedule is up to date on our website. Practices will be Monday and Thursday afternoons. Each practice is 1-2 hours. We meet at local trailheads and ride trails throughout the entire ridge to rivers trail system

(<https://www.ridgetorivers.org/trails/interactive-map/>) including: Eagle Bike Park, Camel's Back, Military Reserve, Avimor, Hidden Springs and Bogus Basin. In 2021 we created a cross-country mountain bike short-track course at BK so we could practice skill development on campus.

12. What kind of riding do we do? We focus on cross-country riding. Our team is not a downhill, enduro or terrain park team. If that is your interest, we can help point you toward other local groups.

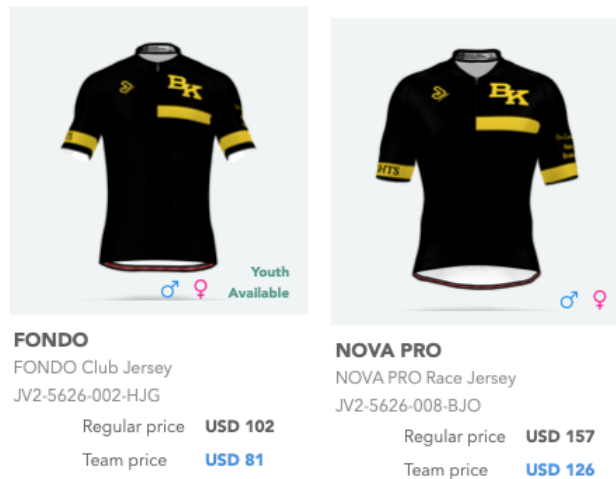
13. What is it like to ride with the BK Team? Check out this end of season video from 2020!

<https://youtu.be/fNHS2817mJw>

14. Team Calendar. The calendar is current and located on our website. The 2023 race dates for BK are: Brundage 8/19, Soldier Mountain 9/16, Jug Mountain 9/23, McNabb Ranch Pocatello 9/30, Bogus Basin State Championship 10/7.

15. Racing Jerseys. Cycling clothing tends to be expensive and race jerseys are completely optional. We did not design MTB shorts since any brand of black shorts works just fine. Jakroo is the provider of race kit, please use the link below to access the team store. Individual purchases can be made anytime.

- BK Race Kit Team Store:  
[https://jakroo.com/store-front?storeId=ryWj005Zd&titleProp=BK%202023%20MTB%20Race%20Jersey&bannerProp=https://jakroo.storage.googleapis.com/team\\_stores\\_banner/BygsCR5-d-f53a6294649f5-BKBlockHorizontalMountainBikingforDarkBackground.png](https://jakroo.com/store-front?storeId=ryWj005Zd&titleProp=BK%202023%20MTB%20Race%20Jersey&bannerProp=https://jakroo.storage.googleapis.com/team_stores_banner/BygsCR5-d-f53a6294649f5-BKBlockHorizontalMountainBikingforDarkBackground.png)
- Access code: bk23
- Coupon code: BKNICA2023



16. Communication. We use several methods to communicate.

- Slack Channel for BK Mountain Bike :  
[- https://join.slack.com/t/bkmountainbike/shared\\_invite/zt-1sxx12h5i-7iNrxw1dbsMOed\\_H5gH65Q](https://join.slack.com/t/bkmountainbike/shared_invite/zt-1sxx12h5i-7iNrxw1dbsMOed_H5gH65Q)
- Private facebook group. Group name: "[BK Mountain Bike Team](#)"
- Private BK text group with 'remind'. Text @bkmtn to 81010 to join.

### **Learning References**

17. Idaho Interscholastic Cycling League - <https://www.idahomtb.org/>
18. National Interscholastic Cycling League - <https://www.nationalmtb.org/>
19. BK Team Video 2020: <https://www.youtube.com/watch?v=fNHS2817mJw&authuser=0>

Please respond directly to Matt Davis & Shannon Boroff for questions. Thank you & go BK!

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# BISHOP KELLY

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