



Welcome to the 2023 PL MTB Season!!

- Vegetables: Code of Conduct
- Meat: Practices and Communication
- Dessert: Races!





MN Cycling Association Values

Building strong minds, bodies and character through cycling

- *Every finish counts; no benchwarmers*
- *Everyone rides; no tryouts*
- *Strong Body: lifelong fitness and good health start here*
- *Strong Mind: Student athletes are students first*
- *Strong Character: work hard, play fair, respect others and the community*



Code of Conduct- Rules of the Trail

Wear a securely fastened helmet at all times If you are on your bike you must wear a helmet.

Ride safely and under control. Excessive speed, reckless riding, inability to control the bike, or endangerment of self or others is considered riding out of control.

Pass with Care Let others know of your presence well in advance. Use a chime or audible greeting to avoid startling others. Be friendly, take your time, be safe and be considerate of beginner riders on the trail. **Let others pass when needed - it is not OK to prevent a pass.**

Stay on Trails Riding off-trail can damage meadows and other fragile ecosystems. Never cut switchbacks as this accelerates erosion.

Do Not Litter Pack out what you pack in

Ride Only on Authorized Trails Check with local authorities regarding open trails and conditions, and with landowners regarding private land access. Stay off trails that are closed to bicycles. Check MORCMTB.ORG for trail conditions.

Be respectful and courteous by staying as far to the right as practical and by riding single file while riding on roads and trails. Let your fellow trail users know you're coming. Don't startle others. Show respect when passing by announcing your pass and slowing. Anticipate other trail users around corners or in blind spots. Yield to uphill traffic. Yielding means slow down, communicate, be prepared to stop if necessary and pass safely.



Code of Conduct- Behavior

***Illegal Substances** - we do not allow use of illegal drugs, alcohol, tobacco, vaping or other illegal substances. We will follow the Prior Lake High School athletic department and MCA with regard to this policy. This includes the no use of caffeinated products at practices and MCA races for all student athletes.

Grades You are expected to maintain passing grades in your classes. If you are failing a course, you will have two weeks to bring your grade up to a passing level. Exceptions will be handled on a case by case basis in consultation with student-athlete, parent, school administration and coaches.

***No abusive or harassing behavior toward others**, including but not limited to: physically touching in any unwelcome or threatening way, threatening abuse or harm, harassing teammates or athletes from other teams, threatening force, or any conduct classified as assault.

No profanity

No riding with in-ear portable music devices or playing music on phone speaker.

***Respect:** Student athletes represent their team, school, family and community. YOU are expected to act in a respectful manner at all times. This includes being respectful to your teammates, coaches, parents, other teams, league officials, race volunteers and other trail users.

DISRESPECT OF THESE RULES MAY LEAD TO A SUSPENSION FROM TEAM ACTIVITIES.

Consequences for any rule violations above (exceptions are marked with an *...these *may* result in immediate 3rd offense consequences:

First Offense – Verbal Warning

Second Offense – Intervals/Repeats and Parents Notified

Third Offense (and beyond) - Suspension from Team Activities/Events (duration dependent on severity of violation)



Practices



Attendance Practice is how to ensure you have the skills and fitness to be a successful racer/rider. Schedule your planned attendance at least a week in advance in TeamSnap so coaches can plan.

Promptness You should arrive 15 minutes before the practice start time to check out your bike, sign in and find your group. Parents: Plan to pick up **on-time**...we will strive to finish on time as much as possible but may end up to 15 minutes early on occasion so please arrive on time.

Communicate Let your coach/ride leader know if you crash, get injured or have any other issues/concerns. This is for your safety and the team/league. If you have a cell phone, bring it with you to practice so that you can contact coaches and/or parents in case of emergency.

Use the Buddy System Always ride with at least one other teammate. Find somebody of similar experience and skill level and work as a team. If you crash, get hurt, need to leave early, etc.

Be Prepared Be prepared to fix basic mechanical issues such as a flat tire and broken chain or simple bike adjustments. You are responsible to carry and know how to use the basic tools to address these situations. These include tire levers, spare tube, pump and a multi-tool. You should also dress appropriately for the weather conditions and be prepared for changing conditions. Nutrition and hydration are also important.



Practices



Explorers Tue/Thur at 4:45. Focus is on skill development and getting comfortable on the bike. All new riders start in Explorers and are moved to Sport by coaches. All riders will move to Sport after Labor day.

Sport Mon/Tue/Thur at 6:15. Continued skill development along with building endurance. Practices will shift to Tue/Thur and earlier in the day after Labor day.

Comp Mon/Tue/Thur at 6:15. High school racers doing 3 and 4 lap races, focus on endurance and advanced skills.

Pods The practice groups (10-15 riders) are used for rider accountability and safety. We place riders based on a mix of trail skills and endurance with the goal of keeping groups as close together as possible on our rides.

Moving Up We review which riders are currently leading their groups on a weekly basis to ensure we move riders up as needed. The best way to improve your riding is to ride more - with very few exceptions, the limiting factor for our riders is endurance. Find a friend and push yourself to ride for longer rides with fewer stops.

Riding with other groups: Our Buck Hill practices are a great way to push yourself and ride with the next group. We typically go out in group order (6's, then 5's, etc) so riders can ride into the group ahead. Buck is a closed course (one way in/out) so we don't have the concerns over losing riders.

Communicate Let your coach/ride leader know your goals for the season. Don't be afraid to ask for feedback on your riding and suggestions to improve.



Communication



TeamSnap TeamSnap is our primary communication tool for schedules, weekly emails, and chats. Team Snap allows either group or targeted chats - this is the best way to reach out for specific questions. Never be afraid to ask a question on the Team Chat but remember that over 200 people receive the notification.

Weekly Emails We will send a weekly email with the schedule and other important information for the upcoming week, typically on Sunday. I follow this up with a group chat message highlighting key information to look for (most of us track text/chat better than email).

Canceled Practices We will monitor weather on practice days and make a decision by 2 PM regarding practice. We do ride in rain (if no lightning) and cold weather in the fall so be prepared. Canceled practices will be communicated by removing the practice from the schedule and a group chat message.

Race Day Race days can be a bit hectic! We will primarily use the group chat feature to communicate late-breaking news or help parents and riders get where they need to be.



Races!



Race Day Middle School Saturday, High School Sunday (except State final)

Pre-Rides The course is open for pre-rides Friday afternoons, Saturday morning (best time for MS), Saturday afternoon (best time for HS), and Sunday morning. Coaches must ride with athletes!

Typical MS Schedule Arrive by 10 AM ready for a pre-ride (must be on course by 11 AM). Bring chairs, water, and food. Coaches will arrange a warm up ride for each group about 45 min before race time and get athletes to the start.

When do I race? See daily schedule, we are a D1 school. Grades 6-9 riders race with same age/gender, 10-12 are based on category placement.

Great Turnout! We have 75/89 riders registered for races, including 31 middle schoolers! This is amazing and we are very excited so many have decided to race.

2023 RACE WEEKEND SCHEDULE

SATURDAY		SUNDAY	
10:30	Information Trailer Opens	7:00	Information Trailer Opens
12:00	6th Grade Girls	8:30	Freshman Boys (D2)
12:30	7th Grade Girls	9:30	Freshman Boys (D1)
1:00	8th Grade Girls	10:30	JV2/Freshman Girls (categories start combined, scored separate)
1:30	6th Grade Boys (D2)	11:30	Varsity/JV3 Boys (categories separated by 3 min.)
2:00	6th Grade Boys (D1)	1:00	Varsity/JV3 Girls (categories separated by 3 min.)
2:30	7th Grade Boys (D2)	2:30	JV2 Boys (D2)
3:00	7th Grade Boys (D1)	3:30	JV2 Boys (D1)
3:30	8th Grade Boys (D2)		
4:00	8th Grade Boys (D1)		

<https://minnesotacycling.org/racing-series/>



Races!





Questions?

