

TEAM ACTIVITY IDEAS

After hearing the feedback from riders on the Student Athlete Survey, we decided to compile a list of activities teams have done. If you'd like to submit any activities please submit them to kristine@utahmtb.org.

Bike Rodeo Social -

This is a fun social event that incorporates fun bike skills while socializing. You group kids into small groups of 5. Create 10 different and fun skills activities in a local park. Example of activities you can do are: cardboard slide (most popular - place a 1 foot x 1 foot piece of cardboard near the bottom of a hill. A rider starts at the top and when their back wheel hits the cardboard, they break really hard and slide on it. It is a ton of fun, but builds braking and bike positioning skills at the same time), riding across a ladder, going over wooden obstacles, riding around cones, track stand challenge, foot drop, bicycle soccer, ball drop, uphill/downhill switchbacks, etc. You can do any fun skill-related activity or game. Kids are at each station for about 10 minutes. The kids rotated through the stations for 60-90 minutes and then self-select/socialize for the last 30 minutes. They have a lot of fun. It breaks down awkwardness, helps develop rapport and creates beginner social bonds. Note: If you have timid or less skilled riders, put them in a group together so they do not feel embarrassed.

- Nancy Schmaus

Bike Prom -

This was for our high school riders and we figured about 40 would attend. We organized 4 locations and 4 activities. Kids were organized into 4 groups of 10, and biked from activity to activity. The activities ranged from bike jeopardy, a team slideshow, cardboard slide/bike games, to awards/firepit. We encouraged everyone to dress up and decorate their bikes with streamers and lights. The kids loved this event and had a blast doing it by bike. I would love to do this as a big group activity when covid is behind us.

- Nancy Schmaus

Four Hours of Forebay

Forebay is the trail system at the mouth of Payson Canyon that we use a lot as a team. We do this event right before practice season starts and it accomplishes a couple of goals; 1) the kids have fun, 2) they get to know the trail system really well, 3) parents learn what it takes to run a Pitzone at a race, 4) team culture and camaraderie gets built with parents and riders, 5) and the riders can push themselves to get as many miles in as they can. We format the event loosely around a race where you have to complete as many laps on a course as you can in a given time, eg. 24 Hours in Old Pueblo. We set up tents with snacks and water in the center of the trail system, have a PA with music going, and encourage parents and families to hang around and cheer on the riders. We lay out a beginner course for new riders to work on for as long as they would like and then a long course for everybody to ride when they are ready. Coaches ride along with the kids to patrol the trail and ensure safety and show the kids how to push

themselves. Some kids really go for it and shoot for as many miles as they can while other kids will ride a lap, grab a snack, and sit in the shade with their friends before getting back on their bikes. Either way it's a party! Last year we had kids ride anywhere between 5 and 30 miles in the 4 hours.

- Nebo HS

Nebo Dirt Criterium

This is formatted after a road race criterium or XCC race. We find a place where we can lay out about a 1/2 mile course and the riders have 20 minutes to try and lap each other. We do several different waves so riders of similar ability can ride together. Again, we make sure to have lots of drinks and snacks. We remind everybody that it doesn't matter if you get lapped but the idea is to push. Because it's a short course it's great for spectators and this is a parent favorite for watching their kids ride.

- Nebo HS

Catch the Coach

This is a climbing event we do on West Mountain. We have Group Ride Leaders start riding up the road to the radio towers at the top of the mountain. Two minutes later we release their group to try and catch them before they get to the summit. It's a 5 mile, 2300 ft elevation gain ride. For the younger groups we pick spots only part of the way up for their stopping points. We do it in waves with each riding group. I got the idea for this one from Redbull Fox Hunt and reversed the format.

- Nebo HS

Skyline Sprints

There is some evidence that a high elevation sprint workout causes the body to release extra red blood cells into the system. So about a week before the first race we meet at the parking lot at the top of Fairview Canyon and do a 60 minute sprint workout at 10,000 ft elevation. This event isn't particularly fun but it is a challenge. We have parents drive along the road to help with any atv traffic and to hand out drinks or nutrition if it's needed. We split into groups based on riding ability and fitness and design the workout appropriately for each group. And like everything else we end the ride with drinks and snacks.

- Nebo HS

Everesting Nebo

This is a new one this year so I'm not sure how it's going to work out. The idea is to find a trail or dirt road where the kids can climb a lot of elevation, ride down, and start over again. Kind of like an Everesting Challenge but we're shooting for the height of Mt Nebo. We're going to set up other cutoff points for kids that don't want to attempt to do nearly 12,000 in one ride so they can have a measure of success no matter their effort. Drinks and snacks, always drinks and snacks.

- Nebo HS

Area 51 Raid

<https://www.youtube.com/watch?v=AB-AZQdGzaA&feature=youtu.be>

-Iron Giants

AMAZING RACE

Our team captains put it on and we combine ability groups so kids get to know new friends on the team. It's silly and the captains dress up at their station and give their own "flair" if you will. We usually follow this with one of our after summer practice 'get togethers'. - Corner Canyon

Themed Days

We do Muffin Monday, Waffle Wednesdays, Fun Fridays (hand out choc milks, or have a cereal bar their favorite). Anything to just cause them to stay after practice and hang out with each other. - Corner Canyon

Scavenger Hunt

During covid we put QR codes all over the canyon and sent the riders on a scavenger hunt to encourage them to ride on their own when we weren't practicing as a team. Every completed hunt got an entry for a prize. This was a HUGE hit and a huge pain! hahaha. But they loved it and it got them stoked to ride on their own. - Corner Canyon