

Tiger Mountain Biking



Rider & Parent Handbook

Cañon City High School

2022 Season

Adopted May 2022



CCHS Tiger MTB at a Glance

Cañon City High School provides for mountain bikers to compete and/or ride as a team/club with the Colorado High School Cycling League, a 501(c)(3) non-profit that sanctions and sponsors an interscholastic racing series from August through October.

CCHS offers multiple levels of opportunity to participate, from the novice rider to the more experienced competitive racer.

Mission

*To grown lifelong and tenacious cyclists who embody positivity,
inclusivity, and magnanimity to community*

1. TEAM/RACING: As a team, we accept everyone. No one is cut and we offer opportunities for kids of *all* riding levels. Coaches work with riders at their skill and commitment level to continue to advance skills, stamina, and riding abilities. Racing at CCHS is not a requirement but is highly encouraged. Racers have the opportunity to earn a letter as they represent Cañon City at races across Colorado.

---> Complete all paperwork in the MTB packet: district waiver, contact & health information, and return to Ms. Econome.

---> Register with the CO High School Cycling League, \$150, ASAP.*

<https://ccnbikes.com/#!/memberships/colorado-high-school-cycling-league>

---> Register for all four regular season races in advance for \$240. Or register for each race individually at \$70/race.*

---> Race registration is non-refundable but is transferable to another race in the season.

---> Scholarships are available (to help with athlete & race registration as well as for needed equipment) and the league encourages you to apply <https://coloradomt.org/scholarships/>

---> *Discounts:* Racers who are signed with the league have access to discounts from a variety of supporters in the outdoor industry. See info here:

https://docs.google.com/document/d/1Vb8ibHCXHuzXPmq_Wdq5kKjwEV7V0ey3EfpU4PHV2yc/edit?usp=sharing

*All fees pay for a professional race experience, course marking, on-site EMTs, neutral bike support, insurance, and more.



2. CLUB/JUST-FOR-FUN: Our club “just-for-fun” riders meet weekly to progress skills. Coaches work with club riders at their level to progress skills while having fun and developing camaraderie. For 2022, our club riders meet on Wednesdays.

---> Complete all paperwork in MTB packet: district waiver, contact & health information, and return to Ms. Econome.

BACKGROUND

We're a relatively new club at CCHS, and an even newer team. As of right now, CCHS Tiger Mountain Biking receives no funding from the school or district. We have a stellar all-volunteer coaching team, all of whom love biking and are dedicated to our kids. All funding for team jerseys, scholarships, coach training, and help for bike maintenance comes from donations and fundraising efforts by Tiger MTB and friend organizations such as Fremont Adventure Recreation (FAR), Yard Crafters, and Brews & Bikes thus far.

We realize racing requires a great family commitment of your time and finances and thank you in advance for your support. Your athlete is developing his/her mind and body at a great pace during these adolescent years and we value the time and energy you spend to develop your child. We are privileged to share in your child's development.

RACING

Mountain biking is a fall sport at CCHS. We are a registered team with the Colorado High School Cycling League. The league formed in 2009 to address the growing need and demand for interscholastic high school mountain bike racing and currently hosts about 2000 student-athletes from Colorado, Wyoming, New Mexico, and now South Dakota! We participate in four regular season league races that take place every-other weekend from August through October. Student-athletes must qualify to race in the state championship race, to be held in Glenwood Springs for 2022. [See Link HERE](#) for specific racing info.

CCHS is part of the PIEDRA Division with the league.

Our 2022 race schedule is as follows:

- *RACE #1 Leadville:* Pre-ride on Friday, 8/26, 4PM. Race on Saturday, 8/27
- *RACE #2 Eagle:* Pre-ride on Saturday, 9/10, 4PM. Race on Sunday, 9/11
- *RACE #3 Snowmass:* Pre-ride on Friday, 9/23, 4PM. Race on Saturday, 9/24
- *RACE #4 Nathrop:* Pre-ride on Saturday, 10/08, 4PM. Race on Sunday, 10/09
- *State Championships Glenwood Springs:* Saturday, 10/22, & Sunday, 10/23



Colorado High School Cycling League

The Colorado High School Cycling League is the governing body for high school mountain biking. Please visit coloradomt.org to learn detailed information about the league. The league takes months to work with Colorado counties to determine race venues. They set the race schedule and locations and administer rider and race registration.

The league's mission is to foster healthy habits in youth, develop self-confidence, cultivate leadership, and build a community in a welcoming environment that strengthens family bonds and empowers youth through interscholastic mountain bike racing.

Rider Training

Pre-Season: Pre-season with the league begins on April 1st of each year. The league allows for up to eight (8) official training rides between April 1st until our regular season begins on July 15. Attendance during the pre-season is voluntary, but encouraged based on the rider's availability. If the rider is busy with another spring sport, super! If not, join us! Pay attention to Remind notifications for information.

Additionally, any rider who plans to race in the fall should be riding several times each week during the pre-season to improve fitness, stamina, and skills. Get together to plan rides with friends, teammates, and parents. See coaches if you need help to plan a training schedule. Fitness does not happen overnight. Get fit in the pre-season in order to be ready to train when August rolls around.

- For 2022, we will set up a team Strava group with weekly challenges & to track your riding throughout the summer. If racers don't yet have the Strava app, please check with parents/guardians about downloading this app to your phone to track rides.
- You'll also aim to record at least twenty 30-minute+ rides from the last day of school to August 1.

Race Season: While the league's regular season officially begins July 15, we'll begin our regular season practices on August 1. Come prepared in fitness, health, and with a bike in good working condition.

- Official racing practices will occur on Mondays, Wednesdays, & Thursdays for 2022.
- Training for racers will occur on Mondays and Thursdays, with Wednesday rides focusing on more of an easy-going pace with our club riders.
- For dual-sport athletes, join us for at least ONE (1) day of training with our racers weekly, preferably on Monday. But Monday or Thursday work for this. We will be sure to communicate with your other coach(es) to get you scheduled with us.



OUR COACHES

Our Tiger MTB coaches consist of teachers, parents, and friends - all of whom share a common love for mountain biking and working with kids to develop strong minds, bodies, and character.

Every coach who works with our mountain bikers is an official volunteer through the RE-1 school district *and* at least a Level 1 coach with the CO High School Cycling League. Additionally, we highly encourage Level 2 certification for all coaches, which includes additional training and Wilderness First Aid certification. All coaches go through an annual background check and are trained in concussions, mental health and awareness, First Aid, CPR, risk management, and teaching bike skills and progressions. In other words, our tiger mountain bikers are in good hands.

As stated previously, every coach position is currently a VOLUNTEER POSITION. All coaches pay all their own costs for transportation to practices and races, including lodging.

A final note about coaches as volunteers: Our coaches have jobs, volunteer in a variety of community endeavors, and we do our best to handle the sometimes-overwhelming job of running this organization. But we are all human and at times miss an email or struggle to get back to a parent in a timely manner. Please have patience and show kindness.

Riders: please thank your coaches every ride for being there for you and dedicating their time to your development. It really does make it worthwhile when we see your smiles and experience your excitement with you.

-Coach E

EXPECTATIONS

Dress Code

Like all other sports, it is important to dress appropriately for top performance.

Dress at Practices: For practices, wear:

- Helmet = always; no helmet = no riding
- Bike shoes or almost any tying athletic sneaker will work
- Biking/athletic socks (no cotton)
- Lightweight athletic tee (short or long-sleeves) for wicking moisture (cotton = not great)
- Padded bike shorts for bumps and wicking; baggies over your padded shorts are fine
- Bike gloves
- One earbud occasionally ok for riding, but only after warm up and circle up
- Pay attention to the day's weather, bring a jacket if necessary
- Need help with getting some items?! Fill out a [CC Tiger Scholarship Application HERE](#)



Dress at Races:

- Helmet
- Bike shoes
- Biking/Athletic socks
- Race jersey
- Arm warmers (mornings = often cold!)
- Padded bike shorts (with baggies, optional)
- Bike gloves
- For race: number plate, leg marking, and water
- NO earbuds
- Check the weather for other needed gear

Code of Conduct

As a member of Tiger MTB at CCHS, we hold riders at all levels to high standards and expectations of conduct both on and off the trail. As a mountain biker, you are also representing Tiger Mountain Biking to Cañon City and our greater Colorado community.

RIDERS WILL:

- Be active in attending team rides and other team events such as trail maintenance days, fundraisers, and team dinners. Your showing up goes a long way in creating a positive team atmosphere.
- Provide their own bike, helmet, hydration, gloves, and other gear.
- See coaches if they need assistance with purchasing gear and/or getting their bikes and equipment in good working order. [CC Tiger Scholarship Application HERE](#)
- Show up to practice “ready to ride.” Meaning, the rider’s bike is in proper working condition, s/he has eaten something prior to practice, and has brought food and water for the ride. The rider also has the appropriate tools and supplies to complete basic trail repairs, ie: fix a flat, repair a chain, adjust seating.
- Follow the instruction of coaches to maintain a safe environment.
- Follow all trail and road riding etiquette.

PARENTS WILL:

- Support their rider and the team by providing encouragement and positive energy overall.
- Show respect for other riders, families, coaches, and race venues and facilities.
- Not have unprofessional and/or inappropriate interactions with coaches or riders, or league staff and volunteers.



TEAM COMMUNICATION

We use *Remind* to communicate quick messages to club & team members and their families. This is especially important for last-minute changes for practices due to weather or coaching changes.

CLUB: All club just-for-fun & racing team riders will subscribe to our Tiger MTB Remind list. Text *@tigermt* to 81010 to be added to this list. Parents/Guardians are also encouraged to join this list.

RACING TEAM: All racing team members will subscribe to Tiger MTB Racing; racing parents/guardians are encouraged to join this list as well. Text *@ccMTBrace* to 81010 to be added.

EMAILS: To disseminate lengthier information, Coach Econome will communicate via email. You can probably expect an email as we approach fundraisers. And racers/families can expect emails early in the week before a race weekend.

TEAM APP: For racing, the CO High School League uses Team App to communicate on their end. For example, if there is a weather delay on a race day, this will be communicated via Team App. Because our CCHS group is pretty small, coaches have chosen to continue with Remind for 2022. Feel free to check out Team App on your own... or not.

TEAM COMMUNICATION

As our Tiger mountain bikers work to improve their riding and endurance, there are two phone apps we recommend athletes use to track progress. While we recommend these apps for our mountain bikers, parents/guardians have the final say in regard to phones and apps, and we respect every family's decision in regard to apps.

STRAVA: The free version of Strava is a great tool to record rides and track progress. Privacy settings exist to keep rides private or public and you can set a privacy setting around your home address to blur a ride starting from your address. One nice feature of Strava is that it allows us to create groups, such as Tiger MTB Racing.

---> The team uses Strava to track summer and in-season weekend rides. See Coach Econome for alternative summer/weekend check-ins if you're not comfortable with Strava.

TRAILFORKS: A different take on ride tracking, Trailforks has a GREAT mapping interface that is user-friendly and easy to read. The free version of Trailforks allows you to access free mapping within a given area. You can choose your free area to include all Cañon-area trails as well as the Pueblo Reservoir trails. Be aware: while the mileage on Trailforks is pretty accurate, their elevation gain has been generous in the past.



CLUB/TEAM ENGAGEMENT OPPORTUNITIES FOR RIDERS/FAMILIES

- **Trail Work Days:** As members of the mountain bike community, we are also trail stewards. It's important to give back to the community that gives us riding opportunities. These volunteer hours also count toward service hours required by *National Honor Society*. Join us on our trail maintenance days!
- **Post-Trail Work Team/Club Dinners:** For good eats, fun, & fellowship! All riders and families are welcome to join us at our post-trail work club dinners.
- **Fundraisers - Show up to and spread the word on Fundraisers:** Because we receive no additional funds from the school, our fundraising is paramount to meeting the needs of our school mountain biking community.
- **Social Media:** Check our social media on fb and Instagram; share online as well.
- **Racing - Team Dinner:** At a venue-area restaurant the night before our race or at our camping venue. A fun way to hang with each other and work down race jitters the night before.
- **Racing - Volunteer at League Races:** We encourage you to sign up to help at any/all race weekends. Not only is it a great way to learn the ins-and-outs of the racing weekend, but the league races cannot go on without volunteer support. More info to follow as we get closer to the racing season.

---> It's especially important for our team to lend volunteer support when we are considered one of the "host" teams.

---> Coach Vicki Meier will especially love you if you volunteer to course marshal

---> One hour of league service is required for lettering athletes.

- **Racing - Set-Up & Tear-Down:** Show up early & stay late to support everyone on our team & to assist with the important set-up and tear-down of our team tent area.
- **Racing - End of Season Celebration:** Held each fall, following the racing season. Join us to celebrate accomplishments from the season.

RACE WEEKENDS:

**Safety: Any person, whether racer, parent, sibling, or grandma, putting a leg over a bike at a race venue must be wearing a helmet with a clipped strap. Failure to do so can result in team penalties by referees.*

Fall Race Schedule

As mentioned earlier, 2022 mountain bike race weekends are as follows:

- RACE #1 Leadville: Pre-ride on Friday, 8/26, 4PM. Race on Saturday, 8/27



- *RACE #2 Eagle*: Pre-ride on Saturday, 9/10, 4PM. Race on Sunday, 9/11
- *RACE #3 Snowmass*: Pre-ride on Friday, 9/23, 4PM. Race on Saturday, 9/24
- *RACE #4 Nathrop*: Pre-ride on Saturday, 10/08, 4PM. Race on Sunday, 10/09
- *State Championships Glenwood Springs*: Saturday, 10/22, & Sunday, 10/23

Lodging

CAMPING: Many of us, coaches included, prefer to camp at venue locations. The league partners with local RV Parks/Campgrounds in Leadville and Nathrop. And Snowmass and Eagle both offer inexpensive group camping settings we can reserve once we get into the season a bit more. We like to encourage group camping, but realize it's not for everyone. We highly recommend making camping reservations far in advance, even as soon as you know your child will be racing at a given location.

OTHER LODGING: Each venue city offers a range of hotel, motel, and airbnb options. Book according to your preference and budget.

---> *When making camping/lodging reservations, be sure to consider the actual pre-ride and race days.* The pre-ride the day before our race is an important component for racers to become familiar with the course; please don't discount it. With a Saturday race, you may also wish to stay at a venue location that Saturday night post-race to take advantage to explore the area a bit more.

Race Venue Area

More information about each race venue will go out (via email & league website) as we get closer to the season. Each race venue will include the following:

- **Parking:** A parking area for all to park vehicles. League volunteers will flag you to the designated parking areas.
- **Pit Zone:** Where all team tents are located. Look for the gray Tiger MTB tent with our logo. This is our home base for pre-ride and race day. Here, you'll find the racing schedule, a table with snacks for racers, water, some basic tools to maintain bikes, chain lube, etc. Riders will get their number plate from Coach Econome. Bring your lunch, snacks, sunscreen, and camp chairs to hang out for the day. Dogs must be leashed and this is strictly enforced.
- **Neutral Bike Support:** Need some last-minute work on your bike? Visit the neutral bike support tent to fix any last-minute issues that arise.
- **First Aid:** The area will have a First Aid tent with full-time EMTs on hand to attend to any/all First Aid needs.



- **Course Marshal:** Lucky for us, the Chief Course Marshal for all races is our very own Coach Vicki Meier. Coach Kerry Meier is her assistant. As chief course marshal, Coach Vicki stations volunteers every half mile along the course to ensure safety and good sportsmanship along the way. Stop by and say HI.
- **Staging:** The staging area is for racers only. Freshman racers will stage for an Individual Time Trial. All other categories will call up riders according to their call number. In order to stage, racers must have their helmet, water, leg marking, and number plate.
- **Support & Cheer:** We support and cheer everyone on our team. Every racer shall have people cheering him/her on at the finish line. We're proud of all racers, regardless of the time on the clock. Be part of this group effort to support all.

Race Day: What Riders Need to Know

Parents & Racers: Need some good reading material for days and days?! You should know the CO League Rulebook: [Click HERE for 2022 Rulebook](#)

Here is what every rider needs to know for race day:

- **Prepare:** Eat well (no caffeine), sleep well and long, and hydrate. Bring AllTheThings you will need for race day. (See our packing list for race weekends, below.) Take good care of your bike. Keep it tuned and race ready. If you don't know how, check with our coaches for guidance.
- **Weekend Contest:** Each race weekend there is a theme and a contest related to the theme. Come prepared, both you and your family.
- **Pre-Ride:** We pre-ride the course at 4PM the afternoon before each race, unless directed differently via Remind. Meet for pre-ride at our team tent and be ready to ride at 4PM, meaning you should arrive earlier to ensure you'll be all set. Riders and families should prioritize each pre-ride to ensure riders become familiar with the course ahead of the race.
- **Mechanical Issues:** The league provides neutral support mechanics at each race. Please note the bike mechanics at races are not there to tune your bike, but to do emergency or last-minute fixes so kids do not miss their race.
- **Warm Up:** Each racer shall take time to elevate their heart rate for about 15-20 minutes, at approximately 45 minutes before staging.
- **Staging:** Each group (Varsity, JV, Sophomore, & Freshman, boys and girls) will race at different times and in different waves to spread riders along the course. See the team whiteboard for staging times and ensure you are staging at the correct time, even a few minutes early. There are penalties for arriving late to staging. Announcers are good about announcing times, but you are in charge of you.



- **During the Race:** Drink water while racing. We can also do have a water bottle a/o nutrition during the race at the designated Feed Zone. Gels, gummies, and blocs are good for quick energy during the race. NO CAFFEINE. And do not leave behind any trash on the race course. Show great sportsmanship and be polite when communicating with other racers. No foul language. (Points deducted for foul language & bad sportsmanship.) Ride hard. Have fun. Finish with pride; you did it!
- **After the Race:** High five your teammates, hug your parents and coaches, and take in a *healthy* snack. If you are the first in your category to finish, wait at the finish to cheer on at least the next person from our team to finish. And so on. We love and support everyone, especially at the finish line. Be sure to check on your race standings and get a print out of your results. Continue to eat and drink for recovery.
- **End of Day:** Stay the day to watch and cheer on all teammates as they cross the finish line. Help break down the team tent, load up equipment, and clean up any area trash. Compliment at least one other teammate. Consider staying for the awards ceremony at the end of each race day; it's a lot of fun to honor the top in each field, even if it's not a CC Tiger. :)
- **Points:** Very much like cross-country running, mountain biking awards individual and team points. Your individual points contribute to our team points. Our young women, especially, are big points earners for us. Woo-hoo, ladies!

Packing List for Race Weekends

- Parents/Guardians: Plan in advance for camping/lodging
- Bike - in good condition
- Biking shoes & biking (athletic) socks (no cotton)
- Helmet
- Biking gloves
- Bike shorts
- CCHS Tiger Jersey
- Arm warmers
- Eyewear
- Hydration: bike bottle a/o hydration pack
- Bike tool/pump/CO2
- Layers for before and after race, such as jackets, leg warmers...
- Number plate (See Coach E at race)
- 3-4 zip ties for number plate
- Sunscreen

(...continued) →



- Hat - for sun and for cold
- Post-race clothing, extra dry clothes - the weather can & will change, so be prepared for all weather conditions
- Camp Chair
- Lunch/Food/Drinks
- Plastic bag for potentially muddy clothing (post-race)
- Cash for food trucks, if available

Lettering

**As of May 2022, these lettering requirements are still under review and may change*

New for 2022, mountain bikers now have the opportunity to earn a CCHS letter as recognition for their hard work out on the trail. Like all other lettering sports at CCHS, mountain bikers must adhere to the following parameters throughout our riding season:

- Attend all required practices, unless excused by the head coach
- Participate in the four (4) regular season races
- Complete at least four (4) hours of trail maintenance
- Complete at least one (1) hour of volunteer service with the league during a race weekend
- Compete in the JV or Varsity racing categories a/o is a State Qualifier in any cat
- Be in good academic standing: CCHS runs a weekly eligibility report for all sports; this now includes mountain biking. You may not fail more than one class at a time.
- Good behavioral standing
- Follows the CCHS Handbook Guidelines
- Dual-sport athletes: Tiger MTB will work with your other sport

These guidelines allow for coach discretion to exercise good judgment and flexibility so often required of coaching. Examples include if a racer cannot not finish a race due to a mechanical issue, or if the athlete becomes injured and cannot participate in a given race as planned.

We ♥ you!