



## VACAVILLE MTB 2025/26 SEASON

Our team's mission is to build strong minds, bodies, character, and communities through cycling. We desire to develop well rounded athletes who are gracious and respectful, have positive attitudes, desire to learn and improve, and are willing to push themselves.

\*Take time to review our website as answers to many questions can be found there:

**Vacavillemtb.com**



\*Make sure both you and your athlete are on TeamSnap so you can both see the schedule, chats, & utilize the rsvp function. This is what we use for all team communication.

**\*\*\*Please, please, please, RSVP for practices\*\*\***

\* Race Dates:

- Sat 2/21-Monterey – lodging is personal preference
- Sat 3/21- Exchequer – team group campsite secured (contact Sheri)
- Sat 4/11-TBD- lodging info to come
- Sat 5/2-Six Stafford Lake-camping on site-info to come
- Mid May- Championships- more info to come

### **\*PLEASE GET INVOLVED\***

Our team exists because of volunteers. The coaches are volunteers (some of whom don't have athletes on the team). We need parents to be actively involved for the team to continue to be successful and to provide the best experience possible for our athletes. There are many opportunities to volunteer, particularly at races. At every race, we set up a team "village" and it takes a "village" to make that happen. In order to provide all that is necessary for a great race day experience (food, bike racks, seating & shade, bike maintenance stations, warm-up trainers, etc) we need everyone to jump in and lend a helping hand. Additionally, NorCal needs parent volunteers on race day for course set-up and tear-down, parking, course marshalling, registration, scoring, course sweeping, etc. Please, please, please...be part of the bigger team and get involved.

## ATHLETE EXPECTATIONS:

It is the rider's responsibility to be **prepared and on time** to practice.

"Early is on time, on time is late, late is left behind."

### To be brought with you on every ride:

- Bike: Athletes need to have a mountain bike that is in good working condition
- Helmet: Required and mandatory whenever you are on your bike
- Water Bottle or a hydration backpack
- Spare tube, mini-pump, multi-tool, tire levers: In the event that you need to change a tire
- Gloves and glasses (clear or sun depending on conditions): Recommended
- Lights: Front & rear for winter practices
- Emergency Medications (Inhaler, EpiPen, etc.) as necessary

### Pre-ride ABCDE bike check:

- A. Air: Check your tires
- B. Brakes: Check your brake pads
- C. Chain: Check/lube your chain & drive train
- D. Derailleur
- E. Everything Else

Athletes are expected to come to practice prepared with the appropriate gear and attire for the weather conditions that day.

- Do not wear long pants with loose cuffs!
- Padded shorts, pants, or Insert are highly recommended.
- Athletic wear that dries quickly (not cotton) is recommended.
- Rain jacket recommended if it might rain.

### \*\*\*HELMETS\*\*\*

You must always have a helmet on when you are on your bike. If your leg is over the bike, your helmet must be on. This is NICA's rule, and they strictly enforce it at races. We adhere to this rule at practice as well. This also goes for everyone (spectators) at NICA races as well.

