



# Mountain Bike Team

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## Our Mission

Welcome to the Central New York Sharks Mountain Bike Team! The mission of our program is to provide middle and high school students the opportunity to achieve both competitive and non-competitive cross-country mountain biking goals in a safe and enjoyable manner.



We strive for the positive development of our participants through mountain biking with a focus on strong bodies, strong mind and strong character. Additionally, we aim to:

- Develop an awareness of what it is to be an amateur athlete that is both gracious and respectful to their community;
- Create an environment in which they may discover new friendships and find role models;
- Guide students towards learning new skills and disciplines, and spread the foundations of mountain bike racing across the U.S.;
- Foster a responsible attitude toward the use of trails and wilderness;
- Promote the value of cycling to our community as a mode of transportation and as a lifelong sport.



## Our Team & League

CNY Sharks is part of the National Interscholastic Cycling Association (NICA) and we compete in the New York High School and Middle School Cycling League. Learn more at [www.nationalmtb.org](http://www.nationalmtb.org) and [www.newyorkmtb.org](http://www.newyorkmtb.org).

Training and racing with a team provides life lessons in:

- self-discipline
- teamwork and sportsmanship
- fitness and camaraderie





# Safety & Safety Rules



Are you new to mountain biking? Forget what you have seen on TV with the X-Games or soft drink commercials.

- In cross-country bike races, the average speed is usually around 10-12 miles per hour.
- This is an endurance sport where the fittest athletes win.
- Annually in the entire League combined, there may be one or two broken bones, some sprains, a few cuts, some bruises, lots of nicks and scrapes, but little else.
- Statistically, we suffer fewer serious injuries than most other mainstream sports, especially contact sports.



Rules and regulations minimize risks to your child.

- Certain risky behaviors are forbidden, the League helmet rule is strictly enforced and we expect athletes to master certain bike control skills prior to riding on more difficult terrain.
- We follow strict guidelines on the number of athletes per coach. This may result in limiting practice to certain areas of the park depending on coach availability. Each coach undergoes a league mandated background check and completes concussion and risk management training each season. We always have at least one coach trained in first aid on every ride.
- Riders are grouped according to ability level.

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## Training

Weather dependent we begin riding Tuesdays and Thursdays in early Spring from 4:30-6:30pm and Saturdays 9:00-11:00am at Green Lakes State Park and/or Duguid Park in Fayetteville.

- We don't have tryouts. If you try, and keep trying, you're on our team.
- We have a proven history of creating capable and confident riders out of timid, out-of-shape beginners, year after year.
- Athletes who are already in good condition (like cross-country runners) adapt quickly and do very well.



# Girls Riding Together (GriT)



Girls Riding Together is NICA's initiative to increase female participation over the next five years. Currently, girls represent 24% of NICA's overall national student-athlete participation.

CNY Sharks is making a concentrated effort to increase the number of girls and female coaches in our program by focusing on creating a more welcoming environment for girls to join through girls-only events, rides, camps, clinics and socializing opportunities. Know a girl who might like to join us? Please contact Tim Taber, [timtaber@gmail.com](mailto:timtaber@gmail.com); or check out our Website to learn more.

## Team Communication



teamsnap

We use Team Snap to communicate with parents and athletes. This is an app you can easily download onto your phone. We also have a team Facebook & Instagram page that include tips, motivation and encouragement, and more. Please check your Team Snap daily and the team

Facebook page periodically! Join our team email list, or racing list on our website as well.

## Community Service

As part of being on the team, members are required to undertake a minimum of two hours of community service during the season.

This service is typically completed as trail work at various locations in CNY. We also have participated in the Christmas Bike Giveaway. Kids can help restore bikes that will be given away to those in need.

## Equipment

- Your athlete will need an appropriate bike, cycling clothing and other items.
- Bicycles and helmets will be inspected and approved for function and safety, then re-inspected at regular intervals.
- Let us help you find what you need. We may have some items given to the team to help if you struggle to get the required items.

## Cost

Riders grades 6-12 must pay for NICA New York League registration, NICA national registration, which are about 125.00, and entry fees to each of the five races and travel costs (each race can cost up to \$40 entry).

No student has been denied participation due to a lack of resources. Please let us know if any race associated fees are a hardship to your family.

## Required Forms & Information

To participate on the team, riders grade 6-12 must register ONLINE ONLY with NICA and the New York League. You will receive an email invitation to join CNY Sharks through NICA's "Pitzone." We also ask that you complete our team online form, and join the team email list(s) that apply to your child's goals (racing, or team only).





## Parents and Others Ride Along

Parents are encouraged to join their athletes in training, as long as they are registered with the League. If interested, please complete our coaching interest form on our Website.



## Team Sponsorship

### Help Our Team Thrive

As a small team we need continual team sponsors! The more sponsors and help we get the more benefits we can provide to the kids!

Become a Sponsor or Just Donate!

Tier 1 - 2000.00+ - Logo on the team sleeve of jersey, and/or larger back placement, online promotion on our Facebook and Instagram page, and additional logo promotion on all materials, including our Website Sponsors page.

Tier 2 - 1000.00-2000.00 - Logo on the team jersey larger back placement (or sleeve if all 2000.00 level isn't full), online promotion on our Facebook and Instagram page, and additional logo promotion on all materials, including our Website Sponsors page.

Tier 3 - 500.00-1000.00 - logo on the back of the team jersey, promotion on the Website sponsors page, and any other apparel.

Tier 4 - 250.00-500.00 - promotion on Website sponsors page, apparel text business name.

Tier 5 - 100.00-250.00 - promotion on Website sponsor page, framed team photo for your business.

Supporter - Under 100.00 - promotion/listing on the Website sponsor page and a HUGE thank you for supporting our kids riding bikes!

### Discounts for the Team

We are currently sponsored by Syracuse Bicycle and Trek Bicycles. As part of our sponsorship, riders are able to purchase parts, clothing and accessories at a 15% discount at Syracuse Bicycle. Labor charges are not included in the team discount. Trek Bicycles offers new bikes at 25% off retail pricing through Syracuse Bicycle. They must be special ordered. The team jersey, shorts, and jacket are available for purchase through our team store.



Contact Kate Bryant, [kate@cnysharks.com](mailto:kate@cnysharks.com) to get our sponsor form and more information.