

# MILE HIGH CYCLING TEAM HANDBOOK

Mile High Cycling is an official sports team of the Prescott Unified School District (PUSD) and is open to students in 6<sup>th</sup> through 8<sup>th</sup> grade at Granite Mountain School (GMS) or Mile High Middle School (MHMS) and homeschool students within those boundaries. We strive to build strong mind, body, and character through interscholastic mountain biking while also being positive contributors to the cycling community.

**Joining the team is a privilege, not a right.** Our team exists solely because of the generosity of financial donors and volunteer coaches. An opening on our roster is based on coach availability, the completion of required skills clinics, and a commitment to meeting the expectations described in this handbook.

**“Nobody rides the bench.”** Everyone participates in the same practices and each rider crosses the same finish line with a huge crowd cheering them on. There are no tryouts and all skill levels are welcome. However, this is a school sport and **all students should expect to be challenged at each practice and come prepared both mentally, physically, and mechanically.**

**Practice attendance is mandatory** and is critical to the safety of each rider and the team. Each practice builds upon the skills learned in prior practices while incorporating fun games for team camaraderie. The head coach reserves the right to dismiss any student from the team due to excessive absences.

**Each student must RSVP planned attendance** in the team communication app. Each practice is planned around student and coach RSVPs. A failure to RSVP will cause the head coach to assume that you are not attending and could result in you having to ride with an alternate group or being denied check-in.

**Practice start time is when we head out on the trail.** Riders and coaches should arrive at least 15 minutes prior in order to be ready to ride by the start time. Coaches do not perform bike repair before practice and will be unable to check-in a student if their bike is not in proper working condition.

**Racing is optional**, although competitive training does become the team priority in mid-August through the end of season. The head coach decides which students are eligible for each race. Any student who misses the 2 practices prior to a race without an excused absence will be deemed ineligible to race.

**Fees & Additional Responsibilities:** Each student must register with the ACA and adhere to their fees and regulations ([arizonacycling.org](http://arizonacycling.org)), follow all local trail and safety rules, and register with the MHMS athletic department and adhere to their policies, including grade checks and PUSD Code of Conduct.

## EQUIPMENT REQUIREMENTS

Each student must bring the following to each practice or race or else they may be denied check-in:

- Mountain bike in safe and fully functioning condition
- Properly fitting helmet
- Closed toe shoes
- Eye protection (sunglasses or clear)
- Gloves
- Water bottles and/or hydration packs (coaches do not carry extra water)
- Spare tube (even if tubeless)

Loaner equipment may be available. Many local retailers also offer team discounts.

## SAFETY & TRAIL ETIQUETTE

All student-athletes must ride safely and within their ability while avoiding unnecessary risks not typically associated with cross-country mountain biking. The following activities are prohibited:

- Riding with headphones or other portable music devices
- Tricks or features not associated with cross-country mountain biking
- Intentional out of control riding, such as skidding, hands off the bars, tire rubs, etc.

All riders are also expected to observe the following trail etiquette:

- Always slow down and yield to all other trail users. **Badgers ALWAYS yield.**
- Leave no trace and ride only on officially recognized trails.
- Ride predictably with controlled speed and passing with care.

## PARENT RESPONSIBILITIES

**Parents are expected to help their student-athlete** RSVP for practice, provide transportation, and ensure proper equipment maintenance so that a bike is ready for each practice.

**Parents should not leave a team event until your student is verified as checked-in and must pick up your child promptly at the scheduled end time.** A student is not part of practice unless officially checked in. Students who arrive late should never try to catch up on trail but should instead stay with their parent and miss that day's practice. Late pickups could result in your student being dismissed from the team.

**Parents are expected to support the entire team, including other students and coaches, in a positive manor.** Parents are also asked to volunteer at each race with activities like team tent setup/teardown and/or bringing snacks/drinks.

**"Nobody coaches from the bench."** Our coaches are trained and certified through the Arizona Cycling Association (ACA), ride alongside the students at each practice, and execute a training program that is carefully designed by the head coach. To avoid burnout, overtraining, and/or injury risk, parents should positively support their student's love of biking without overriding the team's training/coaching plan.

## ACKNOWLEDGEMENT

Violations of this handbook, PUSD/ACA policies, or coach instructions may result in suspension from team.

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Student-Athlete Signature

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Parent Signature

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Student-Athlete Name (Printed)

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Parent Name (Printed)

Passcode to register with the team is "I-Agree-To-Handbook" (without quotes). Do not share this code. Each rider should obtain after reading and agreeing to this handbook.

# VOLUNTEERING

**ON-THE-BIKE ROLES:** Superior fitness and ride speed is not required. Awareness of your fitness level and proper communication is more important.

## Head Coach (HC)

- Responsible for building and maintaining the team culture.
- Determines practice schedule and locations.
- Approves student-athletes as race or practice ready based on skill, stamina, previous attendance, and PUSD grade check policies. Communicates with student(s) and their family.
- Approves assistant coach applications, communicates with assistant coaches, and assigns ride groups and tasks to assistant coaches.
- Requires Level 3 coach certification from ACA and IVP with AZ Department of Education

## Team Director (TD)

- Responsible for adding/modifying/deleting student-athletes and coaches within TeamSnap and CCN, including ensuring proper ACA and PUSD certification of coaches.
- Responsible for accident reporting to ACA and PUSD.

## Lady Badgers Coordinator

- Organizes monthly female-only practices, in coordination with HC.
- Coordinates special guests at female-only practices, in coordination with HC.

## Assistant Coach

- Responsible for executing the daily practice plan for an assigned group, as designed by Head Coach, including:
  - Responsibility for each rider in group from the time they are assigned until check-out.
  - Evaluating individual rider performance for that group, forward concerns to Head Coach.
- Requires Level 1 coach certification from ACA and PUSD volunteer office clearance

**OFF-THE-BIKE ROLES:** No biking experience required.

## Race Weekend Pit Zone Coordinator

- Assigns race weekend roles and responsibilities to ensure that all needs are met, including:
  - Team tent/equipment/trailer transportation and delivery
  - Team tent setup (tents, chairs, tables, repair stand, bike stands, etc)
  - Water/snacks/other drinks at team tent for race day
  - Team tent teardown
  - Team tent/equipment/trailer transportation and return
- Communicate equipment restocking needs to Head Coach.

## Team Trailer Transporter

- Tows the team trailer to and from each race (hitch required on vehicle).

### Team Spirit Coordinator

- Designs team tee apparel (including obtaining approval by MHMS AD), coordinates group ordering process, and distributes apparel to individual families.
- Communicates upcoming race details and race winners to MHMS and GMS staff for daily announcements, inclusion to weekly email newsletters, etc.

### Race Weekend Lodging Coordinator

- Coordinates individual or group campsites at applicable races
  - Requires initial payment of group campsite(s) for reservation before getting reimbursed from individual families
- Obtains group rate for a nearby hotel, if available.

### Social Coordinator

- Organizes a team-wide dinner on the night before certain races.
- Organizes food / snacks / etc for the end-of-season celebration.