

LEHS Mountain Bike Team



September 2019



LA CAÑADA SPARTANS

NICA

- Cross Country mountain bike riding and racing (Olympic sport)
 - 6th – 12th grade, boys & girls, no cuts
- Governed by NICA (National Interscholastic Cycling Assoc.)
 - 26 States
 - Over 800 teams
 - Over 20k riders / 22% girls
 - Growing at just under 40%



LA CAÑADA SPARTANS

SoCal League (www.socaldirt.org)

- Over 70 teams / over 1,000 racers
- Five race weekends plus a 6th HS only State Championship (NoCal and Socal) race for qualifiers
- Team scoring only for High School
- Middle School races Saturday
- High School races Sunday



LA CAÑADA SPARTANS

SoCal League – Middle School

Saturday Middle School Racing Schedule

Field	Start Time	Laps	Mileage	Numbers Colors
WAVE 1	Stage 1:45 PM			
Girls Level 3 Grades 7/8	2:00 PM Sat	2	6.5	1000s
Girls Level 2 Grades 6-8	2:04 PM Sat	2	6.5	2000s
Girls Level 1 Grades 6-8	2:08 PM Sat	2	6.5	3000s
WAVE 2	Stage 2:45 PM			
Boys Level 3 Grades 7/8	3:00 PM Sat	3	10	4000s
Boys Level 2 Grade 8	3:04 PM Sat	2	6.5	5000s
Boys Level 2 Grade 6/7	3:08 PM Sat	2	6.5	6000s
WAVE 3	Stage 3:45 PM			
Boys Level 1 Grade 8	4:00 PM Sat	2	6.5	7000s
Boys Level 1 Grade 7 (Even Number Plates)	4:03 PM Sat	2	6.5	8000s
Boys Level 1 Grade 7 (Odd Number Plates)	4:06 PM Sat	2	6.5	8000s
Boys Level 1 Grade 6	4:09 PM Sat	2	6.5	9000s



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SoCal League – High School

- Division 1 – 13 teams (12 or more riders)
- Division 2 – 39 teams (less than 12)
- Composite – 20 teams
- Independent riders
- Conferences based on County
- Team scoring combines boys and girls



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SoCal League – High School

Sunday High School Racing Schedule

Field	Start Time	Laps	Mileage	Numbers Colors
WAVE 1	Stage 9:00 AM			
JV1 Boys Conf A	9:15 AM Sun	2	11	1000s
JV1 Boys Conf B	9:20 AM Sun	2	11	2000s
JV1 Boys Conf C	9:25 AM Sun	2	11	3000s
WAVE 2	Stage 10:15 AM			
Freshman Boys Conf A	10:30 AM Sun	2	11	4000s
Freshman Boys Conf B	10:35 AM Sun	2	11	5000s
Freshman Boys Conf C	10:40 AM Sun	2	11	6000s
WAVE 3	Stage 11:30 AM			
Varsity Girls	11:45 AM Sun	3	16.5	100s
JV2 Girls	11:49 AM Sun	2	11	200s
Freshman Girls	11:53 AM Sun	2	11	300s
JV1 Girls	11:57 AM Sun	2	11	400s
WAVE 4	Stage 1:15 PM			
Varsity Boys	1:30 PM Sun	4	22	500s
JV2 Boys Conf A	1:34 PM Sun	3	16.5	7000s
JV2 Boys Conf B	1:38 PM Sun	3	16.5	8000s
JV2 Boys Conf C	1:42 PM Sun	3	16.5	9000s



LA CAÑADA SPARTANS

LC Organization

- LC Mtb Team 501c3 non-profit – 5 Board of Directors
- Team Director - Derek Grey
 - Administrative, relationship with league (NICA), pay fees, manage rosters, emergency contact lists
 - Relationship with LCHS
 - Find volunteers
 - Find coaches



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Coaches

- Head Coach - Bill Barker
 - Licenses/Certification - NICA Level 3, First Aid
 - Competitive mountain & track cycling experience
 - NORBA Semi-Pro/USA Cycling Cat 1
 - Raced NORBA National Series 1990s
 - Track State Champion / National Championships
- Asst. Head Coach John Grace
 - Coached St. Francis team 2 seasons
 - NICA Level 3, First Aid
- Many others



LA CAÑADA SPARTANS

Mission/Vision

- Nurturing the next generation of cyclists in a supportive, fun, yet competitive environment
- Our goal is to work with athletes of all abilities
 - We will start in December with the very basics, and will progress steadily towards the first race in March



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3 Phases

- Pre-Season: 10/19 – 11/30 - 6 team activities (Saturdays for 1.5-2 hours each)
 - Off-season cross training – do not want to show up on 12/1 with zero fitness
 - Play other sports
 - Run/hike
 - Gym workouts
 - BE ACTIVE
- Training: 12/2 – Team riding can begin
- Races: 3/7-8 – Races Begin



LA CAÑADA SPARTANS

Training (starting 12/2)

➤ Training/Coaching Philosophy

- Play multiple sports (if inclined) - physical/mental benefit
- Training is Fun AND serious
- Competition – internal and external (organic)
- RESPECT – teammates, competition, sport
- Building body/habits for a lifetime
- Positive reinforcement
- Mental component of sport
- Intensity>Frequency>Duration

➤ Approximately 22-week program

- 12-week Base (endurance riding w/few intervals)
- 6-week Build (high intensity w/ less endurance)
- 4-week Peak Racing (harvest Base/Build work)



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Training Cont'd

- Likely 3 training groups based on speed/technical ability
 - Groups A & B Tues/Thur/Sat
 - Group C Mon/Wed/Sat
- Weekday 4pm start from LCHS: 1-1.5 hour ride or gym/weight workout
- Saturday 2+ hour endurance ride often starting from Descanso Gardens
- Additional days optional – tailored plan for each rider



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Training Location

- We have WORLD CLASS training location right out our back door
 - Mt. Wilson via Toll Rd. >>> Mount Ventoux
 - Cherry Canyon – bike park meets NICA race course
 - El Prieto – epic downhill
 - Angeles National Forest – No other metro center near such a vast forest
- Pasadena/Montrose/SoCal is a Hot Bed for cycling
 - Montrose/Rose Bowl Rides – 50+ years w/ some World Class riders
 - Velo Sports Center – only UCI certified pine track in US (past/current/future Olympians)
- Competitive Advantage



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Race Weekends

- Mar 7-8 1st Race – Lake Perris CA
 - Mar 20-21 2nd Race – Vail Lake, CA
 - Apr 4-5 3rd Race – Vail Lake, CA
 - Apr 25-26 4th Race – Castaic Lake, CA
 - May 9-10 5th Race So Cal Finals – Lake Cachuma, CA
 - May 23-24 State Finals – Tehachapi, CA (HS only)
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- Saturday - Arrive AM, set up site, ride course, lunch as team, Middle school races, dinner as team
 - Sunday - Breakfast as team, HS races, break down site



LA CAÑADA SPARTANS

Time Commitment

Three rides a week (two weekdays and Saturday) - 4-6 hours total

5 races (plus State Champs) beginning in March and ending in May - takes majority of weekend

The team will NOT be providing transportation, so the families will need to be involved as well

Races are in Southern California, but are 2 to 3 hours away (Tehachapi, Vail Lake, and Riverside). Overnight camping!



LA CAÑADA SPARTANS

Equipment

- Mountain Bike – Ready to ride
 - Air, Brakes, Chain, Derailleur
 - Hydraulic Disc Brakes preferable
 - Tubeless tires preferable
 - Clipless pedals optional
 - If you DO NOT have a MTB:
 - We have a couple of older bikes the kids can temporarily ride
 - NICA has a relationship with manufacturers where you can purchase a race-ready bike for as little as \$400
- Bicycle helmet – MIPS equipped is advised
- Bike lights – Front white solid/flashing; Rear flashing red light



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Equipment Cont'd

- Gloves and eye protection
- Water bottle/Camelbak
- Bell – to alert other trail users of your presence
- Food (Gel packs are small and light)
- Innertube, small pump, tire levers
- Multi-tool with chain breaker
- Clothing appropriate for the ride
 - Cycling shorts
 - Layering - Wind breaker and/or vest, leg or knee warmers, arm warmers



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Experience/Danger

- No experience is necessary
- Is participating dangerous? Yes, but.....
 - This is not X-Games or 'free riding'
 - Racing speeds average around 10 mph
 - Dirt is softer than asphalt
 - Helmets are mandatory
 - No ear buds
 - We discourage risky behavior
 - Trained coaches will be on every ride and will have first aid kit, cell phone and 2 way radios
 - Accidents can and may happen, usually scrapes



LA CAÑADA SPARTANS

Code of Conduct

- Committed to safety
- Athletes that repeatedly engage in risky behaviors will be dropped from the team
- No riding without a helmet (NICA mandated *ANY TIME* on a bike)
- We are visible representatives of La Canada HS specifically and of mountain bikers in general (Trail use issues)
- Team and SoCal League rules apply to family and friends as well



LA CAÑADA SPARTANS

Volunteers

- Coaching/Riding with team – We welcome any help. Any parent riding with team must get certified through league
- Sponsorships – Hans Ku
- Race Weekend Lodging – Jeff Parks
- Race Weekend Food/Drink - Karen Grace / Mikki Weightman
- Pictures / Video – everyone
- League volunteer requirement
 - 1 volunteer job for each rider on the team during season
 - If 25 riders, 25 volunteer jobs over course of season
 - Saturdays fill up due to HS families wanting to leave Sunday open for watching
 - Easiest way to handle is each family volunteer for each rider
 - Job sharing may make sense



LA CAÑADA SPARTANS

LEHS Volunteer Requirement

➤ Adults working with students must get cleared by district:

1 – Fingerprint background – Christine Golder,
cgolder@lcsd.net; 818.952.8072

2 – Up-to-date TB test on file – Chris Henry, District Nurse,
chenry@lcsd.net; 626.676.0991



LA CAÑADA SPARTANS

Race Weekend Lodging

<http://www.socaldirt.org/2020-jenson-usa-race-page/>

- Mar 7-8 1st Race – Lake Perris CA (overnight?)
- Mar 20-21 2nd Race – Vail Lake, CA (overnight)
- Apr 4-5 3rd Race – Vail Lake, CA (overnight)
- Apr 25-26 4th Race – Castaic Lake, CA
- May 9-10 5th Race So Cal Finals – Lake Cachuma, CA (overnight)
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LA CAÑADA SPARTANS

Community Service

- We will be performing community service assisting with trail maintenance

Mount Wilson Bicycle Association –MWBA.org



LA CAÑADA SPARTANS

Communication

- Website: Lcmtbteam.com
- Facebook, Twitter, Instagram: [lcmtbteam](#)
- TeamSnap: Schedules & availability



LA CAÑADA SPARTANS

Fundraising

- Funding Sources
 - Direct Giving to LC MTB Team non profit
 - Sponsors
 - Fundraising
 - Booster donations – can direct to LC MTB Team!
 - Corporate Matching
 - Participation Fees

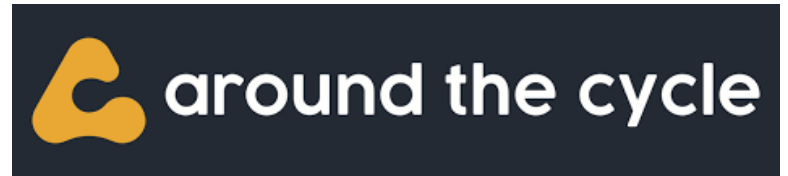


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Early Sponsors

USC Verdugo
Hills Hospital

Keck Medicine of USC



LA CAÑADA SPARTANS

Costs

- Participation Fee - \$100
- Rider SoCal League Dues - \$75
- Race entry fee per race – HS \$50 / MS \$30
- Equipment – Bike, Helmet, gloves, eye protection
- Uniform ~ \$70 - \$100 (may use same as last year)
- Food at races ~ ?
- Bike maintenance ~ ?



LA CAÑADA SPARTANS

How to Join

MUST BE REGISTERED WITH NICA TO RIDE

1. Tonight: Email intent to join to: **lcmtbteam@gmail.com**
2. After October 1: Follow email invite to register online with SoCal League (socaldirt.org)

1. Pay \$75 registration fee
2. Fill out online waiver

3. Pay \$100 team dues. Check to: LC MTB Team

➤ Not ready to commit?



LA CAÑADA SPARTANS

Contact Info

Team Email: lcmtbteam@gmail.com

Bill Barker – barkerwilliam@hotmail.com / 626.354.0113

Derek Grey – dmgrey@hotmail.com / 818.524.8832



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Q & A



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