



North Texas Cycling - Rider Information Packet

Welcome to the 2023 NTX NICA Mountain Bike Season. We are thrilled your student is interested in joining. We strive to make cycling accessible to all kids, regardless of their experience level. Our team is part of the Texas Interscholastic Mountain Bike League, a state subsidiary of the National Interscholastic Cycling Association (NICA).

OUR MISSION: Get more riders safely on bikes while instilling a lifelong passion for cycling, developing the character, athletic ability and leadership skills of the rider in a fun environment while promoting academic excellence, and racing competitively with integrity.

FINANCIAL COMMITMENT:

- Team Dues: \$175 per rider Prior to 11/15/22 \$195 after 11/15. Non-refundable.
- NICA Membership Fee: \$40 per rider (You will receive an invitation to register on the NICA site)
- Texas League Registration: \$50 per rider
- Race Fees: Racing is not required. If your athlete does race, fees are \$50 per race. During NICA registration you should see an option to prepay for all races which can save money for those participating in more than 4 races
- Travel and Lodging Fees: Races take place in various locations across Texas. You are responsible for any land use, travel and lodging fees

EQUIPMENT NEEDED:

- Mountain bike (We do have limited loaners and a work program for kids that need a bike)
- Team Jersey – This is provided by the team as part of your registration fees
- Helmet
- Protective Eye Wear
- Cycling Gloves
- Water Bottle
- Light for night riding
- Black Cycling Shorts
- Flat Repair Kit
- Sports Nutrition

TIME COMMITMENT:

- Riders will attend 1 weekday and 1 weekend practice per week



- Riders can join any practices within the NICA umbrella
- Riders will RSVP for practices and events on TeamSnap
- There will be six races between Jan. and April. Race schedules are published on texasmtb.org.
- Team trail work days and social gatherings will be announced throughout the season.
- Each rider should have a minimum of three hours of volunteer work completed on their behalf. This is typically completed by parents through volunteer coaching or volunteering during race weekends.

RACE DAYS:

- Races are on Sunday and teams pre-ride the course on Saturday.
- Racers must be deemed race ready by the head coach in order to race.
- Riders and their families may choose to camp at the trail or stay at a hotel nearby.
- Riders should plan to stay from the start of the pre-ride through the end of the race to help the team tear down and to support all racers.
- Each venue will have its own entrance and camping fees.
- Each racer will have a race plate with their number to be used throughout the season.
- NICA is volunteer run and parents are encouraged to volunteer at races.
- Race Distances are determined by age / skill level
 - Middle School Boys and Girls: 1 lap, 4-6 miles
 - Freshman and Sophomore Boys and Girls: 2 laps, 8-12 miles
 - JV Girls: 2 laps, 8-12 miles
 - JV Boys: 3 laps, 12-18 miles
 - Varsity Girls: 3 laps, 12-18 miles
 - Varsity Boys: 4 laps, 16-24 miles

RIDER EXPECTATIONS:

- Racing is not required.
- Riders are required to check TeamSnap for any changes or cancellations to any practice or event they will be attending. TeamSnap is our sole communication tool
- Riders and Coaches must RSVP in TeamSnap prior to any practice or event.
- Riders must maintain academics and school attendance in accordance with parent expectations.
- Riders must make a good faith effort to attend team events.
- Riders must come prepared for practices, rides and races with all equipment: bike, helmet, eye protection, water, flat repair, sports nutrition and light when needed.
- Riders may not use cell phones or headphones during practice.



- Riders will not consume tobacco (or related products including vaping), alcohol or other drugs.
- Athletes must adhere to all UCI and USADA rules and Regulations. No caffeine is allowed at team events or races.
- Riders must agree to the team code of conduct:
 - Maintain a positive, respectful demeanor toward coaches, ride leaders, volunteers and other riders.
 - No public displays of affection are allowed.
 - Riders must follow coaches' and leaders' instructions during practices, training, group rides and races.
 - Riders should give 100% effort and strive for excellence in all situations, both on and off the trails.

Any rider failing to comply with the expectations will receive a warning. If no noticeable improvement is observed, the rider will receive a second warning. After a third non-compliance warning, the rider will be dismissed from the team.