

REDWOOD HIGH SCHOOL MOUNTAIN BIKE RACE TEAM
2010-2011

October 16, 2010

To Redwood Riders and Parents
From Julia Violich, Eddy MacLeod, and Ray Storm

Re 2011 Season

We are excited about the upcoming 2011 season! We'll have several very talented assistant coaches to help during the week and with Sunday rides, but the three of us will be your main contacts during the season. Although the RHS Mountain Bike Team is technically a club at Redwood, we complete at a race team level which means a race team participation must be made by all riders. As with any sport, joining the team requires a level of commitment. We look forward to describing the team, and the commitments involved, at the Parent/Rider Meeting.

Why be a part? The Redwood High School Mountain Bike team has much to offer: as a team we learn riding skills, get in good physical shape, receive valuable coaching, supportively drive each other to achieve, and have fun. We'll set individual and collective goals for the team and we work together to not only attain these goals but we also develop a wider range of valuable skills. While some will come back with impressive race victories, the team is really about setting goals, improving skills, teamwork, and achieving your personal best.

Who are we?

Julia Violich is a Redwood High School alumna. She received her undergraduate and two graduate degrees from UC Berkeley. Although a soccer player in high school and college, Julia began cycling later in life and raced mountain bikes professionally for 5 years. She has two national championship titles and has raced in several World Cup competitions. She was an assistant coach for the RHS team in 2003-2005, the head coach in 2006 & 2007, and co-head coach in 2008-2010.

Eddy MacLeod is one of the owners of Paradigm cycles. He races both on the mountain and the road. He is a certified Level 3 USA Cycling coach. He specializes in "training programs" and endurance riding. He was an assistant coach for RHS in 2008 and co-head coach in 2009 & 2010.

Ray Storm was born and raised in Ashland, Oregon. He was a soccer player through high school and played at the professional level as well. In college, he found a love for rugby and played as an all star for several years. He was reintroduced to cycling several years ago and has been racing professionally for the last two years. He has been consistently ranked in the top 5 in the county in Super D. He was an assistant coach for RHS in 2010

Our coaching goals include: providing student riders who have the desire to mountain bike with direction, camaraderie, and skills that will help them achieve both competitive success and personal development in a safe and enjoyable manner.

Please take the time to read through **all** of the enclosed information. This packet includes information on the team, tentative calendar, team requirements, & team philosophy. **The colored Forms are DUE BACK FROM YOU by November 15th!** If you are unsure about commitment, or any of the team information, please contact Julia directly. We look forward to a fun, successful, and rewarding season!

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Race Season

Fall is time for fun riding and getting into shape; the serious athlete might even include some weight training. More serious training will take place for riders during the winter with optional rides and riding on your own. We will be practicing and racing as a team from January until mid-May.

Responsibility and Commitment

- As a member of the team you represent yourself, the club and team, the coaches, Redwood High School, the league, and the mountain biking community as a whole. Remember these responsibilities when riding on and off the trail--set a good example. Please follow the outlined policies and rules. **Infractions of team policies will lead to commensurate discipline, including being sent home from practice, and possible dismissal from the team at the discretion of the coaches. Parents will be notified of all disciplinary actions.**

Forms

Before you can ride with the Team, you must complete and return to one of the coaches the following:

- Fill out all the colored forms: rider information form, Redwood High School Athletic Department Letter, coaches release form and have it signed by parents, medical release form and have it signed by parents, Redwood Athletic Participation form, or get a copy if you already have one
- Get proof of physical exam signed by a doctor.
- Get your bike and equipment checked off by one of the coaches (we will do this as a group).

Required Equipment (a more detailed list is enclosed)

- Helmets are required at ALL times, if you are on the bike – the helmet is strapped and buckled to your head (or you will be sent home). This is a league rule as well.
- Mountain bike (front suspension is highly recommended)
- Clip-in pedals are recommended for both safety and efficiency
- Gloves
- Eye protection
- Cycling Shorts with a chamois
- Non-cotton jerseys are highly recommended
- Team kits/uniforms are provided through the team.
- Windbreaker, leg warmers, and arm warmers are also highly recommended

Ride Schedule (tentative)

Monday: Meetings every Monday at Lunch (held on Tuesdays if no school on Monday)

Tuesday: 3:15-4:30 PM Spin Workout or Run or Ride (weather/darkness permitting; exact time to be determined)

Wednesday: March – April optional Spring Rides

Thursday: 2:30-4:30 PM Spin Workout or Ride (weather/darkness permitting; exact time to be determined)

Sunday: 9:00 AM to 12:00 PM Group Rides

Please see the team calendar on the website for all updated dates and events. To participate with the team, all members must meet attendance requirements. These requirements will be discussed at the Parent/Rider Meeting

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Team Calendar (tentative, updates will be available on line)

October

11th : First Team Meeting at Lunch (Room 275)

26th: Parent/Rider/Coach Introductory Meeting (location Tamisical campus)

November

15th: Team Meeting at Lunch (Room 275) AND Information Forms, Waivers, and Physical Exam Documents & Fees due

December

18th -Jan. 3rd: Winter Break (possible Optional Sunday rides—TBD)

January

4th: Team Meeting (on Tuesday!) AND practice begins at 3:30 PM!

6th: Thursday Practice

9th: 9:00 AM – 12:00 PM Sunday rides begin

10th: Team Meeting (Room 275)

16th: Sunday Ride

23th: Sunday Ride

30st: Sunday Ride

February

6-7th: All Girls Overnight Camp at Tamarancho (TB finalized)

6th: Sunday Ride

13th: Sunday Ride

19th - 26st: Ski Week (NO practice, possible optional rides)

27th: Prologue Race

20-21st: Beginner Overnight Camp at Tamarancho (TB finalized)

March

13th: First Race

20th: Sunday Ride

27th: Second Race

April

3rd: Sunday Ride

10th: Third Race

11th - 16th: Spring Break (possible optional practices)

17th: Sunday Ride

May

1st: Fourth Race

8th: Sunday Ride

15th: Championship Race

Team Awards Dinner @ Servino's Restaurant in Tiburon

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Costs

Donations and Sponsorships help reduce the costs to all club members. We are also looking into potential receiving funding from Redwood High School, however at this time we are self-funded.

- \$ 395 Race Team Dues (one time)
- \$ 45-50 NorCal League Registration (one time—includes insurance for the year)
- \$ 35 - \$40 Race entry fees (per race)

Sponsors

Our current bicycle shop sponsor is Paradigm Bicycles in San Anselmo. Discounts on products and services are provided. We are also working with Mike's Bicycles in San Rafael and Sausalito. Details to follow.

Websites / Resources

- <http://www.rhsmtb.com> is our official team web site.
- <http://www.norcalmtb.org> is the official Northern California league web site.
- <http://www.paradigmbicycles.com> is a local bike shop located in downtown San Anselmo.

Clothing & Equipment

Clothing

- Bike Jerseys (poly or blend; no cotton)--long-sleeved, or short-sleeved with with arm warmers
- Bike Shorts (baggie shorts or lycra with chamois)
- Wind Jacket (lightweight)
- Rain Jacket (can be same as wind jacket, Gore-tex or equivalent recommended)*
- Wind Vest (keeps chest warm)*
- Arm Warmers
- Knee Warmers*
- Tights*
- Socks (wick-dry like Coolmax or similar; no cotton)
- Shoes (with cleat compatibility for clipless pedals)
- Helmet (that fits; no cracks)
- Gloves (long fingered are more versatile given winter weather changes)
- Glasses (nice to have a light lens and a dark lens or polychromatic)

Equipment/Accessories

- Bike (fit is very important; triple crank preferred)
- Clipless Pedals (SPDs are the preferred cleat system because they also work on the school's spin bikes)
- Floor Pump for the home (great for the whole family)
- Hand Pump for the trail
- A few Tubes
- Patch Kit
- Lubricant for chain and pivots
- Multitool -- small with allen wrenches (hex keys) and screwdriver(s)
- Camelbak or similar hydration system (smaller packs are great for racing)
- Water Bottles

*Optional items

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Team Policies

The objective of the team policies is to create a team environment that promotes safety, good sportsmanship, commitment, and respect for yourself, teammates, coaches, parents, supporters, other teams, and the environment. Discipline will be enforced as necessary to meet this objective.

SAFETY

Riding safely and courteously is your first priority; even above training.

- **Wear A Helmet:** Wear your helmet--properly fitted, with the strap buckled--at all times when on a bike (even if you are in a parking lot). NO exceptions—ever.
- **Obey All Traffic Laws:** Obey all traffic laws. Always ride single file on the right side of the road, and in the bike lanes if available. Stop at stop signs.
- **Respect Drivers, Pedestrians, Hikers, and Riders:** Be respectful and courteous by staying as far to the right as practical and riding single file. Say “Hello” to everyone. Slow down, pull over, and ask hikers and horseback riders for permission to pass.
- **Be Safe:** Stay within your skills limits. If possible, ride with at least one other person.

COMMITMENT

Commitment means following through on promises to yourself and the team through devotion to training and skills, improvement, engaging in team activities and responsibilities, mentoring and supporting teammates, and preparing for races and then doing your best (race team members).

- **Communicate:** Let the coaches know as soon as possible if you are going to miss a meeting, practice, or a race. You must have a legitimate reason for absences. There will be a limit on absences, and attendance will be monitored.
- **Be on Time:** Be on time for meetings, practices and races. If you are late, you'll be required to do additional work to support those who show up on time.
- **Represent the Redwood High School Mountain Bike Team:** Wear your team kit whenever possible, especially on Sunday Rides and (obviously) at races.
- **Commitment:** We ask that each rider come to all the practices. There are two during the week and one on Sunday. Please schedule all doctors and dentist appointments, tutoring etc. on Monday, Wednesday, and Friday. We are happy to work with individuals that have other commitments that conflict with our schedule. Please contact us directly to arrange alternative practice schedules.

GOOD SPORTSMANSHIP

- **Team Spirit:** Support and cheer on all teammates.
- **Win Or Lose:** Be gracious to other riders and other teams.
- **Awards:** Represent the team at awards celebration.

RESPECT

- **Respect Yourself**
 - ✓ Take care of your body. Rest, dress, hydrate, and feed yourself appropriately.
 - ✓ Be prepared. Carry 1-2 spare tubes, tire levers, money, water, energy bars, ID with a phone number, and enough warm clothing. If you are not adequately dressed you will not ride. Bring what you need--forgetting equipment can delay the entire group.
 - ✓ Take care of your equipment. Don't show up for practices or races with equipment that needs repair. Check your tires for glass and tears, the brakes for wear and proper operation,

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and the quick-release skewers on your hubs to make sure they are secure. Clean your bike regularly, and before you have it repaired or adjusted.

- **Respect the Team**
 - ✓ Listen and pay attention to the coaches and volunteers. You have talented coaches (and great guest coaches) who volunteer much of their time. Respect them 100%.
 - ✓ Show your appreciation. Always, always thank the guys and gals at the bike shop, volunteers, coaches, and parents for all their help!
- **Respect the Sport**
 - ✓ No cell phones. Stay In the Moment! No cell phones at indoor practice. Cell phones are permitted on the Sunday training rides, but only for use in case of an emergency.
 - ✓ DO NOT ride trails illegally. Do not ride trails that are not designated for biking. Riding illegal trails while wearing your Redwood High School uniform jeopardizes RHSMTB, NorCal Racing, and the whole mountain bike community.

MINIMUM GRADE POINT AVERAGE

- **This year for the first time, we will have a minimum grade point average of 2.2 that must be met in order to maintain membership with the club. Those members that are not able to meet this requirement must cease participation with the club until the grade point has been brought up**

DISCIPLINE

Everyone (you, teammates, coaches, parents, supporters, volunteers) is making significant commitments/sacrifices for the team. Take these commitments seriously. Don't be disruptive and or disrespectful. There is a low tolerance for those who do not follow team policies.

- **Infractions of team policies will lead to commensurate discipline, including being sent home from practice, and possible dismissal from the team at the discretion of the coaches. Parents will be notified of all disciplinary actions**
- **Process for dismissal from the Team:**
 - **Head Coach will notify Parent Committee of action and reasons.**
 - **E-mail, phone or meeting with parents and team member.**

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Redwood High School Rules of the Trail

The way we ride today shapes mountain bike trail access tomorrow. Do your part to preserve and enhance our sport's access and image by observing the following rules of the trail, formulated by IMBA, the International Mountain Bicycling Association.

These rules are recognized around the world as the standard code of conduct for mountain bikers. IMBA's mission is to promote mountain bicycling that is environmentally sound and socially responsible.

1. Ride On Open Trails Only. Respect trail and road closures - ask if uncertain; avoid trespassing on private land; obtain permits or other authorization as may be required. Federal and state Wilderness areas are closed to cycling. The way you ride will influence trail management decisions and policies.

2. Leave No Trace. Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. When the trailbed is soft, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in.

3. Control Your Bicycle! Inattention for even a second can cause problems. Obey all bicycle speed regulations and recommendations.

4. Always Yield Trail. Let your fellow trail users know you're coming. A friendly greeting or bell is considerate and works well; don't startle others. Show your respect when passing by slowing to a walking pace or even stopping. Anticipate other trail users around corners or in blind spots. Yielding means slow down, establish communication, be prepared to stop if necessary and pass safely. Right away to riders going up a hill.

5. Never Scare Animals. All animals are startled by an unannounced approach, a sudden movement, or a loud noise. This can be dangerous for you, others, and the animals. Give animals extra room and time to adjust to you. When passing horses use special care and follow directions from the horseback riders - ask if uncertain. Running cattle and disturbing wildlife is a serious offense. Leave gates as you found them, or as marked.

6. Plan Ahead. Know your equipment, your ability, and the area in which you are riding -- and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear.

Keep trails open by setting a good example of environmentally sound and socially responsible off-road cycling.

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Parent / Faculty / Student Volunteers

The Redwood High School Mountain Bike Team depends on community support. Below is a number of areas where we could use assistance. We hope all members of the RHS Mountain Bike Team community can find something they will enjoy.

Sponsor Liaison: The parent committee will obtain sponsorships; however, a student will be responsible for keeping up good relations with sponsors. It's important to share the club's accomplishments with e-mails and in-person visits, and to thank sponsors at the end of the season with a gift or letter. *Coach Assistant: Julia Parent:*

Fundraiser Coordinator: A parent will spear-head the coordination with Drake High School for the annual T1K (Tamarancho 1000). They will make sure that other parents are aware of the volunteer roles associated with the event and will share communication with the team members as well. *Parent: Beck Eastman*

Event Planning (BBQs Etc.): A student will be responsible for coordinating two non-cycling events during the season. One part way through the season, the other at the end of the season. These events bring together the club and get parents more involved as well. *Coach Assistant: Julia*

Equipment Manager: A Parent will be assigned the role of equipment manager. The Parent is responsible for making sure the pop up tent, banner, tables, mechanics tools and stand are brought to every race. *Parent: Barbara Stowe*

Race Food Planner: A parent will be responsible for coordinating with the other riders and their families a snack rotation for all the races. There are five races, so all riders/parents will be responsible for bringing drinks, bars, shots, fruit, and good post-race carbohydrates. *Parent: Nancy Sumner*

Lodging and Carpool Coordinator: A student will be in charge of locating a hotel(s) at race locations and sending this information out to the team in advance of the race in order to ensure that all riders are able to stay at the race the night before if desired. The student will also be in charge of coordinating rides for all the riders on the team for the races. *Parent:*

Volunteer Coordinator/Trail Maintenance Coordinator: The team will do at least one trail maintenance day during the season. The student coordinator will work with the BTC to make this happen. *Coach Assistant: Ray & Julia*

Web Site Author/Maintenance: A parent and student will be responsible for updating and maintaining the team website. Race results, photos, and team news should be posted regularly. *Parent: Jeff Slavitz*

Team Photographer: A parent will be responsible for identifying parents to take photos of the team at races. This responsibility can be spread out among many parents. Using a digital camera makes it easy to support the web site. *Parent: Jon Stowe*

Media Contact: A student will be responsible for writing a short race report (and partial results) to be posted on the web page. *Student:*

Uniform/Kit: Design, coordinate sizes and order the team cycling kit. *Parent: Susann Nordrum*