



NICA

CNY Composite Team Information Flyer

Welcome to the CNY Composite Team 2020 season!

The CNY Composite team welcomes riders in grades 6-12 (during the 2019-20 school year) from the greater CNY area to be part of our team. The team rides and races in the New York State Cycling League (www.newyorkmtb.org). Our team philosophy is fun first and our central goal is for students to develop a strong body, mind and character through mountain biking. There are no tryouts. Everyone rides no matter his/her ability and skill level. Racing is optional and is not required to join the team.

CNY Composite competes in cross-country style racing, based on National Interscholastic Cycling League standards (www.nationalmtb.org), starting in April 2020. We have club and race team options.

CNY Composite coaches and ride leaders receive background checks and are trained per NICA standards in concussion awareness, risk management, and first aid.

Practices: Indoor spin training starts mid-January 2020 and outdoor season practices begin late March / early April 2020. We practice Tuesdays, and Thursdays from 4:00 – 6:00 p.m. and Saturdays from 8:00 a.m. – 10:00 a.m. Practices are held at Green Lakes State Park in Fayetteville. Participants are responsible for transportation to and from practices. Practices are led by trained coaches and ride leaders.

Registration: All students must register in three places: in the New York League's "Pit Zone" (https://pitzone.nationalmtb.org/users/sign_in) bikereg (<https://www.bikereg.com/cny-composite--cny-sharks>), and in the team's TeamSnap platform (<https://go.teamsnap.com>). CNY uses TeamSnap for all team management and communications instead of email. Our TeamSnap page shows practice, race and events schedules and allows team members, coaches and parents to communicate with each other. Riders **MUST** be registered and "race ready" in "Pit Zone" by their 1st practice. No exceptions. We will send unregistered riders home. In the event a rider wants to test out and try one practice before registering and paying fees, please contact Head Coach Tim Taber directly.

Fees: Each student pays 2 separate fees. \$60 for the team fee and an additional \$55 to the NICA New York League. Race entries are not included in the fees, they are \$30. Our team fee includes a team jersey.

Equipment: Riders need to have his/her own mountain bike and are required to wear helmets and closed-toe shoes when riding. Gloves and sunglasses are strongly recommended. Riders must carry their own spare tube, mini-pump, water and a jacket at all practices. Each rider is responsible for having and maintaining his/her own mountain bike. We require every rider to establish a relationship w/ a local bike shop for bike tunes, equipment maintenance and questions. Many local shops offer discounts to team members for equipment and repairs.

Please let the head coaches know if you need help finding and or purchasing a bike. We can help riders find bikes as we often get bike donations. The CNY Composite also has a loaner bike program and scholarships are available for equipment, racing and team fees.

Racing: Racing is optional but encouraged! Race entries are \$30 per race. Parents and students are responsible for providing transportation to/from all races.

Race Dates

Race #	Race Name	Date	Venue
1	Cathedral Pines XC	04/19/2020	Cathedral Pines, Middle Island NY
2	Sprain Ridge 2 Ridge XC	05/03/0020	Sprain Ridge Park, Yonkers NY
3	TBA	05/17/0020	TBA
3	TBA	05/31/0020	TBA
5	NICA New York XC Championship	06/07/2020	Windham Mountain Bike Park, Windham NY

Questions?

The coaches are here to help! Please do not hesitate to reach out to the team director if you need help finding a bike, have questions about the team or if costs associated with the program or equipment are unaffordable. We think everyone who wants to ride deserves to participate! We have access to lots of donated equipment, including bikes.

Head Coach contact info: Tim Taber email: timtaber@gmail.com, cell: 315-382-7500

Team Director contact info: Kim Behrman email: skbehrman@gmail.com, cell: 315-704-8826