



April 21, 2024

SOUTHERN KETTLES MOUNTAIN BIKE TEAM General Team Information - 2024

Welcome

The league is for riders entering grades 6 through 12 (entering 6th grade in fall 2024). Our team encompasses athletes from Mukwonago, East Troy, Muskego, Eagle, Palmyra and Whitewater school districts. While we are not directly affiliated with any of the schools, our teams encompass these areas, and are viewed as “clubs” in some of the districts. If you are not sure if you are in our area, let us know; we can find you a team. Our team participates under the Wisconsin Interscholastic Cycling League (www.WisconsinMTB.org). Our league and individual teams are sanctioned and insured by NICA (www.NationalMTB.org).

What Are We

We are a cross-country (XC) mountain bike team in a cross-country mountain bike league. We ride single track trails, which can be smooth and grassy or rough and rocky. Some of the trails we ride have “smaller” features and challenges.

We are an inclusive team that likes to keep it fun. Performance training and racing is not for everyone. While we do have some athletes that are striving to win races and want to train as such (which we do), we will assess each athlete’s desires and challenge them accordingly.

We have a team of coaches that love to ride mountain bikes, have fun and laugh, and coach and mentor kids. We want to challenge each athlete to meet their goals.

What We Are Not

We are not a downhill or enduro race team, that “fly” down hills and “huck” off big jumps. We also do not focus on bike park skills (wheelies, jumps, etc.). NICA rules and requirements prohibit riding features over 18” off the ground during NICA activities (races and practices).

Team Leadership:

- Co-Head Coach: Eric Seaverson; (414) 758-4998; ejseaverson@yahoo.com
- Co-Head Coach: Isaac Olson; (414) 617-4353; isaacolson@gmail.com
- Director: Heidi Horan; (262) 989-0578; heidi.horan.hh@gmail.com
- Practice Lead: Mike Prucha
- Nutrition and Fitness Lead: Ellyn Hotz
- Safety Lead: Mike Wood
- Trail Support Lead: Mike Seiler
- Team email address (monitored by multiple people): hsmtbteam@gmail.com

Registration

Athlete league registration is done through Pit Zone. Contact the Director to be added to the system.

Composite/High School Specific

Some Wisconsin areas experience challenges when establishing teams specific to a single school or school district. To help get #MoreKidsOnBikes, WisconsinMTB has provided guidelines for establishing a composite team which is able to serve athletes from multiple area schools. The Southern Kettles Mountain Bike Team currently consists of the following teams:

- Southern Kettles Composite Team (everyone in our region not in Mukwonago or Muskego)
- Mukwonago High School Team
- Muskego High School Team

We are also looking to establish a team for East Troy High School in the near future (pending participation); currently East Troy riders are part of the Southern Kettles Composite Team. Other teams will be added when appropriate.

Communication:

All team communication is done through [Stack Team App](#) on your mobile device (or through a web browser). This includes team news, updates, chats (specific topics), schedules (races; practice locations and times; social events; meetings), etc. It is also used to respond for anticipated attendance to individual practices (which assists with coach planning).

Equipment

Student Athletes (and coaches) are **REQUIRED** to have:

- Functioning and maintained bike – “practice ready” for each ride
- Helmet (properly fitting)
- Closed toed shoes (appropriate for outdoor sports)
- Water bottles/hydration pack
 - Water bottles: “sports” water bottle(s) carried in properly sized cage(s) (or properly fitting “sport” backpack – see hydration pack below for additional information)
 - Hydration pack: Should be properly fitted with little to no movement during activities, likely including a waist-strap.
- Spare tube specific for their bike tire (carried with them on all rides).
- “Ready to ride” attitude

Athletes will also need weather appropriate clothing, bike tool (preferred), snacks, sunscreen/insect repellent (if desired), etc. Coaches will help parents and athletes with safety checks and will help athletes become competent with their own safety checks. No reflectors, kickstands, open bar ends, or single-speed bikes. See the league website for specific guidance.

Based on NICA/WI MTB rules regarding bikes (Rule 4.2; excerpt):

- Mountain Bikes Only: Student-athletes must compete using mountain bikes that have 26- to 29-inch wheels with tires not narrower than 1.75 inches.
- Tires must have knobbies – no slick tires are permitted.
- No road bikes or mountain bikes equipped with drop bars; no cyclocross bikes.
- No Single Speed Bikes: Bikes must have multiple gears including at least five cogs in the rear.
- Front and Rear Brakes: Bicycles must have fully operational front and rear brakes.
- Hands on Bars; No Bar Ends: All riders must ride with their hands holding the bars within reach of the brake levers. For safety reasons, no bar ends (forward pointing handle grip extensions) may be used.

Participation

All skills levels accepted. There are no try-outs or cuts. Especially for newer riders, we encourage attending practice at least at least twice per week to increase biking stamina, improve skills, build team relationships, etc., particularly early in the season. Riders with limited practice participation will remain in the less advanced riding pods to ensure they are in an appropriate group for both skill and endurance. Racing is optional, but encouraged.

Practices

Practices start on/about July 1st and we practice 3 days a week. Usually Tuesday and Thursday 5:30-7:30pm (subject to weather and darkness) and Sunday 3:00-5:00pm. We typically practice at John Muir trails (Kettle Moraine State Forest – Southern Unit), Alpine Valley, Minooka Park (Waukesha Country Park), and Emma Carlin (Kettle Moraine SF) on a rotating basis. “Rainy day” practice locations (trails are wet, but not actively raining) typically include road training and skills at Mukwonago Park (Waukesha County Park System on Highway LO in Mukwonago).

Practices are typically 2 hours long and include: a riding skill (start of practice), trail ride (biggest portion of practice), and game/core training (end of practice).

We may also schedule “adventure” rides at various regional trail systems such as Camrock, Silver Lake, etc. (typically a Sunday practice).

“Try-it” practices and activities will be scheduled in June for those interested in seeing what it is all about before fully committing.

We are including additional opportunities for “performance training” for those with goals of maximizing their race day performance. More to come...

Racing

The team participates in races hosted by the Wisconsin Interscholastic Cycling League. Racing is optional but encouraged. Races are separated by grade and gender. You can do as many or as few races as you want. For the travel races, most families and coaches camp on site at the race venue or get a hotel room close by.

Racing is a weekend event, with pre-riding/course inspection on Saturday afternoon, and races on Sunday (start time based on age group). Saturday pre-ride/inspection is not mandatory.

2023 Race Dates:

- Aug 31/Sept 1: Telemark (Cable) (all teams) (League Race #1)
- Sept 14-15: Minooka Park (Waukesha) (League Race #3)
- Sept 21-22: Make-up Date (if needed)
- Sept 28-29: Englewood (Fall River) (all teams) (League Race #4)
- Oct 5-6: Camp Tescmas (Rhineland) (League Race #5)
- Oct 12-13: OPTIONAL Adventure Ride – Nordic Mountain
- Oct 19-20: Trek Trails (Championships) (Waterloo) (all teams) (League Race #6)

Cost/Fees

In addition to having your own equipment (bike, helmet, shoes, water bottles, etc.), there are fees and costs to join and participate. These include NICA and WI MTB league fees, team specific fee, race fees, trail fees (practices), uniforms, etc. See below for a summary. As noted within, scholarships are available; please contact the Head Coach or Director for more information.

2024 FEES				
Item	Est. Amount	Required/Varies	Payable To	Notes
NICA Membership	\$50.00	Required	Pitzone	
WI League Membership	\$75.00	Required	Pitzone	
Team Fee	\$75.00	Required	Team	\$75 first athlete; \$50 per additional
WI State Park Sticker	\$28.00	Required	State/DNR	Assumes 1 vehicle (\$43.50 for two)
Waukesha County Park Pass	\$40.00	Required	Waukesha County	Assumes 1 vehicle (\$60 for two)
Expected Expense Subtotal - REQUIRED	\$268.00	Fees to join and participate in practices for single athlete (excludes clothing, racing, and camping)		
DNR Trail Pass	\$25.00	Required - 16+	State/DNR	Required for Southern Kettles and other state trail systems (16+ years old)
Team Shirt	\$25.00	Optional	Webstite	Team shirt is minimum requirement for racing (estimate)
Team Kit - Jersey	\$65.00	Optional*	Webstite	*No repurchase needed unless athlete needs new size. Many available from former athletes. Order due in July. (estimate)
Team Kit - Shorts	\$80.00	Optional	Webstite	Order due in July. Note: Bike shorts (team or other) are recommended for riding comfort (estimate)
NICA Race Fees	\$375.00	Varies	Pitzone	\$75/race individually
Race Venue Camping	TBD	Varies	Team Camping Director	Fees based equipment (tent/trailer/camper). Starts at approximately \$35/night (based on 2022 pricing)
NOTES:				
- Athlete scholarships are available for NICA, WI League, and Team fees, as well as team shirts/kits.				
- Team jerseys frequently are resold as used item by former athletes at reduced price.				

The team fee is primarily used to reimburse coach training and certification costs (see below), as well as purchase race equipment (like a team tent), purchase/maintain safety equipment (walkie-talkies, first aid kits, etc.), and administrative costs.

Coaching

Our team coaches are 100% volunteer.

We strive to have a coach to athlete ratio of 1 to 6 or 2 to 8. We have typically been blessed with many coaches (some that don't have children on the team anymore) and typically have two (2) coaches per practice group or "pod" of athletes, which includes a leader and a sweep (for each group).

There are three (3) different coach levels, each with required training and certifications focused on athlete safety, teaching mountain bike skills, mentoring athletes, leading a team, etc. A summary of the required training includes:

- All
 - Annual background check
 - Concussion training
 - NICA Philosophy and Risk Management
 - Athlete Abuse Awareness Training
- Level 1 Coaches (assistant for Level 2 and 3 coaches)
 - NICA Level 1 specific training

- Level 2 Coaches (ride leaders, provides guidance on MTB skills, etc.)
 - NICA Level 2 specific training
 - First aid (general)/CPR certification
 - Bike skills training (how to teach skills)
 - Continuing education
- Level 3 Coaches (team leaders, ride leaders, develop practice plans, guidance on MTB skills, etc.)
 - NICA Level 3 specific training
 - NICA-approved first aid/CPR certification
 - Bike skills training (how to teach skills)
 - Attend NICA/WI League leader summit
 - Continuing education

A significant portion of our team fee goes toward reimbursing our volunteer coaches for the costs and fees to become NICA-approved coaches. We believe reimbursement is important to retain existing and attract new coaches.

If you are interested in becoming a coach, please contact the Head Coach.

Safety

As noted above, coaches are trained to various levels, including safety and first aid. Biking has inherent risk, and mountain biking has additional safety challenges, but as a league and team of coaches, we try to minimize and manage the risks. While safety training helps in the event of an incident, we also teach students to understand their current ability level and to make good decisions.

If an accident does occur, we will address each situation as needed. There is a defined reporting system which will be followed, including notification of parents/guardians and league officials.

As a team, we are in the process of improving our team safety program, which includes walkie-talkies carried by group leaders, trail-specific first aid kits, etc.

Transportation

Parents and athletes of the team are responsible for providing transportation to/from all races and practices. Carpools are possible but this is beyond the team, coach, and league activity, and is to be coordinated between parents and at the sole responsibility of the parents.

Uniforms

Team Uniform consists of team jersey and cycling shorts. Orders due by mid-June. We would be happy to help with sizing questions. We have very affordable pricing and sometimes parents offer hand-me-downs.

That said, the league required minimum if a “spirit” shirt, that clearly identifies the team, which will be available separate from uniform orders.

Scholarships

There are league scholarships available for race fees and loaner bikes. Contact the Head Coach or Director for more information.