



SO. UTAH'S HIGH SCHOOL MOUNTAIN BIKE TEAM

QUICK FACTS & ORIENTATION



WHO ARE WE? “WE’RE THE MONKEYS! TEAM FLYING MONKEYS!!!”

Our Team is unique within organized individual and team sports. **There are NO tryouts.** Regardless of your fitness, endurance or skill level if you’re ready to commit you’re on the Team. You ride! You race! **There is NO bench!** We value and promote individual as well as Team excellence. Whether it’s finishing your first race or standing on top of the podium we believe ordinary Student-Athletes can attain big results through setting personal goals and giving a dedicated and disciplined effort.

Is cross-country mountain biking dangerous? Forget what you’ve seen on YouTube and TV with the X-Games and Red Bull Rampage. In cross-country bike races the average speed is usually around 10-12 miles per hour. This is an endurance sport where the fittest athlete wins. Statically, we suffer fewer serious injuries than most mainstream sports, specifically contact sports. We do our best to minimize the risks to the athlete. Certain risky behaviors are discouraged and against Team and league rules. Bike control and handling skills are taught early in the season to minimize the risk of crashing and injury. Even with our best efforts, crashes and injuries can occur.

TEAM COMPOSITION

1. Team Flying Monkeys is a coed Team consisting of Washington County 9th – 12th Grade High School Student-Athletes.
2. 10 coaches plus numerous ride leaders to coach, train and assist Student-Athletes.
3. Team Flying Monkeys is a member team of the Utah High School Cycling League (utahmtb.org), a 501(c)3 non-profit, organized under National Interscholastic Cycling Association (NICA, www.nationalmtb.org)
4. Team Flying Monkeys was organized in 2012 to support Washington County High School Student-Athletes that wishes to participate and race within the Utah High School Cycling League.
5. Many of our Team members are not involved with other sports, and see mountain bike racing as a chance to develop their athletic skills in a safe comfortable environment with likeminded peers.

TEAM VISION: Enable every Washington County high school teen to strengthen their body, mind and character through mountain biking.

TEAM MISSION: Establish an enduring, fun and relevant high school mountain bike program to improve the lives of Washington County teens and communities.

TEAM FOCUS: Life-long health. Mountain biking is a life sport.

FIVE CORE TEAM PRINCIPLES:

1. INCLUSIVE: All Student-Athletes are encouraged to participate. **There is NO bench.**
2. EQUAL: All Student-Athletes are treated equally. **There is NO bench.** Team scores are a combination of both boys and girls points.
3. STRONG BODY: Improve fitness and wellness are at the center of NICA training and education.
4. STRONG MIND: NICA Student-Athletes are students first.
5. STRONG CHARACTER: NICA programs and leadership teaches Student-Athletes to work hard, respect others and give back to their Team, communities and environment.

COACHING STAFF

The Team Coaching Staff is 100% volunteer base. Coaches' training and certifications include:

1. Background Checks
2. Risk Management Training
3. Positive Coaching Training
4. Skills & Drills Training
5. Annual Leadership Summit
6. League Registration & Licensing
7. Basic & Wilderness First Aid
8. CPR Certification
9. CDC Concussion Course
10. Continuing Education Units
11. Professional Development Units
12. Coaching Exams
13. Field Work

HEAD COACHES

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SEASON

REGISTRATION: **Student-Athletes must register no later than Thursday, June 26th.** You may register at the Pre-Season Orientation Meeting on the 26th. Students' will not be allowed to join the Team after June 26th unless they're transferring mid-season from another Utah League team which they have been practicing and participating with. Please contact a Coach on how to register.

TRAINING & PRACTICES: Starting July 1st practices will be held 3-4 times a week throughout the season. Student-athletes are expected to attend all scheduled practices and show a dedicated and disciplined effort.

Our practice schedule is designed in phases so that each Student-Athlete is prepared for the race season. First, is the "base" or endurance phase where we ride at lower speeds, teach bike handling, safety, and gradually increase ride duration to build a solid foundation of fitness. Second, is the "BUILD" phase to add strength and power by increasing the amount of hill climbing and ride duration. The last, is the "PEAK" phase where we add fast paced race simulation.

After the first week of "orientation" Student-Athletes will be split into one of four skill based groups to appropriately challenge each individual rider. Each week riders will be evaluated and may be moved to another group to better promote their training.

RACES: There are (5) races, (4) of which are in northern Utah. We will travel to and from the races as a Team leaving St. George early Friday morning in order to pre-ride the race course Friday afternoon. We will return late Saturday night after the race activities are complete. Food, lodging and transportation for each Student-Athlete will be arranged by the Team. Parents will be responsible to contact the school to obtain an excused absence for their Student-Athlete.

FEES & EXPENSES

1. TEAM DUES: \$250 (inc. Team Jersey & Short, T-Shirt, Hat, Personalized Gear Bag, (2) water bottles, Team & Coaches Registration Fees, Team Banquet & Awards, Team Equipment and Supplies) Please contact a Coach regarding payment options.
2. LEAGUE REGISTRATION FEES: \$50
3. RACE ENTRY FEES: \$40/race, \$200 for all five races
4. TRAVEL FEES: \$50/race, \$200 for all four out of town races.

SCHOLARSHIP FUND

Both the League and Team have established a Scholarship Fund to assist those Student-Athletes that may not otherwise be able to participate due to the expense. The Team is also working on provided fundraising opportunities specifically for those Student-Athletes needing financial assistance. The League and the Team also have bikes available for Student-Athletes which don't have access to or cannot afford a new bike. Please contact a Coach for further information.

REQUIRED EQUIPMENT

Each Student-Athlete is required to have the following items for all practices and races:

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| 1. Mountain Bike (<u>working & maintained</u>) | 8. Hand Pump |
| 2. Helmet (must fit correctly) | 9. Patch Kit |
| 3. Gloves (preferably long fingered) | 10. Tire Levers |
| 4. Eye Protection | 11. Multi-Tool w/Chain Tool |
| 5. Hydration Pack w/100 oz. of water | 12. Quick-Link for Chain |
| 6. (2) tubes | 13. Derailleur Hanger |
| 7. Cycling Clothing | |

Obtaining all of the equipment can be challenging. Prices vary widely and much is available used. We have partnerships with several of our local bike shops to provide Team members with discounts. Please contact a Coach if you have any questions regarding equipment **as well as** prior to contacting local bike shops.

PARENT & STUDENT-ATHLETE RESOURCES

1. The Pit Zone (www.pitzone.nationalmtb.org) is the website NICA and the League use to manage Student-Athlete registration and race fees.
2. NICA (www.nationalmtb.org). Learn more about NICA and their organization.
3. Utah High School Cycling League (www.utahmtb.org) great resource for League information, events, race schedule, race results and much more.
4. Team Facebook Page (Team Flying Monkeys: So. Utah High School Mtb. Team).
5. TeamSnap (www.teamsnap.com) is an online team management software that we will be using to distribute team information, announcements, dates, assignments and much more. Student-Athletes and parents must register on TeamSnap. For additional details please contact one of the Coaches.