



Welcome to the 2020 Preseason Meeting!

SSMBT Goals:

- Support students of all abilities who have the desire to mountain bike with the coaching camaraderie to foster mountain biking as a competitive and lifelong sport
- Develop amateur athletes who are both gracious and respectful
- Establish a responsible attitude toward the use of trails

We are part of the National Interscholastic Cycling Association (NICA), Utah is the largest league with over 4000 student/athletes.

NICA 5 Core Principles:

- FUN – INCLUSIVITY – EQUITY – RESPECT – COMMUNITY
- Read more about NICA at www.nationalmtb.org

Utah High School Cycling League

- Utah League Homepage: www.utahmtb.org
- We are in the North Region for 2020
- Information about becoming a parent volunteer coach found here: <https://www.utahmtb.org/coach-licensing1>

Practices

- Preseason May (we are currently following league updates due to Covid-19)
- Preseason (and regular season) training plan from Sarah Kaufmann
 - Completely optional
 - Weekly email from Leif with training plan or sign up for a free TrainingPeaks account
 - Posting and links to OYO skills, drills, and maintenance
- Regular practice season starts June 1st
- Days: Monday (Performance Group Only), Tuesday, Thursday
- Time:

- High School 6:00 pm - 8:00 pm,
- Junior Devo (middle school) 6:30pm - 8:00pm
- Location: High Star, Beaver Creek, Oakley Bike Park, Marion Park, Coyote, others
- A few fun rides are scheduled for Saturdays

Communication

- TeamSnap.com
 - Practice calendar
 - Announcements
 - Emails/texts done through SSMBT TeamSnap account
 - You will receive an invitation after registration
- Our website at SSMBT.org
 - Registration
 - Team FAQs
 - Google Calendar

Equipment

- Required:
 - Fully functioning mountain bike with 26" or larger tires, minimum width 1.75"
 - Mountain bike style handlebars
 - Helmet
 - Hydration (water bottles, camel back)
 - Fix kit (extra tube, CO2 or pump, multi-tool)
- Recommended equipment:
 - 27.5" or 29" wheel size
 - Cross country or trail type bike
 - Carbon or aluminum frame
 - Disc brakes
 - 80-130mm of suspension travel
 - Gloves
 - Sun glasses/safety glasses
 - Padded shorts
- Other options
 - Dropper versus fixed post
 - Hardtail versus full suspension
 - Flat pedals versus clipless
- Loaner bikes are available

What do I need for practice?

- Fully functioning bike
- Clothing appropriate for ride
- Helmet
- Hydration system with water
- Food (gel packs, granola bars)
- Eye protection
- Medications to be self-administered
- Fix kit

- Tube (check it a few times a season)
- Mini-pump/CO₂
- Tire lever(s)
- Multi tool
- Patch kit

Registration

- Dates: April 1 to May 2 (late registration May 3-July 3, may not get a team kit)
- Cost: High School \$285 (league dues) + \$200 (team dues) = \$485
Middle School \$235 (league dues) + \$200 (team dues) = \$435
 - Team dues include kit (jersey, bike shorts, hat, bike gloves, and sweatshirt)
 - League dues cover races
 - Scholarships available, contact head coach or board member
- Visit www.smbt.org to register

Important Upcoming Calendar Dates:

(We will follow the direction of the Utah Health Department and the Utah High School Activities Association)

April 1 – May 2; SSMBT registration is open at www.smbt.org

May 15-16; Parents' coaching class

June 1; Season starts

Races

August 22; Powder Mountain

September 5; Richfield

September 19; Beaver Mountain (near Bear Lake)

October 3; Eagle Mountain (High School Only)

October 23-24; State Championships at St. George (by qualification)

COVID Contingency Plans

Probably delay of May preseason

Possible delay of season

The race season will not be cancelled if we can hold a practice before August 25th!

League refund policy is [here](#).

Contact information

Jen Kalbach: Team Director and Board Member; jennifer@e-kalbach.com; (801) 598-4283

Leif Cox: Head Coach; leifhcox@gmail.com; (406) 498-8876

Christian Clegg: Director of the Board and Devo Coach; chefclegg@gmail.com

Rolf Petersen: Devo Coach and Board Member; rolf.4@netzero.net

Matt Weller: Coach and Board Member; matt.weller1@outlook.com