

# More Kids on Bikes

**No tryouts! No benches! Everybody rides! Everybody races!**

**Westlake Mountain Bike Team is made up of boys and girls who love to mountain bike and want to work hard to compete with other high schools in the state to race to the finish while instilling a sense of teamwork, a healthy body and mind, all for the love of cycling for a lifetime!**

**FUN \* INCLUSIVITY \* EQUITY**

**RESPECT \* COMMUNITY**



# BUT FIRST....

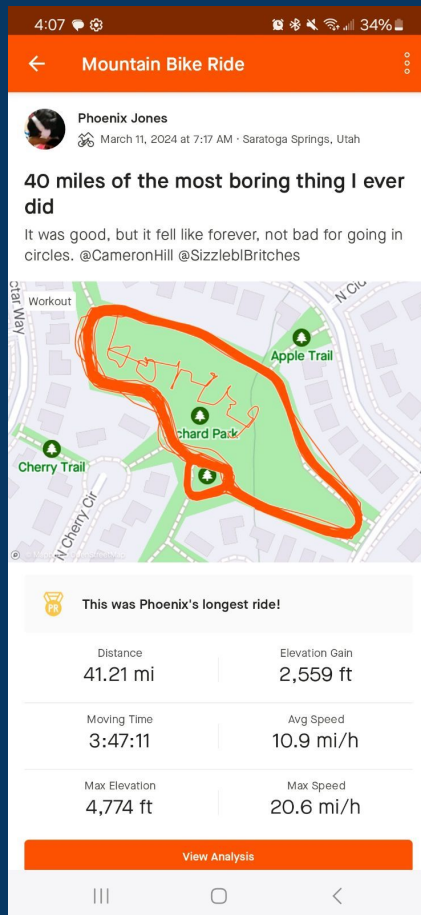
## The Boringest 20+

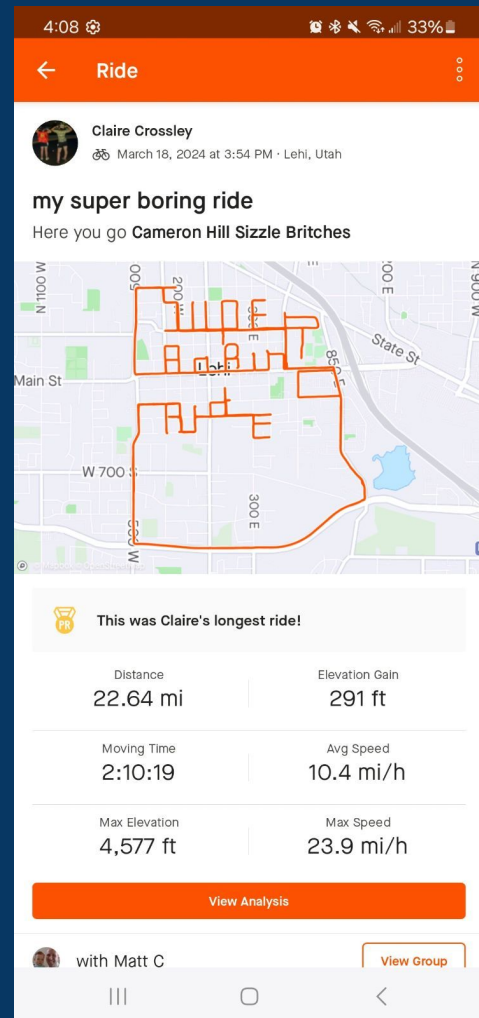
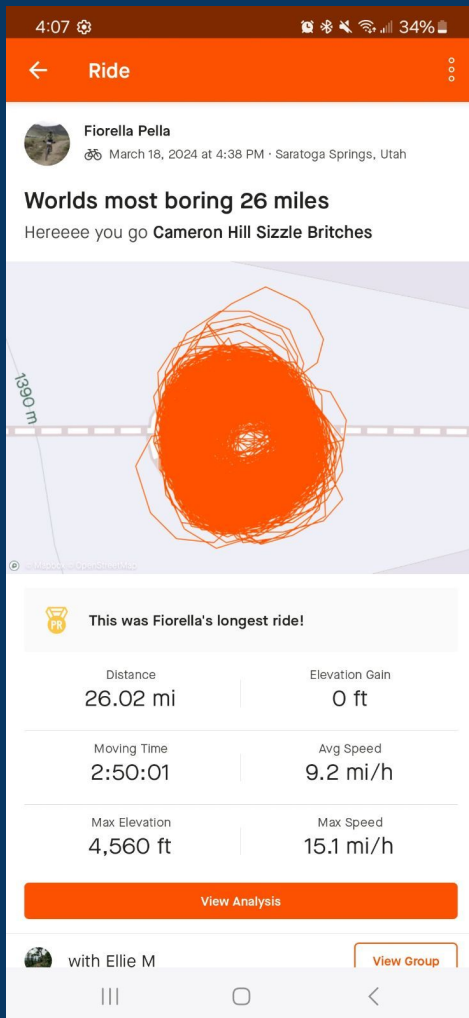
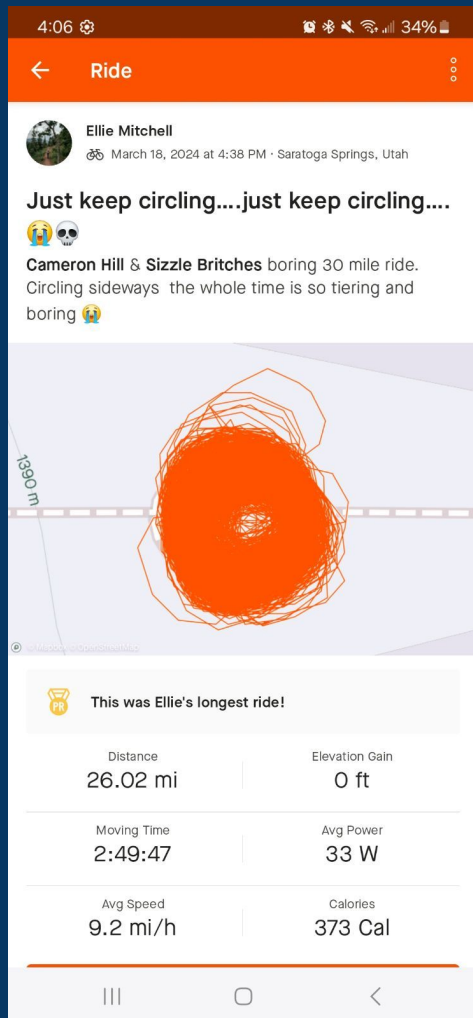
We challenged, you responded.

We had 26 participants, and it was painful looking at their rides.

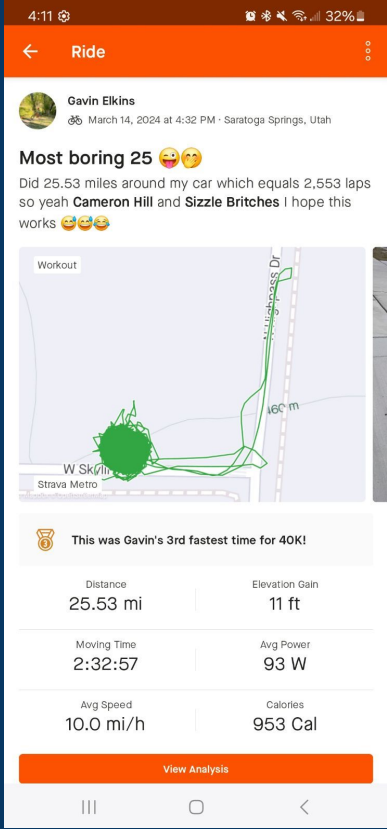
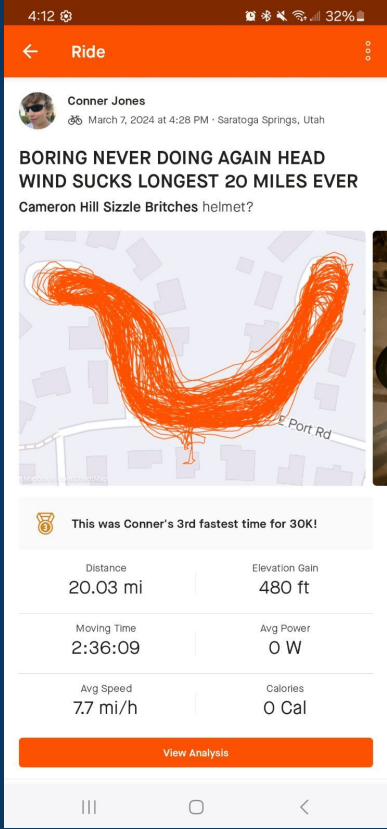
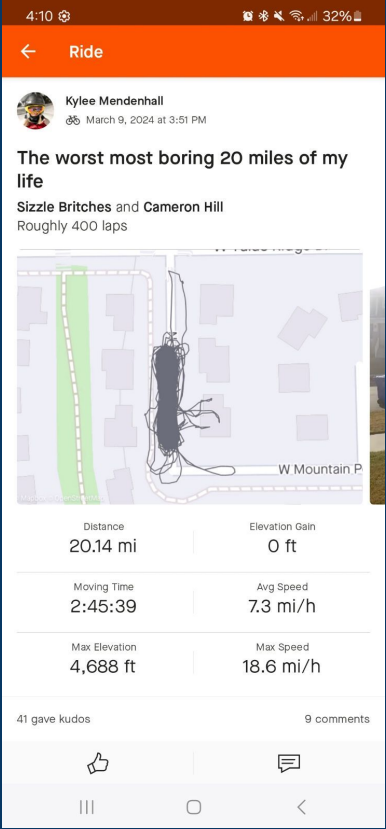
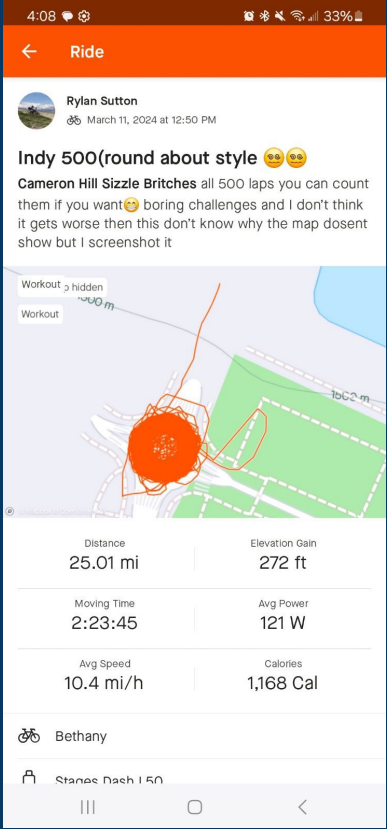


The winner is.... Phoenix Jones for 40 miles, and spelling boring!









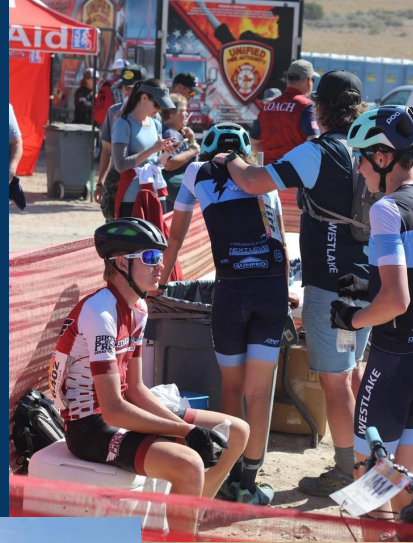




# MY WHY







## A Haiku for Cyclists

I am so so tired  
Where did all my money go  
My body is trash



# Our priority is to enable more kids on bikes!

**We teach how to enjoy bike riding  
and how to take care of yourself, your bike,  
and where you ride.**

**“Everything I do as coach is geared towards helping kids find the joy and strength that comes  
from the time you spend on your bike.”**

**- Coach Cannon**

# Rolling Thunder

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## Westlake Mountain Bike Team

How we've grown!



# 2015





# 2016





# 2017





# 2018







2019









**2020**  
**High School**



# 2021







2022



# 2023



**2024 Season**

# 2024 Student Leadership

## Team Captains:

Thomas Cahoon

Harmonie Farnsworth

## Assistant Team Captains:

Sarah Crump    Quinn Jacobsen

Noah Gauruder    McKay Jenson

Lily Cannon    Lacey Pace

Jaron Sutton    Grace Samuelson

Gavin Elkins    Carter Manwaring

Cally Anderson    Brynlee Bingham

Bridger Wixom    Alex Larsen

**2024 WESTLAKE BUNDLE**  
ROLLING THUNDER





# CHOOSE ONE

## RACE KIT



## FREE RIDE KIT



All Rider Get: Racing Kit – Tshirt – Team Shorts – Socks

# 2024 Team Clothing Ordering

Try on the clothes at the Team Meeting tonight 3/28

There will be limited clothing exchange availability after clothing arrives with a \$20 fee

ORDER THE CORRECT SIZE!



!!! No exchanges on youth or womens sizes !!!

# TEAM CLOTHING

## How to care for your clothing

### WASH IT!!!

- 1- Wash it after every ride
- 2- Wash it in COLD water
- 3- Turn it inside out
- 4- Use mild detergent and NO fabric softeners
- 5- Hang to Dry Bibs

### FIT

Bike clothing is meant to help you, not hinder you. With the proper fit your ride can be more enjoyable day after day.

Bibs: should fit snugly, but not snug enough to pop seams. You do not want them loose enough that the chamois moves under you. They are meant to be worn without underwear. Shorts: should fit comfortable without being loose. You have the option of wearing a chamois under your shorts.

Race Jersey: Snug around the waste, preferably not baggy under the arms – Free Ride: Comfortable, looser fit

Try On Team Clothes tonight!

Returning Riders May Go Try On Clothes Now



'Dad, why is my sister's name Rose?'

'Because your mum loves roses'

'Thanks Dad'

'No problem, Shimano'



# Who Can Join?

**Must be a student in the 2024-25 school year at Westlake High School or a feeder school (Vista Heights, Lake Mountain, Lakeview)**

**Be in 7th-12th grade**

**Pay team and league registration fees**

**Have necessary equipment**

**Commit to team rules**



# When do we ride?

OFF SEASON: *March - April 1* Self Paced training

PRESEASON BASE: *April 18 - May 31* One team ride/activity a week

BUILD *June 1 to around the Mid Aug:* Three Practices a week with team, riding on your own and with your friends

RACE *August 17 to end of season:* Races are every other week, so the week before the race is easy, then following the race we hit it again.



# 2024 Season Practice Schedule

- **March:** Kick off meeting! Team Fee due April 10!
- **April:** Thursdays 6-8pm  
(Preseason rides are not mandatory, but recommended)
- **May:** Thursdays 6-8pm  
(Preseason rides are not mandatory, but recommended)
- **June 1 - Aug 12:** M 6-8am, Th 7-9pm + some Sat 7-Noon  
(Practice is mandatory unless you let a coach know and make it up on your own)
- **Aug 16 - October:** Tues 7-9pm, Th 7-9pm  
(evening start times change with earlier sunset. Starting as early as 6:00pm)
- **Race:** 3-5 Races on Saturdays in Aug - Oct



# Where do we ride?

- Monday or Tuesday 7-12th Grades
  - Hidden Hollow in Eagle Mountain
- Thursday 7-8th Grades
  - Mostly at Hidden Hollow
- Thursday 9-12th Grades
  - Mostly not at Hidden Hollow
  - Corner Canyon
- Saturday 9-12th Grades
  - Park City, AF Canyon, Heber, Crest Trail, High Star Ranch, Snowbird
  - Meet at Westlake HS on Saturday to Carpool





# Other Team Rides

- Fun Rides and Activities
  - Bike Olympics (bike skills and games)
  - Mentor rides (younger kids get to meet and ride with older teams members)
- Saturday Rides
  - All High School Kids may ride
  - Meet at Westlake to caravan to a fun location, usually 7am - 12pm
- Girls Only Rides - GRiT (Girls Riding Together)
- Adventure Rides (by Invitation)
  - Bi-Monthly Rides, Through the Summer, on Tuesday evenings
  - Time Trial Qualifications
  - Crest Trail, WOW, AF Canyon







# Bike Races

- We are a cross country mountain bike team. Our goal is to use the skills we learn during the season at races.
- There is a race category for everyone. Categories are by age, sex and merritt.
- We will practice racing in “time trials” as a team.
- Races offer the experience of riding in places we would not normally ride as a team.
- We will pre-ride the race course before the race.
- Most of the race venues are far enough away that most families stay the night close by. Some venues have camping on-site.



# 2024 Region #4 Race Schedule

- **8/17 TBA** - All Racers (grades 7-12)
- **8/31 Richfield** - All Racers (grades 7-12)
- **9/14 Herriman** - All Racers (grades 7-12)
- **9/28 High School Only - Eagle Mountain**
  - - All High School Racers (grades 9-12)
- **10/18-10/19 State Champs - Cedar City**
  - All Seniors + Others By Invitation (grades 9-12)

# The Best Team Yet!

- **Must attend 50% of practices to race - attendance will be tracked**
- **Summer, Saturday mountain rides for High School riders**
- **1 Saturday time trial a month for all riders**
- **More bike olympics**
- **More parties**
- **More race day activities and team cheering**
- **More kids on bikes -through more commitment, create a more elite team**
- **New rider and parent race-day orientation**





# Race Categories

Boys and Girls practice together, but do not race together. Each have their own category. Every category has top finishers that receive awards on the podium.

Varsity - Fastest riders, must qualify, 3-4 race laps

JV A, B, C, D, E - A 2-3 race laps, all others 2 laps, 10-12th grades

Freshmen A, B, C - 9th grade, 2 laps

Single Lap Race - Any HS rider, 1 race lap

Junior Devo - 7th and 8th have their own races

Beginner, Intermediate, Advanced

# Practice Groups

- There is a ride group for EVERY rider ability!
  - Committed to use Team Training for defined workouts (if you don't have your own).
    - Follow training plan, continue skills building
    - Ride a certain number of miles a week and report via Strava
  - Most Abilities
- Looking to take good riders and making them great
- Continue to develop skills and build on current fitness
- Learn basics and establish fitness and **FUN**damentals

Each group will have Time Trial Qualifications. There is a place for every rider!



# Training

For upper level riders (V, JVA, JV B, JVC, FRESHMAN, everyone wanting to podium) our expectations are as follows:

- That you will have your own training plan from a qualified trainer, or that you follow along with ours. **We expect you to ride during our practices** (let your personal coach know what we are doing for the week to match their plan)
- We expect 4-5 days of workouts a week
- Off the bike workouts including core, strength training and cross training
- Be a great ambassador to the sport and team through engaging with other team members and a mentor and friend

# Training

## For everyone else:

- Show up to practice and ride with your group at each scheduled practice
- Make new riding friends
- Make an effort at practice so that you do meet the leagues core values of  
“BUILDING STRONG MINDS, BODIES, AND CHARACTER



# What does it Cost?

Team Fee: \$360 Grades 7-12

+

NICA League Fee: \$360 Grades 9-12  
\$300 Grades 7-8

Other High School Team Fee Examples (2016):

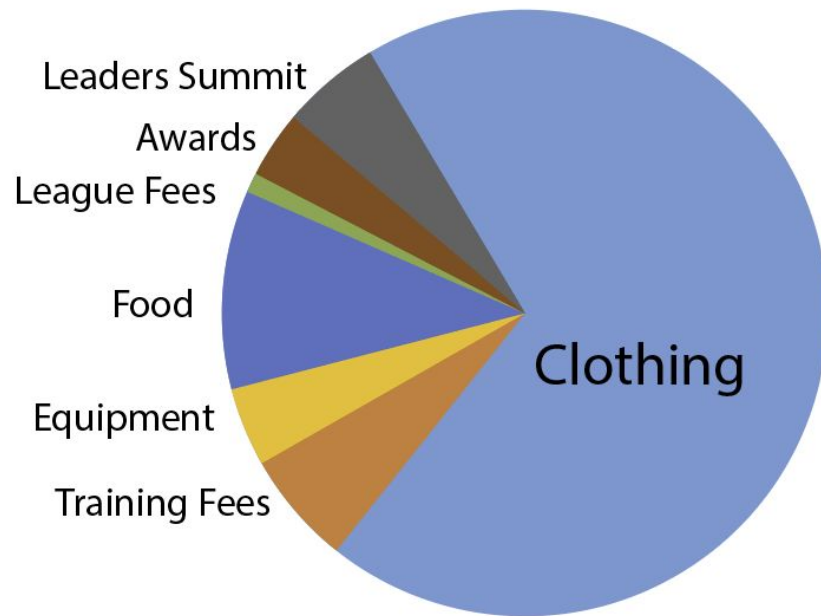
Band 800      Swim 135

Cross 175      Track 250

Cheer 1050      Drill 950

Football 650      Tennis 265

Soccer 450      Ski Team 3000



# What do the Team fees Provide?

**Team clothing kit:** jersey and bibs (or mountain jersey and shorts), t shirt, socks.

Insured practices and races, registered and qualified rider leaders, skilled bike handling instruction, team equipment and supplies, race day food for riders and families, team parties, and team training plans.

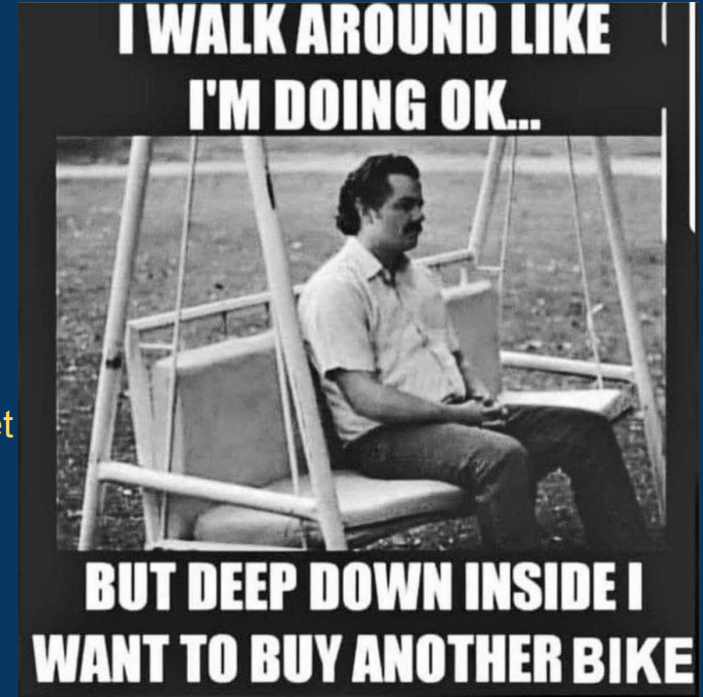
**Does not include:** Travel to and from practices or races; lodging, bike and bike supplies; helmet; etc.





# Do you need a(nother) bike?

- How much will you invest in a bike?
  - Your bike should have disk brakes, preferably hydraulic. Costs start about \$500. Department store bikes will not last.
  - Ask a coach before you buy!
  - Used bikes are less expensive. Can you fix what may be wrong? Will it cost just as much as a new bike to get it working correctly? Do you have shop support?
- Team loaner bike?
  - Loan a bike for the entire season.
  - Talk to Jamin - [jaminak@gmail.com](mailto:jaminak@gmail.com)



# Trouble with the Cost?

Team or League Fee?  
Bike?

Talk to Jamin  
[jaminak@gmail.com](mailto:jaminak@gmail.com)

Get Registered!



# 2024 Registration

1. Before you ride with us, Register with the Westlake Mountain Bike Team.
2. **Before April 10th**, pay the team fee online and choose clothing sizes with Hyperthreads. Team fee includes kit (uniform).
3. Register with NICA (the national league) in the “Pit Zone” after April 1st.
  - a. For first-time riders, this is by invitation only (you will receive an email).
  - b. For returning riders, use the same login you used last year. League fee includes all races.

Register online:

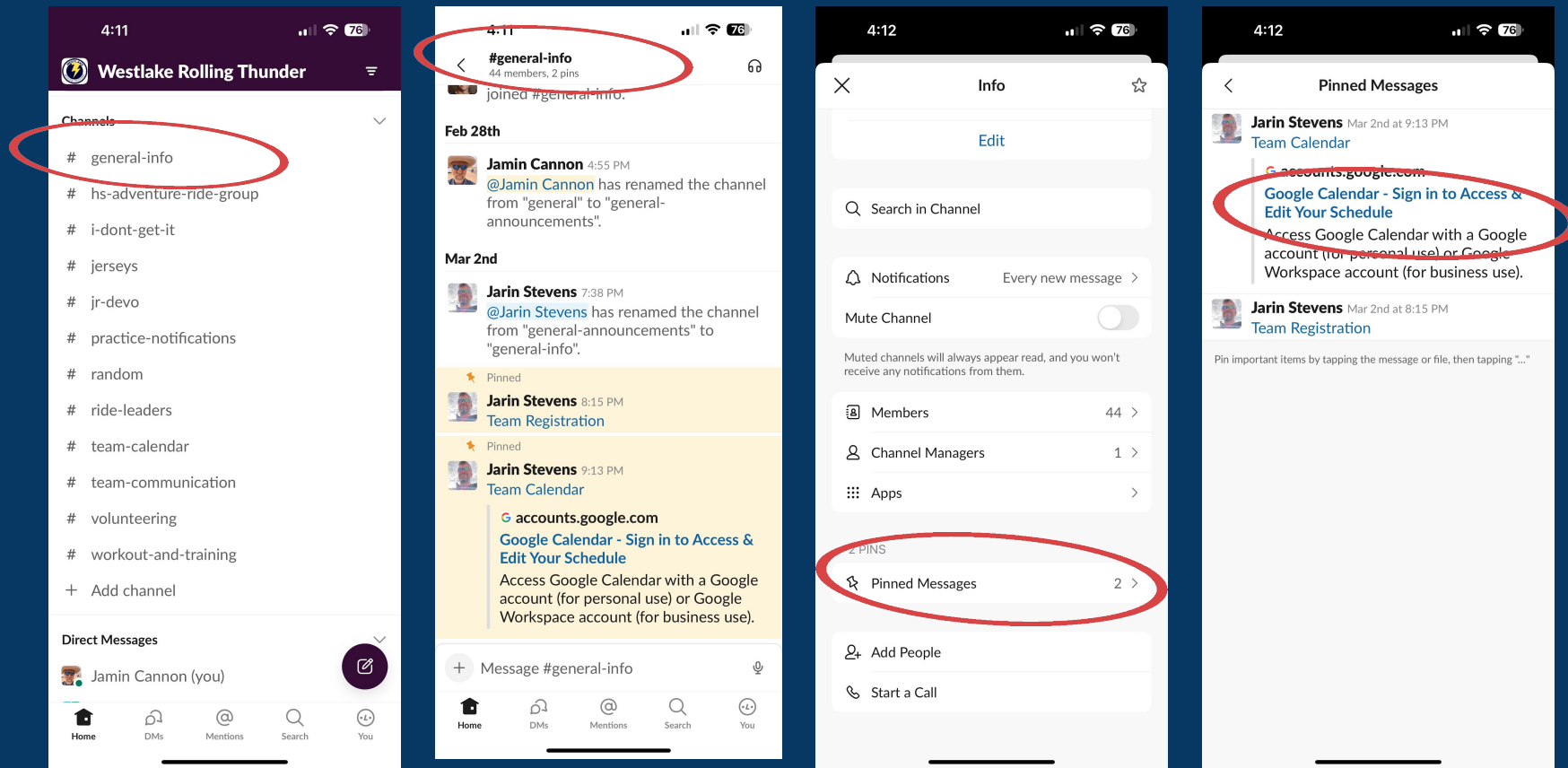
<https://www.westlakemt看b.com>

# REGISTRATION DUE: APRIL 10

These registration steps must be completed PRIOR to student-athletes participating in ANY practices. Registration is a multi-part process. Some steps will be different if you are a returning rider.

1. **Our team communicates using Slack. Follow this link to join us on Slack.** Make sure to subscribe to the team calendar that is pinned in the #general-info channel.
2. **Register for the team here: Registration Form** At the end of this registration form you will be asked to pay your team fee of \$360. You have the following payment options at the end of the form: Credit Card (via Square), Venmo, or arrange to pay with cash or check.
  - a. Once team registration has closed after April 10, both new and returning riders will receive an email from HyperThreads to select your kit sizes and purchase anything extra (see step 3).
  - b. If you are a new rider an email will be sent to you to join the NICA league (see step 4).
3. **Follow the link in your email from HyperThreads to access our team kit page.** Once there choose your team kit size, and use your promo code for the team kit package. You will also have the ability to purchase extra team gear to get the whole family decked out and ready to cheer on our team. There will be an \$8 shipping fee for the team kit, but any additional items ship for free with the kit. All additional clothing purchases do benefit the team..
4. **Register for the Utah NICA league and pay the league fee:** If you are a new rider find the email sent to you from NICA (see step 1). If you are a returning rider log in to the Pit Zone with the same credentials you used last year. Register, pay the fees and you'll become a member of NICA's "Pit Zone". **You'll be able to access the Pit Zone beginning April 1st - June 1st**  
The league fee must be paid before you can join the team at practice

# Communication with Slack





# Trouble with the Cost?

Team or League Fee?

Bike?

## Get sponsored!

For every \$250 you have donated to the team you will receive  
a discount of \$50

# Looking for Businesses to Sponsor Our Team!

- Student Scholarships (more kids on bikes)
- Team Bike Equipment
- Team Race Day Equipment

2023 Sponsors:

Family Literacy Center, Next Level Construction, Sales Rabbit, Acr Electric, CGL Appraisals, Camp Royal, Les Schwab Tires, Goodman Chiropractic, Chubby's, Utah Septic Design, Lashbrook, Utah Accident Clinic, Tractor Supply Store, Edge Homes, Fieldstone Homes, Work Step, Costco

Sponsor Logo due no later than April 10

Packages		Bronze	Silver	Gold	Platinum	VIP
	\$250	\$500	\$1,000	\$1,500	\$2,000	\$2,500
Team Webpage & Event Recognition	Y	Y	Y	Y	Y	Y
Logo on Jersey			Small	Small	Medium	Large
Logo on T Shirt	Small	Small	Small	Medium	Large	Large
Logo on Tent Banner		Small	Small	Medium	Large	Large
Team Shirts				1	2	2
Team Photo			Y	Y	Y	Y
Team Jersey						1

*\*Be at the core of our races! Travel with our team all over Utah and be seen by tens of thousands by wrapping our team's trailer. Trailer sponsor funds are used to aid in transportation, lodging and team shared bikes, so every student who wishes to participate is able to! Be the most visible sponsor and connect directly with our team's families and with the other 3000+ race participants at our 5 races and team practices.*

**Thank you for your consideration. If you are interested in any of these or other sponsorship opportunities, please contact Corissa Hanson at 801-696-6246 or [westlakemountainbiketeam@gmail.com](mailto:westlakemountainbiketeam@gmail.com).**



# Cowbell Sponsor - Exclusive



COWBELL SPONSOR	EXCLUSIVE - \$750
Sponsor Logo	Exclusive Sponsor Logo on Cowbell
Webpage	Logo
Team Award Night	Opportunity to distribute material

# Race Meal Sponsor - Exclusive



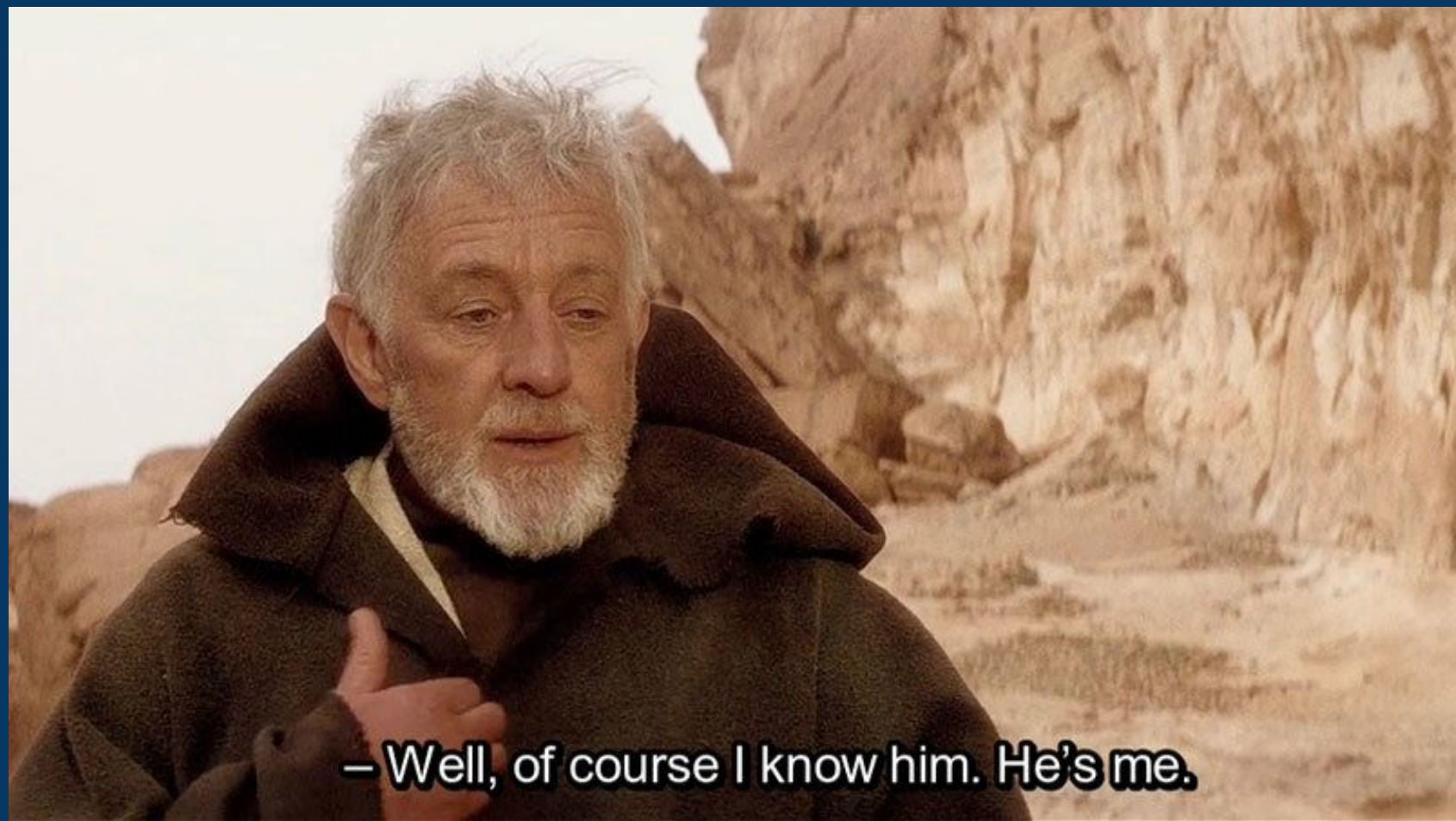
Race Meal SPONSOR Cater a meal for all racers at a race!	EXCLUSIVE - \$2000
Sponsor Logo	Exclusive Sponsor Logo on Food
Webpage	Logo
Team Award Night	Opportunity to distribute material

# Trailer Sponsor - Exclusive



Team Trailer SPONSOR	EXCLUSIVE - \$2000
Sponsor Logo	Exclusive Large Sponsor Logo on Team Trailer
Webpage	Logo
Team Award Night	Opportunity to distribute material





– Well, of course I know him. He's me.

# Volunteer Team Leadership

High School Team (HS) Head Coach: Jamin Cannon

Junior Development Team (Junior Devo / JD) Head Coach: Randall Sutton

GRiT (Girls Riding Together) Coach: Shauna Powell

Team Directors: Lisa Bingham & Noelle Pace

## Westlake Coaches:

Tommy Peterson - High School

Jeremy Pexton - Saturday / Adventure Rides

JB Waite - Junior Devo

Cameron Hill - Team Training

James Nicolaysen - Ride Leader Manager







# Junior Development (Junior Devo, JD)

- Designed to introduce 7th and 8th graders to the sport of mountain biking
- Small taste of the competitive aspects they will find when in high school
- Practice 2 days a week (Monday or Tuesday and Thursday)
- The main goal is to have fun and develop skills
- 3 races
- Beware of participation in other sports (usually they won't let you miss their games for races)

# First Bike

- Good brakes
  - Disc are preferred
  - One or two finger braking recommended
- 25% Trek store bike discount
  - Need to show NICA registration ([pitzone.nationalmtb.org](http://pitzone.nationalmtb.org))
  - Marlin 5 ~~\$740~~ \$555
  - Marlin 6 ~~\$950~~ \$713
- Bike Shops: Trek, Hangar 15, Bike Peddler, Utah Mountain Biking, etc
  - Discuss the warranty, tune ups and repairs





# Girls' Rides

- (G)irls (Ri)ding (T)ogether
- GRiT Rides
  - Weekly Girls Only Rides
  - Saturday 4/13, 4/27, 5/11
  - Through the Summer, on Wednesday at 6:30am
  - All Girls 7-12th Grade
- Women Ride Leaders and Coaches
- Moms Ride







# Which flame burns hottest?

**BLUE!**  
Blue Flame Focus

- Seasonal motivation
- Pre race day info
- Race day motivation
- Race rules and values
- Race day Wave leaders
  - Adult “Flare-up” sign-ups to coach and motivate each wave
- Flare-up cheers!
- Flare-up signs
- Flare-up face paint!
- Submit for league awards





**BLUE BURNS HOTTER...LIGHT IT UP!**



My pulley wheels looking  
at me cleaning my chain



# Communication Etiquette

**Have a question about what is going on with the Team?**

**Talk To a Coach Tonight!**

**Step 1: Review [westlakemtb.com](http://westlakemtb.com)**

**Step 2: Review [utahmtb.com](http://utahmtb.com)**

**Step 3: Review the race flyer**

**Step 4: Ask a friend**

**Step 5: Scroll up in Slack chat**

**Step 6: Ask a question in Slack chat**



# Student Rider Expectations

- **Attitude:** Have fun, be respectful, listen, work hard, communicate
- **Practices:** Attend Every Practice, BYO tube, pump, helmet etc. Ride within your skill and ability
- **Be Responsible:** Attendance
- **Races:** Come to each race. Attend the full race day to support all teammates
- **Trail Building:** Attend at least one group organized trail build day

# Parent Expectations

Every Parent is expected to volunteer in some capacity with the Team. Volunteer positions include. You will sign up when you register your rider.

## RIDE LEADERS

Be part of a committee - Team Party Committee

Food Committee

Race Day and Event Support (Time Trials)

Trail Maintenance Chair and Committee

Clothing Committee

Every Parent is ALSO expected to volunteer with the Utah League through their sign up for at least one race during the season.

# Race Day Expectations

- Races are full day events. Racers are expected to be at every race for the entire day to support and cheer on their teammates.
- Racers need to have their bikes ready to go and bibs on before the coaches meeting for their race time (1 hour).
- The Team will supply the main dish for breakfast or lunch at each race for all riders and their family.
- All riders/families are asked to sign up to bring a food item to each race.
- Racers will wear team shirts before and after their race.
- Racers will wear the current team jersey on the podium.



# We are all volunteers

We need your help to make this a successful team

# 2024 Committee Chairs

Race / Time Trial Support Teresa Mendenhall Heidi Dayhuff

Race Day Food Bryan and Erin Manwaring

Race Day Motivation Jarin Stevens

Team Clothing Sterling and Danielle Cahoon

Team Sponsorship ??? we need you!!!

Team Equipment Jim Miller Destry Crump

Team Spirit, Motivational and Video Kameron Wixom

Team Party Support Jullian Pexton Katie Jones

Team Attendance Laura Adkins

# Ride Leaders

Adults riding with the team we call Ride Leaders

Ride Leader - Level 2 (can lead)

Level 2 requires a class for first aid

Ride Leader - Level 1 (must follow)

Assistant Coach

Coach



# Ride Leaders

- Without enough ride leaders at every practice we will have to cancel practice.
- 2 rider leaders for every 8 kids ( $80 / 8 \times 2 = 20$ )
- EVERY level of rider is needed. Must be 18 years old to be a ride leader
- Must be Level 1 certified -- small cost
- Expectations as a ride leader:
  - A mountain bike and helmet
  - Ride with kids in your ability group
  - Attend ride leader training to learn basic mountain biking skills
  - Help kids to learn basic mountain biking skills
  - Be friendly with the kids
  - To help keep our kids safe, all ride leaders MUST complete NICA training

# Assistant Coach

(Assistant Coach Positions Available!)

- Each ride group will have an assigned Assistant Coach
- Expectations as an Assistant Coach:
  - Must be Level 2 certified
  - Be to MOST practices, in charge of a ride group
  - Attend a virtual meeting once a month
  - Some help at the races
- Free t-shirt and 'coach' shirt

\*Email: [tpeterson073@gmail.com](mailto:tpeterson073@gmail.com)

# Ride Leader Licensing/Training

1. **ALL ride leaders must be Level 1** licensed/trained. That means you need to complete the following:
  - a. Participation agreement
  - b. License fee
  - c. Background check
  - d. Training
    - i. Concussion
    - ii. NICA Philosophy and Risk Management
    - iii. Athlete Abuse Awareness
    - iv. Level 1 Course
2. We will send you an invited to the Pit Zone. Once accept the invitation and create your account, you can access the Pit Zone at:

<https://pitzone.nationalmtb.org>

The image displays three overlapping screenshots from the NICA (National Interscholastic Cycling Association) website, specifically the coach profile and training metrics sections.

**Top Screenshot (Coach Profile):** Shows the profile for Scott Blomquist, Westlake HS Coach. It indicates that the 2021 season registration is complete and payment has been received. Navigation buttons include "Download License Document", "Coach Profile" (highlighted with a red arrow), "Access Coach Courses", and "Report Teen Trail Corps Hours".

**Middle Screenshot (Coach Dashboard):** Shows the coach's dashboard for Scott Blomquist. It displays "License level: 3" and a link to "Access Coach Courses" (highlighted with a red arrow). A link to "Learn more about the Coaches License Program here" is also visible.

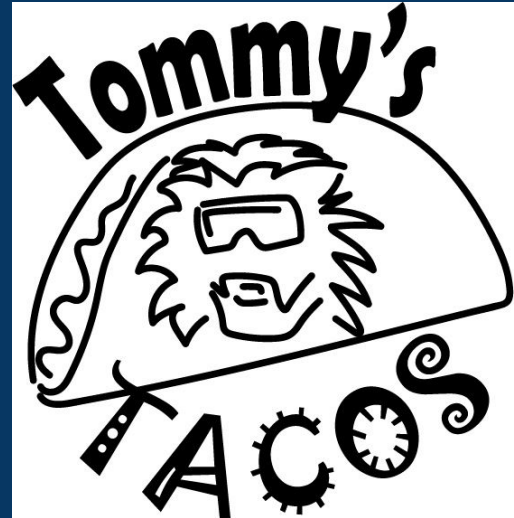
**Bottom Screenshot (Assigned Training Metrics):** Shows a dashboard with three circular progress indicators: "To do" (4), "Overdue" (0), and "Completed" (21). Below these are tabs for "All", "In Progress", "Overdue", "Not Started", and "Completed". A search bar is present. The bottom section shows three course cards: "LEVEL 1" (highlighted with a red arrow), "LEVEL 2", and "LEVEL 3". Each card shows the course title, learning path, and a progress bar.

**Right Screenshot (License Progress Table):** A table showing progress for different license levels. The table has two columns: "License Level: 2" and "License Level: 3". Each column has a series of green checkmarks indicating completion status.



# Parent Rides

- Find out what it takes to be a Ride Leader
- Learn a whole new language!!
- Gain some on the bike skills
- Learn how to coach kids
- Spend fun time away from your kids
- Travel to St. George for fun adventure rides in
- Let's Race!!



# Coach Commitment

We are volunteers

We are parents

We are committed to training and safety

You want to join the team, now what?  
**go to [www.westlakemtb.com](http://www.westlakemtb.com) and register**

- Now: Try on team clothes and write that down
- Now: Register on the Team Page [westlakemtb.com](http://westlakemtb.com)
- Now: Pay Team Fee and select clothes online at DNA website
- Now: Coach and Ride Leader Training, online and in person - sign in at
- 4/10: Team Store Closes – unable to join team after this date
- 4/10: Sponsor Logos Due
- 4/10: Last Day to join team and pay fees
- 4/1: Pit Zone Opens for youth – League Registration Begins
- 4/13: First GRiT meet up (girls only!)
- 4/18: First ALL Team Practice - check Team Calendar for time and location!
- 5/30: Adult only ride
- 6/1: Season Officially Starts



Information, including this presentation, is available at [westlakemtb.com](http://westlakemtb.com)

IG: [@whsmtb](#) Facebook: Westlake Rolling Thunder Mountain Bike Team