



The Bountiful Mountain Bike Team is a 100% volunteer based 501(c)3 non-profit organization that is a Region 2 member of the Utah High School Cycling League, a 501(c)3 nonprofit organization, which is an affiliate league of the National Interscholastic Cycling Association (NICA), a 501(c)3 organization.

Team Breakdown - Student-Athletes

With over 140 student-athletes, the Bountiful Mountain Bike Team has two components. Since it is considered a fall sport, the school grade breakdown is based on the student-athletes' fall school grade:

- **Junior Development Group (JD, Junior Devos)**
This group consists of student-athletes that are in 7th & 8th grade
- **High School Group (HS)**
This group consists of student-athletes that are in 9th-12th grade

These two groups will generally practice together as a team. However, they will race in an age and ability-based group.

GRiT - Girls Riding Together

Since 2018, NICA has implemented a program in an effort to get more girls on bikes (including coaches and student-athletes). More information on GRiT can be found here: <https://www.utahmtb.org/grit>

Organization Structure

Board of Directors

The organization is governed by a Board of Directors that consists of the following positions: Head Coach, High School Coach, Junior Development Coach, Team Director, Team Treasurer, Fundraising Director, GRiT Director, Apparel Director, Volunteer Director, Registration Director, Race Day Director, Skills Director, Communications Director, and Events Director.

Coaches

The Bountiful Mountain Bike Team has a very dedicated group of volunteer on-the-bike coaches and mentors that lead practice ride groups and facilitate races. 100% of the coaches on the team have successfully passed a [Sterling Volunteers](#) background check and completed a minimum of a Level 1 NICA Coaching Certification. More information about NICA coaches and the certification process can be found here: <https://nationalmtb.org/coaches-license-program/>

Season

Pre-Season (April 1st - May 31st)

The team is allowed **8 pre-season activities** during this period.

After a pre-season Skills Assessment the student athletes are put into ability and age-based Practice Ride Groups of 12-16 athletes. These groups are led by adult ride leaders.



Practice Season -- June 1st - Race #1 Mid-August

According to NICA guidelines, the team can practice up to 4 times per week during this period, with 3 of them being “On-Trail” practices. Practice attendance of 75% is required to be considered race eligible.

The typical weekly practice format is:

- Monday PM** - 1 hour skills clinic (June-July)
- Tuesday AM** - 2 hour trail ride on a local trail system (moves to PM when school starts)
- Wednesday PM** - 1 hour interval training (starting in July for High School athletes only--no interval training is allowed for Junior Development athletes; moves to PM when school starts)
- Thursday PM** - 2 hour trail ride on a trail system anywhere from Snowbasin to Park City

Race Season -- Race #1 (Mid-August) - Race #5 (Mid-October)

- The Junior Development group will have a total of 3 regional races.
- The High School group will have a total of 5 races, including 3 regional races, a Regional Championship race, and a State Championship race for qualifiers only.

During the race season, the team will also be holding practices.

The **2025 Race Season** is scheduled as follows:

Race 1 (JD & HS) on August 16th - Snowbasin

Race 2 (JD & HS) on August 30th - Herriman

Race 3 (JD & HS) on September 13th - Beaver City

Race 4 (HS Only - Regional Championships) on September 27th - Soldier Hollow

Race 5 (HS Qualifiers Only - State Championships) on October 17th-18th - Cedar City

*Race Attendance of 100% is required for State Championships

More information on the NICA league's races for Region 2 is available here:

<https://www.utahmtb.org/race>

Team Communication

The Bountiful Mountain Bike Team will use [Slack](#) for all team communication and scheduling of events. You will be invited to our Slack app in April.

Volunteering

Student Volunteers

In addition to practicing and racing with the team, each student athlete is required to donate 4 hours of Trail Maintenance throughout the season.



Parent Volunteers

When you sign up your student-athlete to be on the team, you are also committing yourselves as parent volunteers. The team needs **on-the-bike** and **off-the-bike** parent volunteers at practice and on race days.

On-the-Bike Volunteers - To be an on-the-bike volunteer you must have a current Level 1 NICA Coach Certificate.

Race Week Team Volunteers - Race weeks are an incredibly busy time. There are many opportunities **during** race week, **on** race day or **after** race day to volunteer. The expectation is that parents will volunteer for something for each race.

- Different opportunities vary from food preparation, trailer towing, trailer organization, trailer loading/unloading, Pit Zone shifts for food help, rider check-in, race course coolers, garbage, etc.

Race Week NICA League Volunteers - The expectation is that parents will volunteer for something during race week for at least 1 race for every rider they have on the team. More information regarding Race Day help for the NICA league can be found here:

<https://www.utahmtb.org/volunteer>

2025 Fees

There are three fees that are required - Team, Apparel and NICA Fees:

Team & Apparel Fee totaling \$420:

- **Apparel Fee** of \$265
 - Covers all race and team apparel: Team Apparel Bundle (Team Elite Jersey Top, Pro Bib, Team Socks, Team Sweatshirt, and Team Hat)
- **Team Fee** of \$155
 - Covers all the Team Activities and Expenses

The team and apparel fees are due at the time of the team registration process in February & March and can be paid via the team's Venmo account: [@bhsredhawks](#).

League Fees

Junior Devo NICA fee of \$320 consists of:

- NICA Membership Fee of \$50
- Utah League Fee of \$250

High School NICA fee of \$390 consists of:

- NICA Membership Fee of \$50
- Utah League Fee of \$310

The NICA Fee will be paid directly to NICA during the league registration process in April.



Bountiful Mountain Bike Team Board

Head Coach	Jimmy Wing	jimmywing24@gmail.com
Head Coach	Lindsey Wing	lindsey.wing@gmail.com
Team Director	Jeremy Holt	iamholt2017@gmail.com
High School Training Coach	Drew Erickson	drew@krosswood.com
Junior Devo Coach	Pete Lowe	plowe@1086@gmail.com
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NICA Registration Director	Megan Williams	megsc8@gmail.com
NICA Volunteer Director	Amy Hone	amyhone333@gmail.com
NICA Volunteer Director-Elect	Yumi LaMarr	ylamarr@gmail.com
Race Day Director	Adam Nelson	adammossnelson@gmail.com
Skills Director	Matt Brady	mattrbrady@gmail.com
Treasurer	Phil Johnson	philipcjohnson@gmail.com

Helpful Links

- [Bountiful High MTB Team Home Page](#)
- [Utah High School Cycling League Home Page](#)
- [NICA Home Page](#)
- [Utah High School Cycling League 2024 Highlight Video](#)
- [NICA Handbook with Rules & Guidelines](#)