



Bountiful High Mountain Bike Team is a 100% Volunteer based 501(c)3 non-profit organization that is a Region 2 member of 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.

### 1. Team Breakdown – Student Athletes

- a. With over 100 student-athletes, The Bountiful High MTB Team has two components and since it is considered a Fall Sport, the school grade breakdown is based on the student-athletes Fall School grade:
  - i. Junior Development Group (JD, Junior Devo's)
    1. This group consists of student-athletes that are in 7<sup>th</sup> & 8<sup>th</sup> Grade
  - ii. High School Group (HS)
    1. This group consists of student-athletes that are in 9<sup>th</sup>-12<sup>th</sup> Grade
  - iii. These two groups will generally practice together as a team. However, they will race in an age and ability-based group.
- b. GRiT – **G**irls **R**iding **T**ogether
  - i. 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](#).

### 2. Organization Structure

- a. Board of Directors
  - i. The organization is governed by a Board of Directors that consists of:
    1. Head Coach, High School Coach, Junior Development Coach, Team Director, Team Treasurer, Apparel Director, Volunteer Director, Fund Raising Director, GRiT Director, Race Day Director & Social Media Director and other board members
- b. Coaches
  - i. The Bountiful Cycling 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 Bountiful Cycling Team have successfully passed a [Sterling Volunteer](#) background check and completed a minimum of Level 1 NICA Coaching Certification. More information about NICA coaches and the certification process can be found [here](#).

### 3. Season

- a. Pre-Season is April 1 – May 30
  - i. The team is allowed 6 Pre-Season activities during this period.
  - ii. After a Pre-Season Time Trial and Skills Assessment, the student athletes are put into ability and age-based Practice Ride Groups of 12-16 athletes and are led by one of the team's coaches.



- b. Practice Season is June 1 – Race #1 (by the mid/end of August)
    - i. According to the NICA Guidelines, the team can practice up to 4 times per week during this period with 3 of them being “On-Trail” practices. The typical weekly practice format is:
      - 1. Monday PM – 1 Hour Skills Clinic
      - 2. Tuesday AM – 2 Hour Trail ride on a local trail system
      - 3. Wednesday PM – 1 Hour Interval Training (High School Only, no interval training is allowed for Junior Development Athletes)
      - 4. Thursday PM – 2 Hour Trail ride on a trail system anywhere from Snowbasin to Park City
    - ii. Practice Attendance of 75% is required to be considered race eligible.
  - c. Race Season is the from Race #1 (mid/end of August) – Race #5 (mid/end of October)
    - i. The Junior Development group will have a total of 3 Regional Races
    - ii. The High School group will have a total of 5 races: 3 Regional Races, a Regional Championship Race, and a State Championship Race for qualifiers only.
    - iii. During the race season, the team will also be holding practices.
    - iv. The race venues can change locations every year.
    - v. The 2024 Race Season is as follows and more information can be found on the League’s Race Site – [click here](#) and look for Region 2:
      - 1. Race #1 (JD & HS) on Saturday, 8/24 - Location TBD
      - 2. Race #2 (JD & HS) on Saturday, 9/7 – Cedar City
      - 3. Race #3 (JD & HS) on Saturday, 9/21 - Mantua
      - 4. Race #4 (HS Only - Regional Championships) on Saturday, 10/5 - Richfield
      - 5. Race #5 (HS Qualifiers Only - State Championships) on Friday, 10/18 & Saturday, 10/19 – Cedar City
    - vi. Race Attendance of 100% is required.
- 4. Team Communication
    - a. The Bountiful High Cycling Team will use [TeamSnap](#) for all team communication and scheduling of events. You will be invited to our TeamSnap group in April.
  - 5. Student Volunteer
    - a. In addition to practicing and racing with the team, each student athlete is required to donate 4 hours of Trail Maintenance throughout the season.
  - 6. Parent Volunteer
    - a. When you sign up your student-athlete to be on the team, you are also committing yourselves as parent volunteers.
      - i. Team Requirements



1. The team needs on-the-bike and off-the-bike parent volunteers at practice and on race days.
    - a. To be an On-The-Bike Parent Volunteer, you must have a current Level 1 NICA Coach Certificate.
  2. Race Week – Race Weeks are an incredibly busy time. There are many volunteer opportunities during Race Week, on Race Day and after Race Day.
  3. The Team Volunteer positions grouped into categories such as:
    - a. Food Prep
    - b. Team Trailer Load, Unload & Organization
    - c. PitZone Volunteer Shifts for food, rider check-in, race course cooler setup, race course cooler clean up, drive the Team Trailer to/from the Race Venue
  4. The expectation is that you will volunteer for something during race week.
- ii. League Volunteer Requirements
    1. The expectation is every family will volunteer for the league for at least 1 race for every student-athlete
    2. More information regarding Race Day League Volunteer opportunities can be found [here](#).
7. 2024 Fees
- a. There are two fees that are required:
    - i. Team & Apparel Fee of \$420 consists of:
      1. Apparel of \$265
        - a. Covers all of the required race apparel: Race Kit (Team Elite Jersey Top, Pro Bib, Long Sleeve Team Shirt, Team Shorts & Team Socks)
      2. Team Fee of \$155
        - a. Covers all of the Team Activities and Expenses
      3. This fee is due at the time of the team registration process in March and can be paid via the team's Venmo account [@bhsredhawks](#)
    - ii. NICA Fee
      1. Junior Devo of \$300 consists of:
        - a. NICA Membership Fee of \$50
        - b. Utah League Fee of \$250
      2. High School = \$360 consists of:
        - a. NICA Membership Fee of \$50
        - b. Utah League Fee of \$310



3. The NICA Fee will be paid directly to NICA during the League registration process in April.
4. For more information on the NICA Fees and refund policy, [click here](#).

8. Helpful Links

- a. [Bountiful High MTB Team Home Page](#)
- b. [Utah High School Cycling League Home Page](#)
- c. [NICA Home Page](#)
- d. [Utah High School Cycling League 2023 Highlight Video](#)
- e. [NICA Handbook with Rules & Guidelines](#)