



Joining Lehigh Valley Composite Mountain Bike Team

New Student & Parent Information





ABOUT OUR TEAM

Lehigh Valley Composite Youth Mountain Bike Team is about much more than just riding bikes. We teach 6th-12th grade girls and boys to be physically active, engaged with the outdoors, good community members, and self-reliant through the life-long sport of mountain biking. *We get kids off the couch and away from their video screens!*

Lehigh Valley Composite MTB Team program has grown exponentially — from five kids our first year (2018) to nearly 40 students, including 10 girls plus over 20 certified coaches in 2021!

We believe this is due to our focus on five principles: Adventure, Exploration, Excitement, Friendship, and Fitness. And, most significantly, the fact that **EVERY kid on the team participates**, regardless of skill level. Our motto is “**No one sits the bench!**”!

Our team is split into **Lehigh Valley Composite East and West** this season due to the growth our team has experienced and Pennsylvania Interscholastic Cycling League & NICA rules on number of High School students within any composite team.

What does this mean for you?

Our team continues to practice as one team.

The only difference is how the team scores are applied and the name on your jersey.

Students in **Lehigh County school districts** will compete for **Lehigh Valley Composite West** and all **Northampton County school district** students will race for **East**.

In the event of any one school reaching more than 5 High School students, we will split them into a school team with their own school name on jersey but everyone can continue to practice together under the overarching umbrella of Lehigh Valley Composite MTB Team. We are currently anticipating a Parkland HS team.

OUR COACHES

- ❖ LVCMTB is **entirely volunteer-led** (no paid staff) and is part of the National Interscholastic Cycling Association (NICA) and the Pennsylvania Interscholastic Cycling League.
- ❖ We are fully insured through these governing bodies, and our coaches undergo significant training and background checks.
- ❖ Our experienced, caring, and enthusiastic coaches excel at getting “#morekidsonbikes
- ❖ We typically have around 20 coaches registered. Coaches achieve level 1-3 certification.
- ❖ Each ride is lead by a level 2 or 3 certified coach and a ratio of 2 coaches to 8 students riding in a group is observed.
- ❖ There is always a first aid and CPR trained coach riding with the group to ensure safety of our students

Parents are encouraged to join us as coaches. More information on becoming a coach can be found on our [website](#)



OUR COACHES – 2022 LEHIGH VALLEY COMPOSITE EAST & WEST

General Team Director East & West



Clayton Moore

Lehigh Valley Composite East (Northampton County School Districts)

Lehigh Valley Composite West (Lehigh County School Districts)



Head Coach: Arthur Mattes



Team Director: Katja Kruppe



Head Coach: Adam Burke



Team Director: Jared Neff

WHAT WE TEACH

- ❖ There is no mountain bike experience required to join our team, however we ask that your child can ride their bike without training wheels prior to joining us for a try-it ride.
- ❖ Students are required to demonstrate several basic skills before racing.
- ❖ The initial weeks of practice will include skills clinics and games that help improving bike handling skills and proper bike body position and separation in most conditions we will encounter on the trails.
- ❖ Even students with past experience will go through this assessment.
- ❖ Skilled student athletes may take on a mentorship role or demonstrate skills to our newer, less experienced riders.
- ❖ We practice mass race starts
- ❖ Endurance
- ❖ We encourage kids to participate in TTC – Teen Trail Corps activities and to become good trail stewards



PRACTICE & RACES

Practice July through end of October

Tuesday & Thursday at 5:45PM (Jordan Creek)

Saturdays: 9:00 AM (sometimes earlier to avoid heat in height of summer) (Alternate Trails Nockamixon, Trexler Nature Preserve, West End Regional, we may explore additional new to us trails this season)

Practice participation is not required to race but highly recommended to improve skills, strength, speed and endurance.

Race Weekends: (preliminary race schedule is available at <https://www.pamtb.org/upcoming-events>)

Racing typically starts in September through end of October, races are at parks and courses across the state

Saturday: Pre-Ride, Adventure Ride & Middle School Races

Sunday: High School Races



SEPT 10 - 11 Grinnin' at Granite

3340 Fairfield Rd, Gettysburg, PA 17325, United States
Camping, Hotels & Airbnb options

SEPT 17 - 18 Boyce Big Ring

901 Centerview Drive, Plum, PA, 15239, United States
Hotels & Airbnb options

SEPT 24 - 25 Johnstown Showdown

260 Playground Drive, Johnstown, PA, 15904, United States
Primitive Camping, Hotels & Airbnb options

Please note that races at Johnstown and Pittsburgh will be single day races. Middle and High School Students will race on the same day. Pre-ride activities Saturday and races Sunday.

OCT 1-2 Big Send at Blue Mountain

1660 Blue Mountain Drive, Palmerton, PA, 18071, United States

OCT 15-16 Fair Hill PICL Rally

2941 Appleton Road, Elkton, MD, 21921, United States
Hotels & Airbnb options

OCT 21-23 Raystown Radness and PICL JAM

6993 Seven Points Road, Hesston, PA, 16647, United States
Camping, Hotels & Airbnb options



Team often camps or gathers at campground near race location for potluck or pre-race dinner

Local Dirt Races

Smaller race events run by our team in collaboration with 1-2 other local teams



What will you need to practice & race with us?

- At a minimum you will need a properly functional mountain bike, a suspension fork is preferred. No horned bar ends
- A helmet, closed bike shoes, bike gloves, a spare tube, water bottle or water pack.

Please inquire about a loaner bike if you do not have one available. Our main goal is to get more kids on bikes and we will try to accommodate any student who is interested in joining.

We often have spare parts and items available to pass along for little money or free of charge.

There are often opportunities for used bikes being sold among students who outgrow or upgrade, this is a cost saving option, especially when not sure if your student will stick with it.



WHAT IF YOU DON'T THINK YOU ARE READY TO RACE?

- Racing is not a requirement to be part of the team
- You may opt to be an adventure rider.
- Some students only race in local dirt races to try it out.
- League registration separates out race fees from standard league fees that include PICL and NICA membership fees and insurance
- Race fees can be purchased at discounted season rate for all 6 events or a la carte for each event.
- <https://www.nationalmtb.org/nica-adventure/>



Minimum to join team and be considered practice ready



Team Registration

Register your student with Lehigh Valley Composite at:
[Student Registration](#)

2022 Season Team Fee is \$100 which covers our team's administrative and support costs as well as "Local Dirt" race participation

A Team Jersey is required to race, returning athletes may use last season's jersey, hand it down to new athletes or siblings. Jersey's generally cost about \$50

NICA/ PICL Season Registration

Once a student is registered with the team, an e-mail invitation will be sent out with access to PitZone
<https://pitzone.nationalmtb.org/>



This is where your athlete must sign all League waivers and agreements, pay the 2020 Season fee of \$220



More info and details about PICL registration on the PICL Website
<https://www.pamtb.org/2022-season-registration>

Race Fees

Option 1

Pay for individual race or adventure ride events at one or all of the 6 race locations this season. \$45 / race will be due at the time of race registration (in PitZone)

Option 2

Pay the full season race Ad-On Package \$100 starting August 1st. This is your best value to save overall costs and an excellent choice for returning students or athletes who are certain they want to race.

Financial Assistance may be available for students who qualify for free lunch programs

<https://www.pamtb.org/financial-aid>

- Additional costs may incur for camping/ lodging at race locations further away. PA League races are statewide, including in Pittsburgh, Johnstown, Gettysburg, Fair Hill and Raystown.
- Resources for used bikes: Facebook Marketplace Groups called: Pennsylvania Interscholastic Mountain Biking Classifieds <https://www.facebook.com/groups/1731462820220408> | South East PA United Cycling Classifieds <https://www.facebook.com/groups/549455585096184> and other parents in the team may be selling off equipment their students have outgrown