

WELCOME

2023 Season Celebration





— 2023 Season Video Recap -

[2023 Mtb Season Video.mp4](#)

THANK YOU NEIL!!!



What's In Store for Tonight?

- League Awards - Mike
- Middle School Awards - Emily and Levi
- High School / Performance Awards - Bob & Jeff
- Captains' Program
- Letter Presentation
- 2023 Senior Send-off
- 2024 Season ... - Lead Coaches

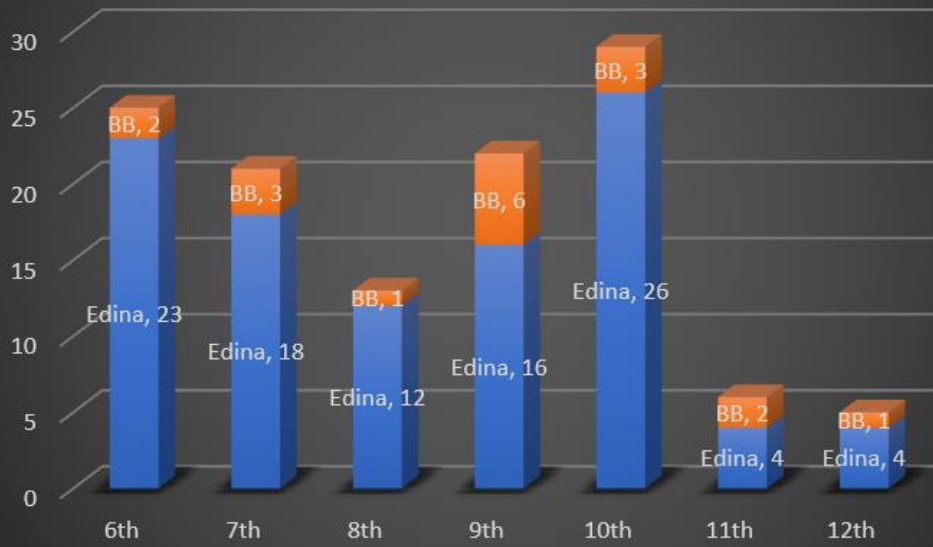
2023 Roster - 121 Athletes (E-103, BB-18)

Coaches: HS 25 (L3-9, L2-5, L1-11)

Coaches: MS 28 (L3-1, L2-3, L1-24)



Athletes - by School / Grade



Athletes by Grade - Boys / Girls



2023 Season - Goals Achieved???

(Slide from Preseason Team Meeting)



Team & League Overarching Goal:



Yes

Our mission: build a passion for cycling that will last a **lifetime!**

YES

Provide challenges & Growth Opportunities in a Safe way.

YES

Provide **(the opportunity)** for a GREAT experience, regardless of athlete goals.



Pause before “Official” Awards



Season Awards - Nuance of scoring...



- 1st recognize who is not on the list below.

- 7th Grade D1: 8th Place, DJ SEVERSON
- 7th Grade D2: 4th Place, LANDON MAUL (3rd)
- 8th Grade: 2nd Place, SYDNEY BULLARD (4th)
- JV2 D1: 22nd Place, JACK VELANDER (7th)
- JV2 D1: 15th Place, PATRICK VOSE
- JV2 D1: 3rd Place, JAKE MERCADO (3rd)
- JV3: 11th Place, RYAN SULLIVAN (9th)
- JV3: 7th Place, LUKE WACHOWIAK (4th)
- Varsity: 9th Place, ISAAC BELL
- Varsity: 7th Place, FINN NELSON
- Varsity: 1st Place, ELIN HARTMANN (1st)



TEAM RESULTS

Edina HS - 3rd PLACE

Individual Middle School Awards



Coach Emily Hoppe
Coach Levi Severson

MS Award Categories



1. Edina Most Valuable Rider (MVR - Most team points scored)
2. BBBikers Most Valuable Rider (MVR)
3. Most Improved Rider
4. Rookie of the Year
5. Coach's Awards



Edina MS Most Valuable Rider

Sydney Bullard - 8th Grade



Edina MS Top 10 Point Scorers

1. Sydney Bullard	2,509
2. DJ Severson	2,375
3. Evelyn Hoppe	2,210
4. Evelyn Rose-Richmond	2,097
5. Ted Samen	1,983
6. Charles Griffiths	1,926
7. Levi Leida	1,919
8. Trent Van Sloun	1,918
9. Mason Glynn	1,913
10. Nolan Simpson	1,877





BBBikers MS Most Valuable Rider

Landon Maul - 7th Grade



BBBikers MS Top Points Scorers

1. Landon Maul 2,427
2. Avery Nolin 835
3. Nina London 672



MS Most Improved Rider

Levi Leida-8th Grade

Evelyn Hoppe - 7th Grade



MS Rookies of the Year

Evelyn Rose Richmond - 6th Grade

Mason Glynn - 6th Grade



Hornet Heart

Meri McCue - 8th Grade
Henry Christiaansen
- 7th Grade



Team Spirit Award

Carly Bass - 7th Grade



Grit Award

Dae Olson - 7th Grade



Junior Coach Award

Sydney Bullard - 8th Grade



5K Award

Aaron Berge- 8th Grade



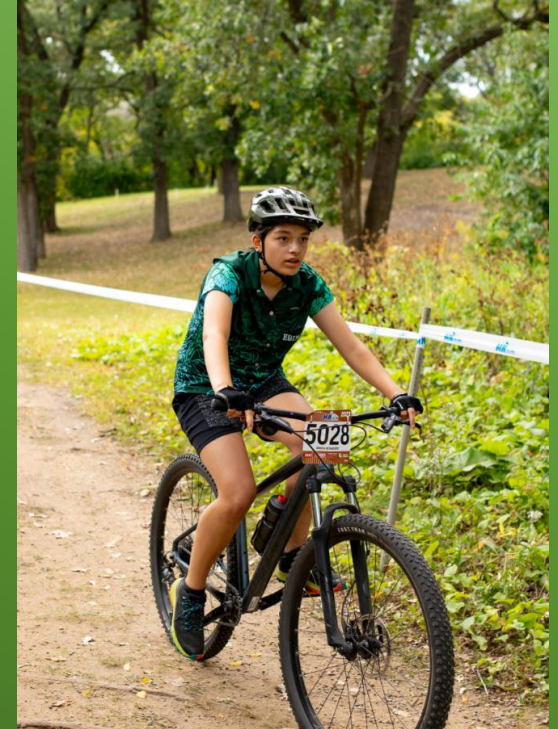
Braveheart Award



Oleg K
8th Grade



Mikka Schaeffer
8th Grade



Sendiest

DJ Severson- 7th Grade



The "Swarm" Award

The 6th grade boys!



High School Award Categories



1. Edina Most Valuable Rider (MVR - Most Team Points) - Male Athlete
2. Edina Most Valuable Rider (MVR) - Female Athlete
3. BBBikers Most Valuable Rider (MVR) - Male Athlete
4. BBBikers Most Valuable Rider (MVR) - Female Athlete
5. Coaches' Awards



Most Valuable Rider - Male Athlete

Finn Nelson
Varsity
12th Grade





Most Valuable Rider - Female Athlete

Elin Hartmann
Varsity
12th Grade



Edina HS Top 10 Point Scorers

1. Elin Hartmann	2,350
2. Griffin Nelson	2,186
3. Isaac Bell	2,057
4. Luke Wachowiak	1,999
5. Jake Mercado	1,953
6. Ryan Sullivan	1,900
7. Liam Garner	1,740
8. Bea Toftey	1,614
9. Patrick Vose	1,604
10. Nolan Barmann	1,553



BBBikers Most Valuable Rider - Male

Nigel Nowlin
JV3
11th Grade



BBBikers Most Valuable Rider - Female

Alyssa Krig
JV3
11th Grade



BBBikers Top Point Scorers

1.	Alyssa Krig	1,764
2.	Nigel Nowlin	1,470
3.	Gerik Nowlin	1,209
4.	Teague Jackson	1,150
5.	Oliver Engel	1,104
6.	Olin Rahn	1,088
7.	Owen Marks	1,080
8.	Mason Moore	610
9.	Ryan Lynch	572





High School Awards

- Braveheart Award
- Most Improved Racer
- Most Improved Rider
- Shred Award
- Grit
- Most Dedicated
- Rookie of Year
- Teammate Award

Braveheart Award



Maddie Shainess



Most Improved Racer



Take Mercado



Most Improved Rider



Will Erlin



Shred Award



Tyler Davidson



Grit Award



Beatrice Tofley



Most Dedicated Rider



Noah Fruechte



Rookie of the Year



Cody Hurwitz



Teammate Award



Jack Velander



Performance Awards



- Furious Cyclist
- Broken Spoke
- Hornet Heart
- O Captain! My Captain!
- Podium Chaser

Furious Cyclist - Teague Jackson



Broken Spoke - Luke Wachowiak



Hornet Heart Award Andrew Hartmann



'O Captain, My Captain Karter Gress



Podium Chaser

Isaac Bell



2023 Captains



Alec Manderscheid Award

This award goes to a distinguished rider who shows humility, reliability, humor and tranquility on and off the bike.

Ryan Sullivan



Parent & Volunteer "Thank You"



Coach Leader: No “Title” Required



**Rob
Maul**

Coach Crew: 55 Coaches

10 Level 3; 8 Level 2, 35 Level 1



Lead Coaches:



Captains' Water Bottle Awards



Volunteer Award



Allison Van Sloun



2023 Varsity Letter winners



Lettering Criteria

- 150 hrs of Participation at least 100 must be “Team Hours”
- Performance Criteria
 - Race Varsity
 - Top 50% JV3
 - Top 5 year end or top 3 HS category
 - Score HS team points
- Community Service- Min 3 hours

Elin
Hartmann -
5th Letter

Varsity 12th Grade



Teague
Jackson -
3rd letter

Varsity 12th Grade



Griffin Nelson - 3rd Letter

Varsity 12th Grade



Neil Bhargava - 2nd Letter

JV3 11th Grade



Isaac Bell - 3rd Letter



Varsity 11th Grade



Andrew Hartmann - 3rd Letter

Varsity 10th Grade



Cooper Austin - 2nd Letter

JV3 10th Grade



George Sill - 2nd Letter

JV3 10th Grade



Owen Marks - 2nd Letter

JV3 - 10th Grade



Karter Gress - 1st Letter

JV3 12th Grade





EDINA
MOUNTAIN BIKE TEAM



BSM
MOUNTAIN BIKE TEAM



BLAKE
MOUNTAIN BIKE TEAM

Nigel Nowlin - 1st Letter

JV3 11th Grade



Luke
Wachowiak
- 1st Letter

JV3 10th Grade



Ryan Sullivan - 1st Letter

JV3 10th Grade



Jake Mercado - 1st Letter

JV2 10th Grade



Cole Hinkie - 1st Letter

JV2 10th Grade



Patrick Vose - 1st Letter



JV2 10th Grade



Jack
Velander - 1st
Letter

JV2 10th Grade



Bea Toftey -
1st Letter

Freshman



Graduating Seniors



Representation of what's amazing about the Mounting Bike League.

Notes from parents, hopefully not (too) embarrassing :-)

Sam Kuretsky





Karter Gress





Finn Nelson



Elin Hartmann



Teague Jackson



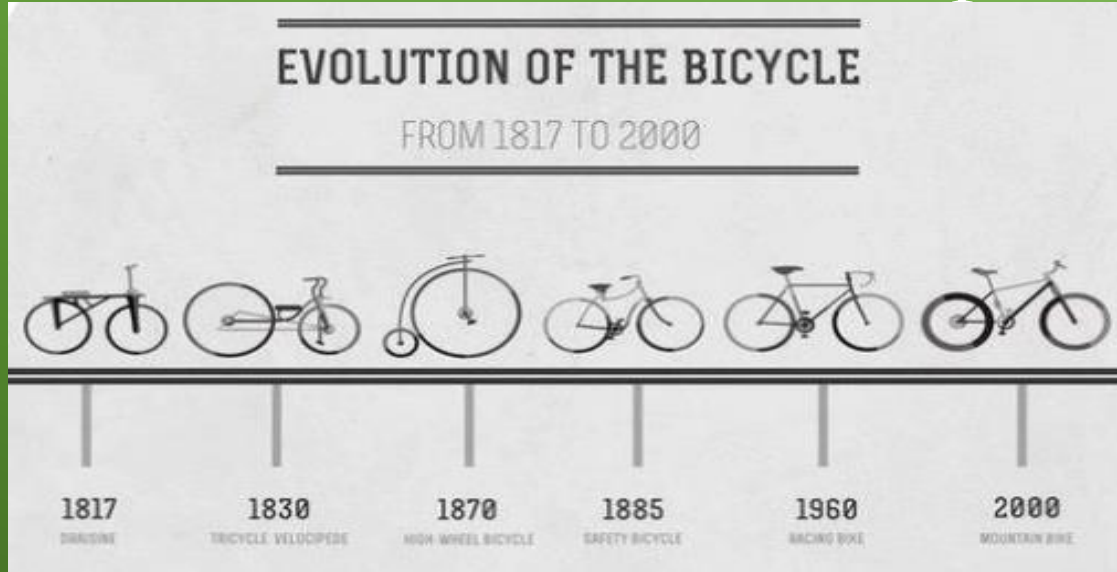
2024 Captains



- Expectations & Application
- Anticipate the Team has a Great “Problem” - Lots of suitable Captains.
- Requirements:
 - Junior or Senior
 - Submit an email “application” to: edinacyclingteam@gmail.com
 - Why I want to be a Mtb Captain.
 - How I will contribute to the team (ideas, goals...)
- Captains’ Parents have extra volunteer requirements. Parents need to be on-board with the Captain application submission.

Submit email application by Sunday, November 26th.
Coach Committee will select from applicants before Year End.

2024 Preview. Continue to Improve...



In the immortal words of Charlie Berens...
“Let’s Keep ‘er Movin”

2024 “Set Everyone up for Success”



- Coach Support & Development:
 - Expand on Assistant Coach roles.
 - Preseason Coach rides at practice venues.
 - Outline practice goals and Pod leadership.
 - MCA Leadership Summit
 - MCA OTBS Session & 1st Aid Class for our team.
- Volunteer Support & Development (off-the-bike):
 - Identify specific needs and outreach. FANTASTIC progress in 2023. Little more work to do.

2024 - “How do I become a better rider?”



- This is a question coaches across the Team have reported being asked. We LOVE this question. Proof that the Stoke is high and we achieved those goals outlined for the year.

Answer: Details depend a LOT on the specific athlete. However, several basic truths to keep rolling in the right direction.



- **Determine your Goals.**
- **Be on your bike having fun in the Springtime.**
- **Riding and racing opportunities OUTSIDE OF the MCA & Mtb Team:**
 - **MN Series, WOW, Buck Hill, WORS, Borah, Lutsen.....**
 - **Local Clubs.**
 - **Create your own rides and training sessions.**
- **Age appropriate strength over the winter/spring.**
- **Sage words of Ted Lasso “BE CURIOUS”:**
 - **Research Bike Maintenance & mtb technique videos.**
 - **Practice those skills. Track-stand, Wheel lift, wheelie, manual.**
 - **Coach Mike’s secret weapon...**
 - **Ask Captains, fast teammates, coaches.**

The End



See you out on the Trails!