



# Edina, Blake, BSM Mountain Bike TEAM Meeting 2023

June 28, 2023



# Meeting Overview



- Team / Structure
- Season Overview
- MS / HS / Performance groups
- Race Day
- Athlete / Parent Responsibilities
- Questions???
- Coaches & Key Volunteers will stay on for New Family questions.

# Team Structure – Lead Coaches



**Emily H.**  
**MS Lead**



**Jeff J.**  
**Perf. Lead**



**Erik H. HS**  
**co-lead**



**Mike H.**  
**Head Coach**



**Bob V. HS**  
**Lead**

# Team Structure – Size / Make-up



- ❖ The Stoke (excitement) is HIGH!  
2023 Registered Athletes: +/- 130.  
70 HS + 60 MS.
- ❖ Edina – BSM – Blake
  - Breck change.
- ❖ BIG Team Requires:
  - ❑ A thoughtful approach to practice structure.
  - ❑ VOLUNTEERS: Coaching & “off-the-bike” needs.
  - ❑ Organization: Team, Parents, Athletes.



# Team & League Overarching Goal:



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

Provide challenges & Growth Opportunities in a Safe way.

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



# Why are we here? – Athlete Goals



- \* **YES**: Brand new to Mountain Biking.
- \* **YES**: Just want to ride with Friends a couple days a week.
- \* **YES**: Love to Race and want to improve skills and speed.
- \* **NO** – Only here for a PE credit or my parents are making me.
- \* **NO** – My Race results are the only thing that matter.

YES



YES



# Season Overview – Practice Structure



- ❖ Typical Grouping: MS meets together. All HS aged athletes meet together.
- ❖ Practice Locations: Balance variety, trail, drive time.
  - ❑ Primary Meeting Location = **Creek Valley Elementary Park (Edina Water Tower)**.
  - ❑ Closer Offroad Trail locations: **Wirth, Lone Lake, River Bottoms, Xcel**.
    - MS typically meet at trailheads. HS will bike to some of these locations.
  - ❑ Other Trailheads (special occasions: Elm, Leb, Murphy, Monarch, Lake Rebecca).
- ❖ Practice Goals are the main determinant of location.
- ❖ Typical Days: Tues, Thurs, Sun (non-race weekends)
- ❖ Start Times: HS 5:15; MS 5:45.





# Season Overview – Practice Goals

- ❖ Practice Goals Over Time
  - ❑ July Practice vs. October Practice – Very different goals.
  - ❑ MS & New to Mountain Biking -> Build up to being “Trail Ready”
- ❖ Skills Progression.
- ❖ Endurance Progression.
- ❖ Strength Progression.





# Practice Adjustments: Heat / Air



- Heat Index of less than 95 = Normal activities
  - Heat Index of 95 – 100 = 2-hour max activity time, decrease intensity/duration of exertion
  - Heat Index of 100 – 105 = Pause or significantly reduce activity time
  - Heat index at or over 105 = Activities cancelled until heat index drops under 105
- 
- AQI Yellow (51-100) – Moderate, check in with coaches and student-athletes with air quality sensitivities
  - AQI Orange (101 – 150) – Unhealthy for sensitive groups, competitive activities cancelled, all other activities reduced in duration and intensity
  - AQI Red or above (> 150) – Activities cancelled

# Locations: Get to know them!



## CREEK VALLEY

GO TO THE WEBSITE for Maps and more details.

Note: Parking location.



# Locations – LONE LAKE (4 Mi ride from CV)

Purple Line = paved trail connecting each side of the park.

MS Parking and meet at Shady Oak Beach (ride in pods .25 mi bike to trailhead)



# Locations— WIRTH (West of Wirth Pkwy)



Sections  
North of  
Hwy 55

Sections  
South of  
Hwy 55

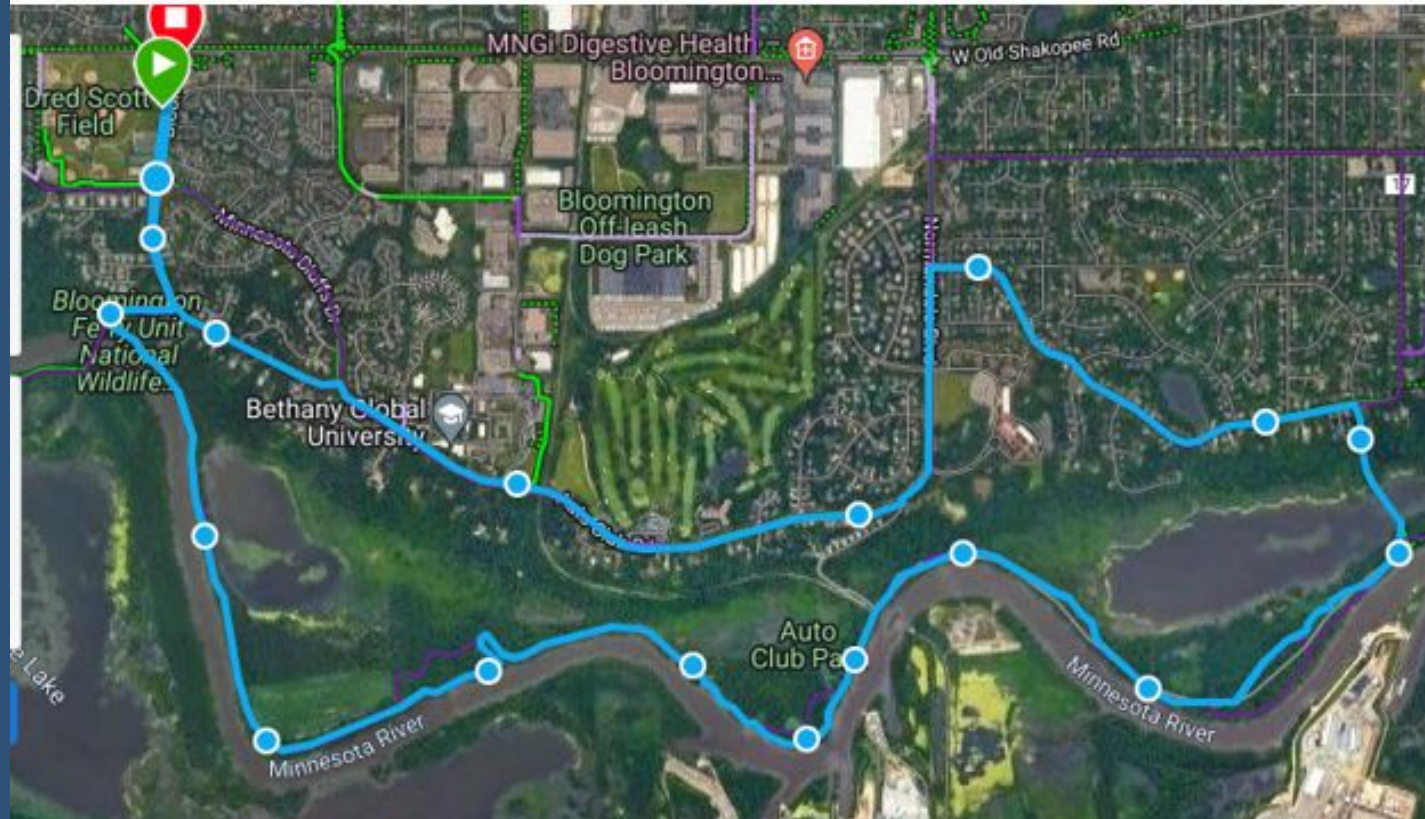


# Locations— Dred Scott Park / RB & Xcel

## River Bottoms

trail conditions  
TBD – River  
Flooding.

**Xcel Mtb** = 4 Mi  
paved path from  
Dred Scott Park.

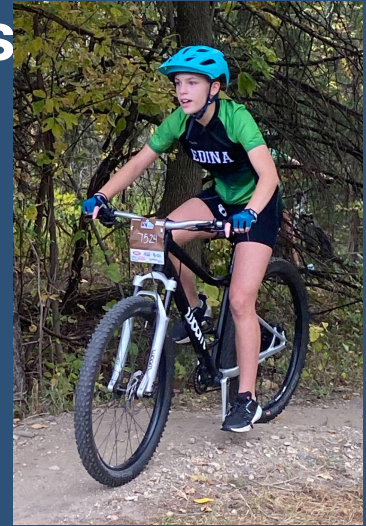


# Middle School



## Fun and Fitness Together, in the Woods, on Bikes and the Skills to Keep Safe!

- \*Fundamental MTB Skills to build off.
- \*Pre-Ride, Re-Ride, Free-Ride, repeat trails, skills progressions.
- \*Pods have different paces and practice styles. Pod for Everyone
- \*Become familiar with EBB, MCA, local trails, and group riding.
- \*Grow coaches and encourage family involvement in riding and volunteering.



# High School



Our mission is to develop a lifetime passion for bikes.

- '23 is about *Stoke!*
- Our group includes a range of experience, skill, and commitment.
- Teens in midst of changes.
- We will support less experienced riders and work to promote more advanced riders to the next level.
- We provide a welcoming environment and fun for all, as well as a path to competitive racing for those interested.

*It's an endurance sport that's fun because you're on a bike!*



# Performance Group



You've earned it, enjoy it!

- Bike loving group of dedicated cyclists with skills gained through MS/HS progression
- Most riders train 6-9 months of the year or more with significant hours outside MCA season
- Training rides are generally fast and lots of fun, sometimes exceeding 30 miles in less than 2 hours
- Take their role as experienced cyclist seriously-Nutrition/Rest/Effort/Encouragement
- Open to new additions as HS riders improve
- Ability to learn about benefits of USAC, Collegiate Participation





# Athlete Expectations (Requirements)



- ❖ Good Teammate. Supportive.
- ❖ Try Your Best & Challenge yourself (but also..)
- ❖ Know-thyself / current skill level. Progress little-by-little...
- ❖ Listen to Coaches.
- ❖ **Team App: MARK YOUR ATTENDANCE @ least 24 hours ahead.**



# Parent Expectations - Volunteer



- ❖ **Many Hands Make Light Work..** every family helps out.
- ❖ **Off-the-Bike Volunteers**
  - **Parent Practice Coordinator** - new idea
    - Race day Gear logistics.
    - Team photography & photo organization.
    - Race day food & other social events.
    - Race / League Volunteers.
    - <https://www.signupgenius.com/go/10C0E4AA4AE2DAAFBC52-2023>
    - Separate link for practice pending



# Parent Expectations - Volunteer



## ❖ Coaching

**Coach Engagement Sessions** - Thank you to those that attended.

- ❖ Level 1: Background check. Ability to ride a bike. Pod Sweep, Encourage.
- ❖ Level 1+: Already know how to mountain bike.
- ❖ Level 2-3: OTBS training. First Aid. Typically build up to Level 2-3.

Please make sure you completed all coach requirements in CCN to achieve Level 1 or higher.





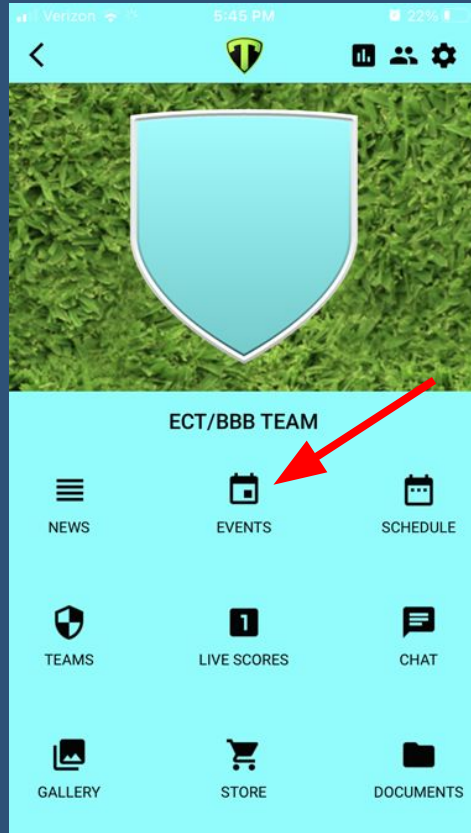
# Parent Expectations

- ❖ Supportive of Athletes.
- ❖ Supportive of Coaches.
- ❖ **TEAM APP:** Parents help athletes with this, as needed.
  - ❑ WHY all this focus on Team App???



# Athletes & Parents: Team App – **WHY?**

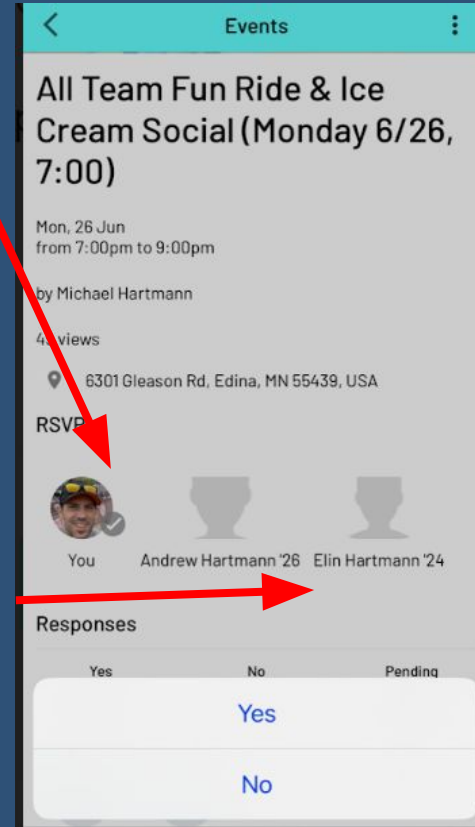
**Athletes AND Coaches: MARK YOUR PLANNED ATTENDANCE 24 hours prior to practice.**



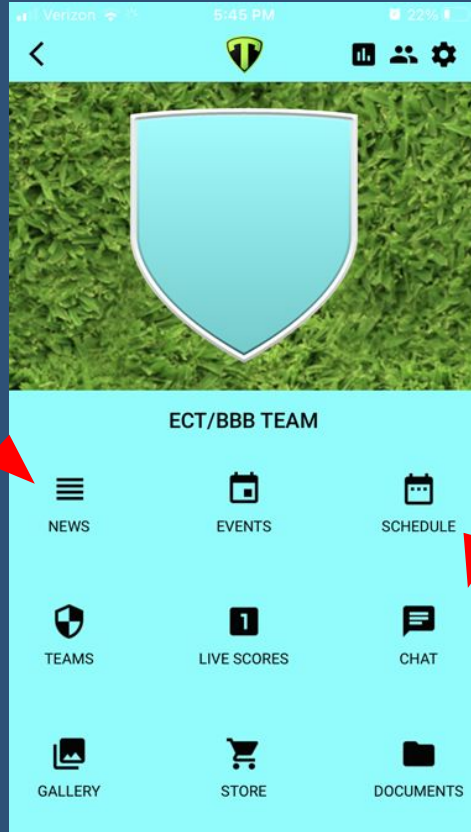
Notes your current response.

Connected profile allows parent to mark planned attendance on Athletes behalf.

“Yes” “No” is the drop down option when you click on a child or your own profile.



# Team App – Other Functions



**News:** Post other key info not “event” related.

**Gallery:** TBD on photos. Website?

**Chat:** Specific “Access Group”, or select people communication. Please limit the All-Team chats unless key info. (Trying to limit Team App communications.)

**Example: Buy / Sell - Moving to the website.**



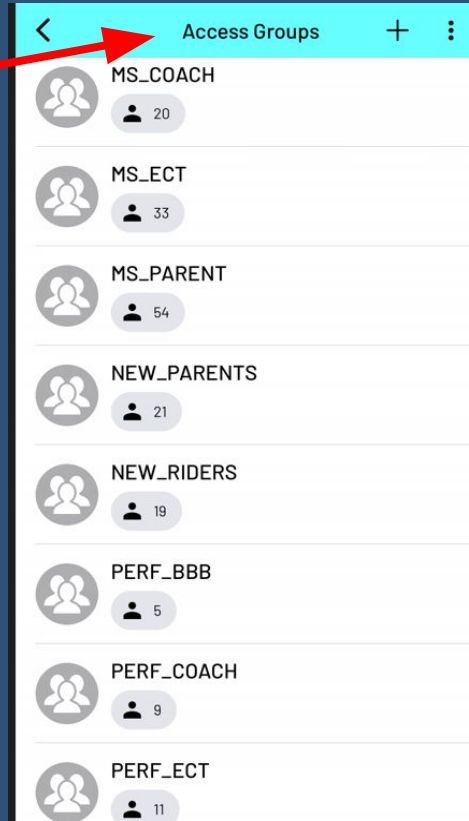
# Team App – Access Groups

## Access Groups:

utilized for specific communications, primarily practices.

MS / HS / Perf  
Athlete / Coach / Parent

Add a photo of yourself!



**ALL ATHLETES, COACHES and at least 1 guardian MUST have a Team App Profile.**

Access Groups will get sorted prior to the start of practice.

OK to be in multiple access groups.



# Athletes & Parents: Practice Prep

## ❖ Prior to Practice:

- Nutrition. **Good Night's Sleep.** ABC Bike Check (make sure bike in good working order). Sunscreen.

## ❖ Bring to Practice:

- **Mountain Bike (26", 27.5", 29"). Width 1.75" or >**
- Water Bottle(s)
- Nutrition (bar, etc.)
- Basic Repair Kit (Tube, multi tool, Pump or Co2)
- Eye protection (recommended)
- Bike Lights (front and back). **MANDATORY LATE IN THE SEASON.**





# Race Season



PitZone @  
Mt. Kato

# Race Season Overview



- ❖ **Racing Schedule**
  - Race 1 on Weekend 1
    - Aug 26/27 - Schindler's Way, Austin, MN
  - Race 2 on **Weekend 4**
    - Sept 23/24 - Theodore Wirth,, Minneapolis, MN
  - Race 3 on Weekend 5
    - Sept 30/Oct 1 - Gamehaven, Rochester, MN
  - Race 4 on Weekend 6
    - Oct 7/8 - Whitetail Ridge, River Falls, WI
  - Race 5 on Weekend 7 - State Championship
    - Oct 14/15 - Mount Kato, Mankato, MN
- ❖ **Bye Schedule**
  - Do not race on Weekends 2 and 3 this year

**MN CYCLING ASSOCIATION**

## 2023 RACE SERIES

RACE WEEKEND #1	RACE WEEKEND #2	RACE WEEKEND #3
<b>August 26 &amp; 27</b> <b>Schindler's Way</b> Austin, MN	<b>September 9 &amp; 10</b> <b>Lake Rebecca</b> Rockford, MN	<b>September 16 &amp; 17</b> <b>Xcel Energy Mountain Bike Park</b> Shakopee, MN
RACE WEEKEND #4	RACE WEEKEND #5	RACE WEEKEND #6
<b>September 23 &amp; 24</b> <b>The Trailhead at Theodore Wirth Park</b> Minneapolis, MN AND* <b>Spirit Mountain</b> Duluth, MN <small>*concurrent races</small>	<b>Sept. 30 &amp; Oct 1</b> <b>Gamehaven</b> Rochester, MN AND* <b>Detroit Mountain</b> Detroit Lakes, MN <small>*concurrent races</small>	<b>October 7 &amp; 8</b> <b>Whitetail Ridge</b> River Falls, WI
	RACE WEEKEND #7	
	<b>October 14 &amp; 15</b> <b>STATE CHAMPIONSHIP</b> <b>Mount Kato</b> Mankato, MN	

# Racing Overview



- ❖ The Race Course
  - Varied Terrain
  - +/- 4 miles in Length
  - Laps Vary by Category
- ❖ Race Categories
  - MS – 6th, 7th & 8th Grade: **1 Lap**
  - HS – Freshman: **2 Laps**
  - HS – JV2: **2 Laps**
  - HS – JV3: **3 Laps**
  - HS – Varsity: **4 laps**
- Kit (jersey - shorts / bib). Only Jersey is required for racing).



# Race Day!



- ❖ Friday - Afternoon Pre-ride available.
- ❖ Saturday
  - Pre-ride the Course & Warm Up (coach led)
  - Middle School Racing Noon - 4:30pm
- ❖ Sunday
  - Pre-ride the Course & Warm Up
  - High School Racing 8:30am - 4:30pm
- ❖ Race Day: exact category schedule TBD
  - **No Team bus or lodging.** Coordinate with other families.
  - Race, then stay and cheer on teammates in other races
  - Team Tent
  - Support at tent for bike issues and questions
  - Potluck Food at tent



# Race Registration



- ❖ **DUE DATE 7/31/23 – NO EXCEPTIONS.**
  - Register in CCN.
  - Go to Athlete's profile.
  - Registration problems / Questions (Ehren Seim: [ehrenseim@gmail.com](mailto:ehrenseim@gmail.com))
- ❖ CCN Race Registration (kind of wonky).
- ❖ Register for 1 - 4 races. Race #5 is a qualifier.
  - ❖ Discounted Pricing ("Fast Pass"); \$150 total. Sign-up for races 1-4. If athlete qualifies for State Championship, automatically registered by the league.
  - ❖ \$50 per race. If < 4.
  - ❖ Prorata refund option if you try 1 race and don't like it.



# Race Registration - CCN



- ❖ Step 1
  - Login into your CCN profile (ccnbikes.com)
- ❖ Step 2
  - Hover over your name and click “Memberships, Licenses, & Certifications”

The screenshot shows the CCN website interface. At the top, there is a navigation bar with the CCN logo on the left and links for 'ENGLISH', 'FRANÇAIS', 'SETUP ONLINE REGISTRATION', 'FIND', 'TOOLS', and a shopping cart icon. On the right side of the navigation bar, a user profile dropdown menu is open, showing the user's name 'EHREN'. The menu items are: 'MY PROFILE', 'TRANSACTION HISTORY', 'CLUB REGISTRATIONS', 'EVENT REGISTRATIONS', 'MEMBERSHIPS, LICENCES & CERTIFICATIONS' (which is circled in red with an arrow pointing to it), and 'LOGOUT'. The background of the page is a large image of many bicycles parked together. In the center of the page, there is a semi-transparent white box containing the CCN logo and the text 'Your registration partner'. Below this box is a search bar with the placeholder text 'Register for events and clubs by searching here'.

# Race Registration - CCN (cont'd)



## ❖ Step 3

➤ Click on “Register for Race Series”

A screenshot of the CCN website interface. The top navigation bar includes the CCN logo, language options (ENGLISH | FRANÇAIS), and utility links (FIND, TOOLS, a shopping cart icon, and a user profile icon labeled EHREN). A left sidebar contains a list of navigation items: Home, Memberships, Licences &amp; Certifications (circled in red with a red arrow pointing to it), Club Registrations, Event Registrations, Transaction History, User Account Settings, My Profile, Dashboard, and Logout. The main content area has a header for "Memberships, Licences &amp; Certifications Management" with a sub-header "Here you'll find all of the memberships, licenses, and certifications for all the people linked to your user account." Below this is a search bar containing "All" and a "&lt; BACK TO DASHBOARD" button. A section titled "Complete your Canvas Requirements" features the Canvas logo and a "Log In to Canvas" button. At the bottom, the MN Cycling Association logo is displayed next to a "Race Series Registration" section, which includes a "Register for Race Series" button circled in red with a red arrow pointing to it.

# Race Registration - CCN (cont'd)



- ❖ Step 4
  - Click on Blue “Register” button

The screenshot shows the Minnesota Cycling Association website. At the top, there is a navigation bar with the CCN logo on the left and links for ENGLISH, FRANÇAIS, TOOLS, a shopping cart icon, and EHREN on the right. The main content area features the MN CYCLING ASSOCIATION logo, which includes a blue star above the letters 'MN' and a stylized green and blue graphic to the right. Below the logo is the heading "Minnesota Cycling Association 2023 Race Season". A red "PLEASE NOTE:" section follows, containing text about registration requirements and a link labeled "HERE". Below this is a paragraph about logging in with the same email address and a link for "info@minnesotacycling.org". A red banner states "SUPERPASS DISCOUNT ENDS AUGUST 1" and "RACE REGISTRATION ENDS AUGUST 1". At the bottom, there is a grey silhouette of a person's head and shoulders, and a blue "Register" button. A red circle highlights the "Register" button, and a red arrow points to it from the left.



# Race Registration - CCN (cont'd)



- ❖ Purchase 3 or 4 races together for \$150 (Super Pass)
- ❖ Regular Season Races can be purchased individually for \$50 each
- ❖ Racers must qualify for the State Championship Race. If you qualify, but did not purchase the Superpass, you will pay for the race when you are allowed to register.

CCN

ENGLISH | FRANÇAIS | TOOLS | | EHREN

## Cart Summary

Your order is **NEARLY** complete. Please review and submit the information below to complete your transaction.

**Minnesota Cycling Association Race Series**

All Athletes: Race 1 Schindler's Way - Calvin Seim - Super Pass Discount	\$50.00 -\$12.50	
All Athletes: Race 4 Loppet/Theodore Wirth - Calvin Seim - Super Pass Discount	\$50.00 -\$12.50	
All Athletes: Race 6 Gamehaven - Calvin Seim - Super Pass Discount	\$50.00 -\$12.50	
All Athletes: Race 8 Whitetail Ridge - Calvin Seim - Super Pass Discount	\$50.00 -\$12.50	

**Order Summary**

Minnesota Cycling Association Race Series  
\$150.00

Promotion / Coupon Code  
ENTER CODE HERE

**TOTAL USD \$150.00**  
*Your credit card will be charged for the total shown here.*

*If your purchase includes items from more than one organization, these purchases will be itemized on your credit card statement. **CCN\*Bikes.***

The price for Race 1 Schindler's Way: #85599 - RegCategory - All Athletes has changed since you added it to your cart. Please review your total before continuing.

The price for Race 4 Loppet/Theodore Wirth: #85602 - RegCategory - All Athletes has changed since you added it to your cart. Please review your total before continuing.

The price for Race 6 Gamehaven: #85604 - RegCategory - All Athletes has changed since you added it to your cart. Please review your total before continuing.

# 2023 Captains



Elin H.



Finn N.



Teague J.



Neil B.



Isaac B.

# Resources



- ❖ Team Website: ([www.edinacyclingteam.com](http://www.edinacyclingteam.com)). PLEASE Check it Out.
- ❖ FAQ's, "Riding Opportunities" (Local Races)  
"Online Resources" (Maintenance & Skills Videos)  
"Coaching Resources" (Maps, skills review available to ALL)



# Resources: MCA Website



- ❖ MN Cycling Association (MCA) Website: [www.minnesotacycling.org](http://www.minnesotacycling.org).
- ❖ MCA email communications sign-up.



PROGRAMS ▾

RACES ▾

COACHING ▾

VOLUNTEERING

ABOUT US ▾

 CCN Login

 Race Weekend FAQs

 2023 MCA Sporting Regulations

 MCA Team List

Sign up for MCA general & race news emails

\* indicates required

EMAIL ADDRESS \*

FIRST NAME \*

LAST NAME \*

SUBSCRIBE

# Resources: MCA Website



- ❖ Coaching Resources: On-the-Bike-Skills (OTBS) Classes
- ❖ Race Day League Volunteering.

## MOUNTAIN BIKE SKILLS 1: ESSENTIALS

May 23—Lone Lake Park  
May 30—Lone Lake Park  
June 8—Carver Lake Park  
June 10—Monarch Singletrack  
June 10—Pine Valley trailhead in Cloquet, MN  
June 17 (pm session)—Cuyuna  
June 20—Monarch Singletrack  
June 28—Carver Lake Park  
July 12 (Women only)—Monarch Singletrack  
July 18—Lone Lake Park  
July 22—Carver Lake Park  
July 25—Lone Lake Park  
July 29—Spirit Mountain  
August 3—Carver Lake Park  
August 9—Monarch Singletrack  
August 18—Cuyuna

[Register for MBS 1 in CCN](#)

## MOUNTAIN BIKE SKILLS 2: INTERMEDIATE

June 13—Hillside MTB Trail in Elk River, MN (6-9pm)  
June 17 (am session)—Cuyuna  
July 12 (Women only)—Monarch Singletrack  
July 22—Carver Lake Park  
August 19—Cuyuna

[Register for MBS 2 in CCN](#)

## MOUNTAIN BIKE SKILLS 3: ADVANCED

July 11—Lone Lake Park  
August 19—Cuyuna

[Register for MBS 3 in CCN](#)

Watch for our MCA News email for when volunteer sign-up begins for 2023.  
[Sign up for MCA News here.](#)

[Sign up to volunteer for races here](#)

# Other / Questions / Miscellaneous

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**Other Resources:** Trailbot (mobile app for local trails)

## Miscellaneous:

- Team Website: Classifieds Section – Selling / Looking for Bikes, etc...
- Local Race Info: [WOW](#), [Buck Hill](#), [DULUTH BIKE FEST!!!](#) See the website.

**QUESTIONS / More Detail?**

# New Family Questions

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**Bike & Gear**

**Registration & Team App**

**Practices**

**Races**

**Anything else?**