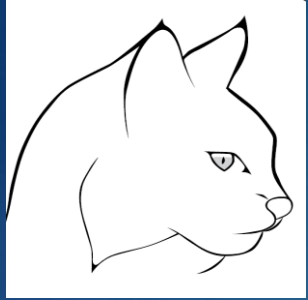




Wildcat Composite Devo MTB Club

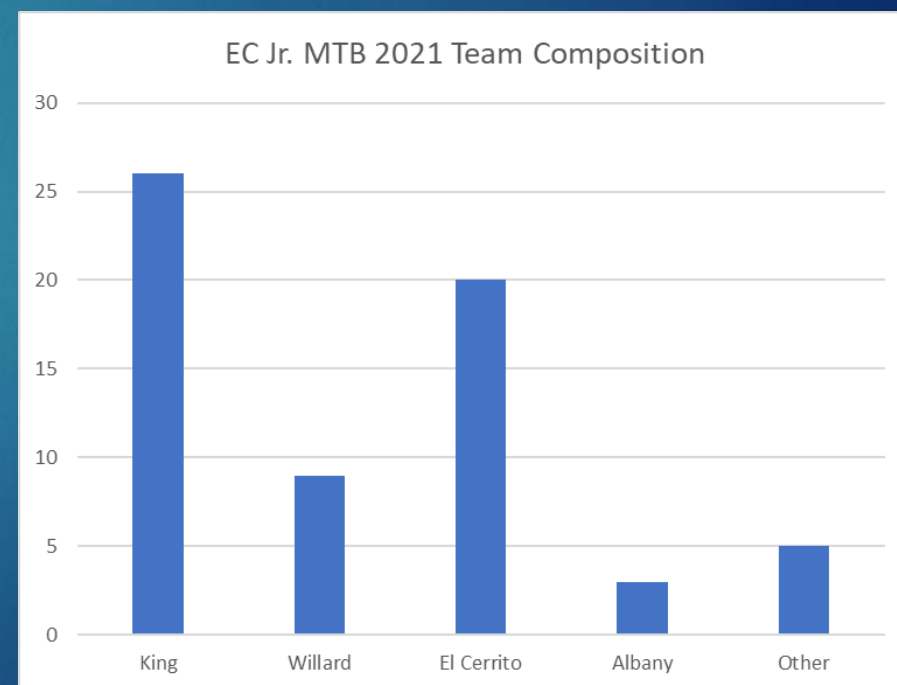
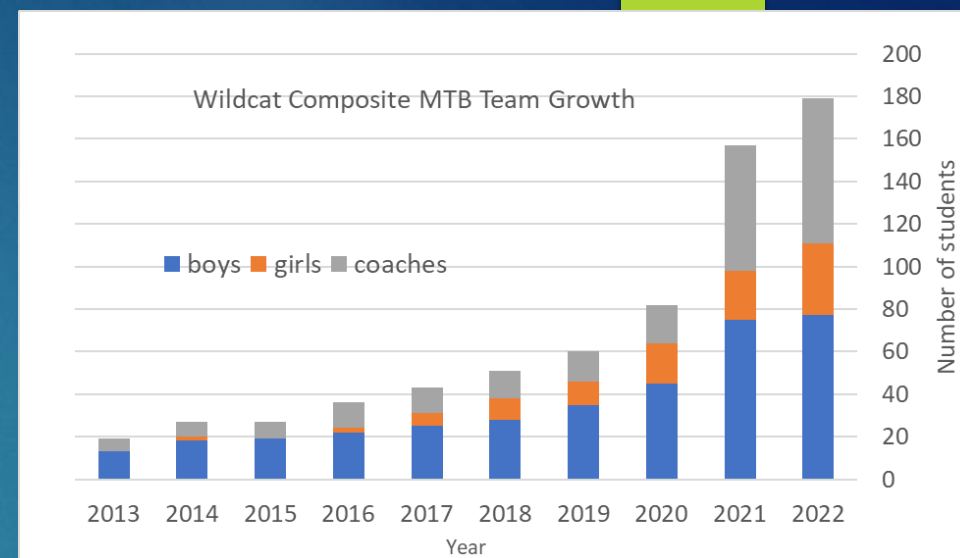
WildcatCompMTB@gmail.com

wildcatcompositemtb.com



History - Our 14th Season!

- Started in 2013 by myself & a friend
- Started with 18 riders & hit 180 riders in 2022
- Last 2 years have had about 140
- No girls in 2013; now about 25%!
- Parent-coaches compose > 40% of club
- Draw from all local middle schools (Berkeley, EC, Albany, Richmond)



Our Goals

- Provide club environment for middle schoolers to get outside and have fun on an MTB
- Teach basic MTB skills
- Build GRIT! Encourage kids to:
 - Get comfortable with being uncomfortable
 - Appreciate that the difference between an “adventure” and an “ordeal” is attitude
- Give parents last chance to ride with their child!
- Provide gateway to high school mtb teams
- Offer a means for young racers to develop
- Raise the next generation of mtb'ers that respect other users and the environment



GRiT (Girls Riding Together)

- Getting girls involved in MTB'ing is sometimes a challenge
- Many boys mtb to compete; many girls mtb for friendship
- Our club typically has 25% girls, many more than other middle school clubs
- NICA/NorCal/Wildcats hold a number of special events
- Our first GRiT event is a campout Oct 18-19 at China Camp
- Start at 10 am Saturday; end at 10 am Sunday; youth only
- Games, skills, ride with high school girls, food, and a wee bit of sleep!
- If interested contact h.odyniec@gmail.com
- Will follow campout with one GRiT event each month



Racing

- Racing:
 - builds fitness, skills, and grit
 - measures progress
 - provides incentive for practice
 - builds bonds between teammates & competitors
- All riders encouraged to try at least one race
- Club focuses on 5 NorCal races which run Feb-May at venues within 1-3 hr drive
- Many of the best NorCal high school racers started as Wildcats
- We realize racing is not for everyone



Our Organization & Schedule

- We are member of NICA/NorCal
- Are all volunteer except for part-time assistant
- Depend on parents to get trained as coaches
- Require all parents who ride with us to become at least a Level 1 NICA Coach (3-4 hr online training)
- Need 1 coach for every 6 riders. We need you!
- Ride-group lead coaches take MTB 101, First Aid, CPR, & risk-management classes
- Ride groups have 3-10 students of similar ability
- Ride Sundays (9-noon) and Wed/Thu after school for 1.5 hr (start at EBMUD Reservoir)



NICA Code of Conduct

- ▶ **Safe.** Always wear a helmet & gloves. Bring basic tools & suitable extra clothing. Ride within your ability
- ▶ **Responsible.** Come prepared for your ride, be accountable for your actions, don't ride illegal trails
- ▶ **Respect** Coaches, teammates, competitors, & all trail users

NICA registration process requires you acknowledge reading these.

Please do so with your student



CROSS
MY HEART
AND HOPE
TO DIE~
LX3

Member Requirements

- Must be in 6th-8th grade (< 6th possible if accompanied by guardian)
- Know how to ride a bike though not necessarily on dirt
- Want to ride & will adhere to NICA Code of Conduct
- Must ride at least 3 hr/wk and make at least 4 practices per month
- Must be able to ride up moderate hills without walking by February 1
- Has a suitable mountain bike (loaner bikes available for \$175/season)
- Spend 2 hr on trail work (there will be at least 2 opportunities)
- Pay \$175 club fee + \$115 NICA/NorCal fees (scholarships available)
- NorCal charges \$55 per race if YOU choose to race
- Have primary medical insurance

Equipment List to ALWAYS bring

- Suitable mountain bike (>\$600 for used bike, >1200 for new) ready to ride
- MIPS or Wavecell helmet like this (\$50)
- Full-fingered gloves like this (\$14)
- Air pump like this (\$26)
- Lights (\$20)
- Spare tube that fits the tires on the bike (\$8)
- Multi-tool like this (\$16)
- Tire levers like this (\$7)
- Light-weight, single-layer, stuffable windbreaker or Wildcat windbreaker)
- Energy bar, > 12 oz of water, necessary medications
- Appropriate clothing (polyester clothing, no hoodies, no cotton)



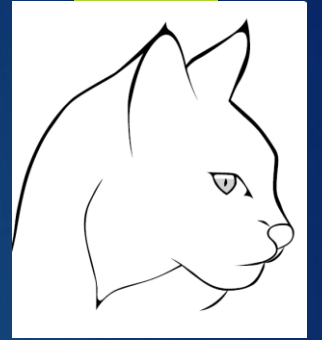
Risks

- MTB'ing has inherent risk of injury
- Our focus is on “cross-country” riding with emphasis on fitness & endurance NOT jumps
- NICA's #1 priority is safety
- Coaches are trained in risk mitigation
- Rider has control of virtually all risk
- Despite precautions, many kids will experience spills
- NorCal provides supplemental medical insurance but you **MUST** have primary insur.



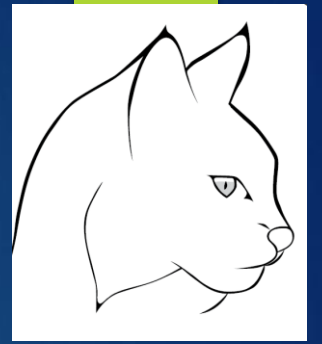
Next Steps

- If you are ready to commit email WildcatCompMTB@gmail.com and we'll get the registration started
- If you prefer to try out a few rides,
 - ▶ email us and we'll put you on the TeamSnap list so you'll get automatic updates
 - ▶ Youth can come to one event as a guest without a parent
 - ▶ If one event is not enough, youth can come to more events but needs to be accompanied by a parent
 - ▶ We ask you make a final decision by Nov. 23
- ▶ Clinics on Oct 16 and Nov 2
- ▶ First regular ride is Nov 7. Final ride late May.



Final Thoughts

We hope you'll join us and begin a journey filled with fun, community, rigorous exercise, and GRIT!



WildcatCompMTB@gmail.com