Novato San Marin MTB Team



Thank you for your interest in the *Novato San Marin Mountain Bike Team*. We are looking

forward to another successful season and hope you decide to join us!

The *Novato San Marin* *Team* is a cross-country mountain bike team. Cross-country is a specific form of cycling different from road riding, downhill racing, BMX, cyclo-cross, or track racing. Cross-country requires a broad range of skills to ride up and down mountain bike trails. Team members will develop both technical skills and improve their fitness through cross-country riding. Our team’s activities are focused upon preparing for and racing at NICA-produced cross-country mountain biking events only. We do not participate in “gravity” or downhill/enduro style events.

Why join the *Novato San Marin Mountain Bike Team*? When you ride with a team, riding and

training is more fun! Our team is about improving our riding skills and fitness and achieving

personal bests. As a team member, you will greatly improve your mountain biking skills in a

supportive, enjoyable team environment. You may or may not choose to participate in races.

The coaches provide valuable guidance and technical instruction whether you race or not and we will all drive each other to succeed and achieve. We set both individual and team goals and work collaboratively to attain these goals. The coaching staff’s main goal is to provide student-athletes with the support and camaraderie to help them achieve competitive success and personal development in a safe and enjoyable manner. Since its first year, *Novato San Marin* *Team* members have had impressive race victories as well as many enjoyable riding experiences. We are most proud that our team focuses on creating life-long cyclists.

Please read through all of the requirements and important dates. If you are not sure about the commitments or any of the requirements, please email so we can talk about your situation. Also, if you are in need of equipment or a bike, please let us know as soon as possible.

We are looking forward to the rides and to getting to know the new team members.

Happy Trails!

**Contact us at:** [novato.sanmarin.mountainbike.team@gmail.com](mailto:novato.sanmarin.mountainbike.team@gmail.com)

**Important dates:**

• Parent Meeting and Team Registration/Info Night: TBD (around Nov 1st)

• Season Dates: December 1 to May 31

• First practice: approx December 1st

• Races: End of February through May

**All team members are required to:**

● Get a physical (make your appointment immediately)

● Fill out and return the team sign-up form

● Signed Code of Conduct by a parent

● Be practice ready in the Pit Zone and set up your TeamApp profile by the start of practices

**Required equipment:**

● Helmet. Consider a MIPS helmet if possible.

● Flashing red tail light and bike head light

● Mountain bike

● Gloves and eye protection (recommend generic sport glasses under $10)

● Cycling shorts (lycra or baggy)

● Race uniform (*if racing)*

● Wind breaker or light jacket

**Practice Schedule** (subject to change)**:**

• Tues/Thurs after school

• Saturday mornings (approx 9am - 1pm)

**Costs:**

• NICA: $40

• NorCal: $50

• Race: $250 (approx 5 races, each $50) *optional*

• Race Kit (Uniform): $75-$150 *only if racing*

**Websites:**

● Team Website is: https://www.novatosanmarinmtb.com/

● League website: https://www.norcalmtb.org/