



JETS

2019-2020 Jets Mountain Biking

Team

Handbook



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 - a. Practice schedule outline
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General Information

1. Required Links / Apps:
 - a. PITZONE: <https://pitzone.nationalmtb.org/>
 - b. STRAVA(App): how all practices / events are communicated to the team
 - c. Alabama NICA: <https://www.alabamamtb.org/>
2. Volunteer / Coach: <https://www.alabamamtb.org/coaching-411>
3. Mountain Biking Basics (see pages 16-27 of NICA On the Bike Skills 101, Spring 2018) <http://www.nationalmtb.org/blog/wp-content/uploads/NICA-On-the-Bike-Skills-Manual-101.pdf>
4. Recommended Links / Apps / Books:
 - a. SORBA: <https://sorba.org/>
 - b. IMBA: <https://www.imba.com/>
 - c. Singletracks: <https://www.singletracks.com>
 - d. Trailforks (App)
 - e. Strava (App) (We have a “club” on the site, Jets Mountain Biking)
 - f. Mastering Mountain Bike Skills: July 24, 2017, by Mr Brian Lopes (Author), Mr Lee McCormack (Author)
 - g. Park Tool, Big Blue Book of Bicycle Repair - 3rd edition, Sept 2013
 - h. Cycling workouts: <https://www.menshealth.com/fitness/a19538642/killer-cycling-workouts/>
 - i. What to Wear Cycling: <https://www.roadbikerider.com/what-to-wear-in-various-weather-2/>



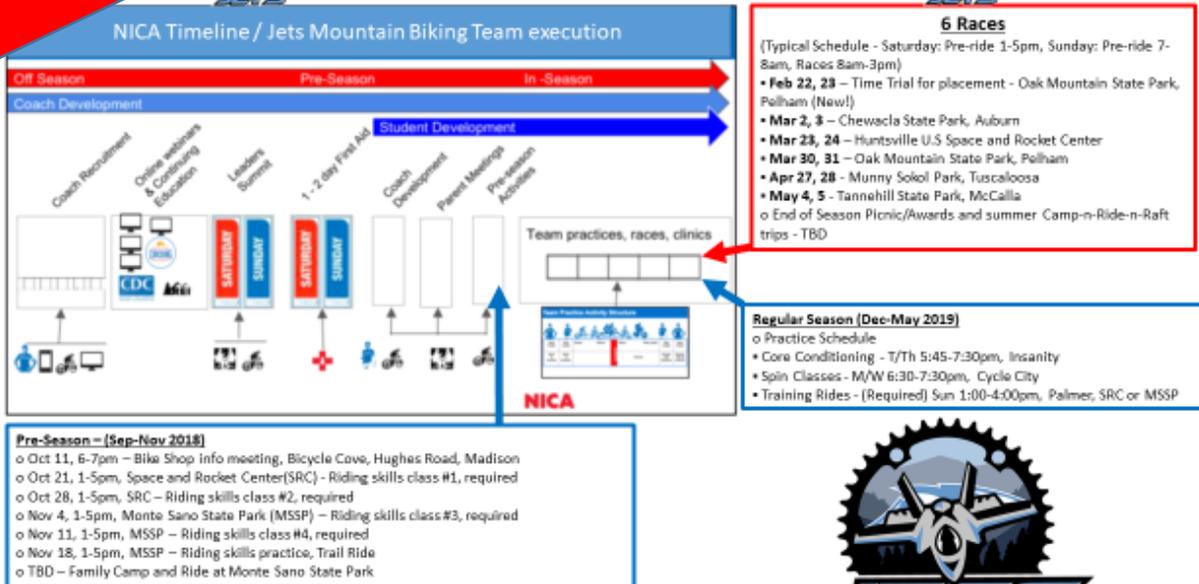
- j. Bike Maintenance / Cleaning: <https://www.rei.com/learn/expert-advice/bike-maintenance.html>
- k. NUTRITION: <https://www.singletracks.com/blog/mtb-training/mountain-biking-nutrition-101/>
- l. Quick Start Guide to Attending High School Mountain Bike Races (for Parents and Riders) <https://www.alabamamtb.org/race-series>
- m. Racing Flyers with hotel info etc: <https://www.alabamamtb.org/race-series>

SECTION 1

Update for the 2019-2020 season will be provided once NICA Alabama posts the race schedule



2018-2019 Jets Mountain Biking Timeline



Head Coach – Chad Edwards, 5 yrs NICA Level-3, chadedwards@knology.net, 256-603-6199
 Team Manager – Chris Burns, burns12@gmail.com, 256-679-8388



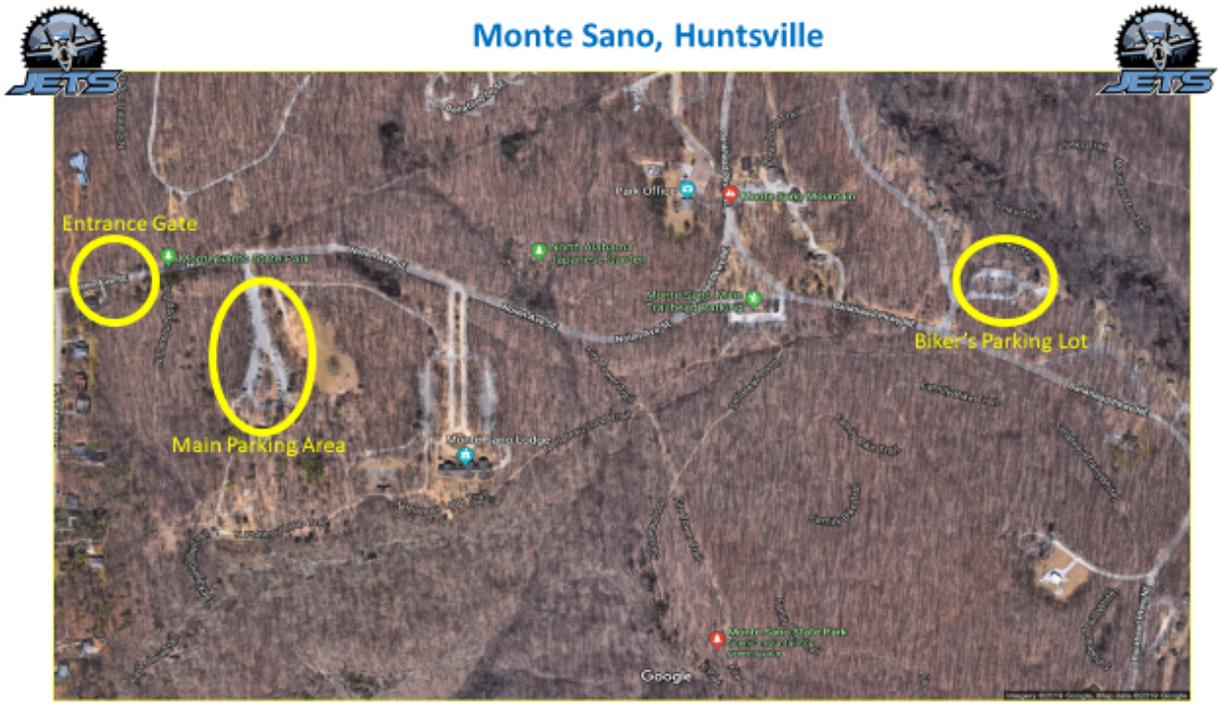


Space and Rocket Center (SRC)

Update for the 2019-2020 season will be provided once NICA Alabama posts the race schedule



Monte Sano, Huntsville

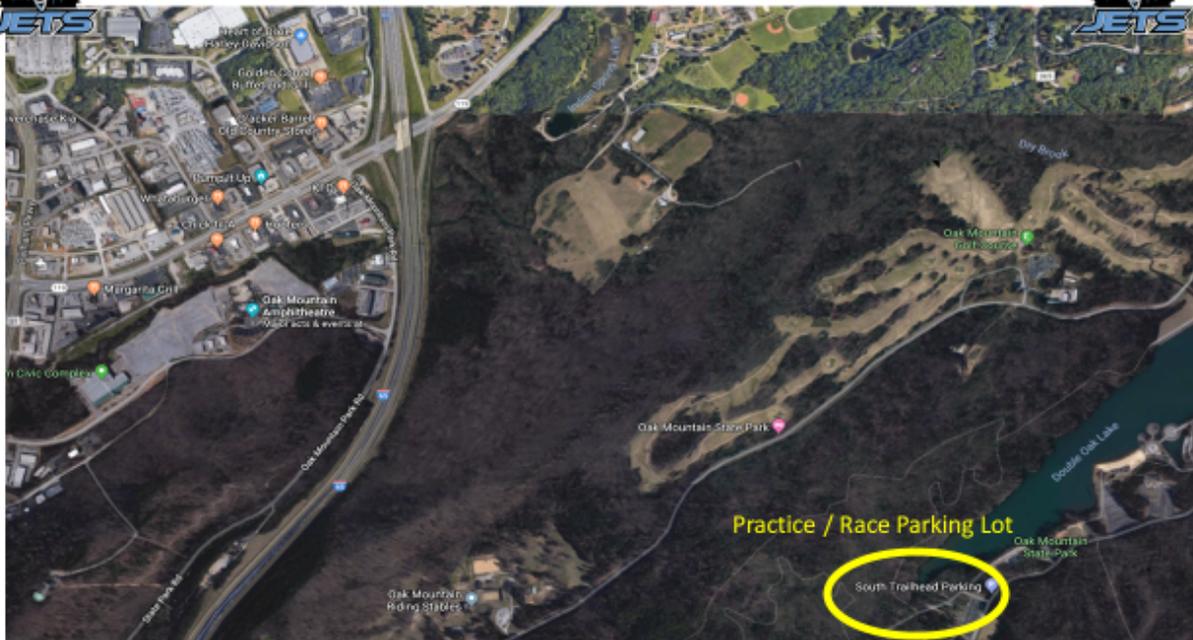




The Refuge, Mooresville



Oak Mountain, Pelham





Duck River, Cullman County



Mountain Bike component identification.



SECTION 2

Practice Packing List



Essentials	Maintenance	Weather Specific
Bike (A,B,C,D)	Source of air	See Section 2
Helmet	Spare tire	
Water	Tire Levers	
Gloves	Patch Kit	
Riding clothes (shoes)	Multi Tool	
	Chain breaker (links)	

Race Packing List

Essentials	Maintenance	Weather Specific
Above +	Above +	Above +
Clothes to support pre-rides	Cleaning rags	Consider pre-rides
Clean clothes for evening hang out	Chain lube	
Clothes for warm-up / post race	Tools / spare parts	
Lick and Sticks	Way to clean chain	

For Race Weekends

Sleeping needs (camping, hotel, RV)	Book, ipad, music (for down time)
Camp Chairs	Phone charger / battery backup
Food / Snacks / Drinks (Pre-During-Post Ride)	Sunglasses, sunblock, hat
Water to refill bottles / Camelbak	Trash Bags
Way to secure bike	



SECTION 3

Parent / Guardian Information

1. The bike:

a. Local Bike shops: Recommend a visit to all of the local bike shops. Have a list of questions and ask them to all of the shops. You will be developing a relationship with the shop and you need to feel comfortable with the personalities of the staff before you make any investment (time and money) with them.

b. Discounts: All major brands offer discounts from 20%-25% off the cost of the bike for all NICA members (this can include parents that sign up with NICA to support the team as a coach, different vendors support different levels). NICA discount is usually only available during the preseason/season. The discounts that the local bike shops offer to NICA members on parts and service varies.

c. Types of mountain bikes: This can be overwhelming. To add to the confusion bike brands have unique ways of describing the same features. Two major features you should focus on:

➤ Full suspension or Hard tail: Some riders / bike shops have strong opinions on this topic. Fact: The trails that NICA races on do not require a full suspension bike. Opinion: It is a matter of comfort and use beyond NICA events, and how important weight is to the rider as to what type of bike you should buy. Singletracks has a good article on this topic: <https://www.singletracks.com/blog/uncategorized/hardtail-vs-full-suspension-mountain-bikes/>

➤ Tire diameter and width: Couple of articles:

<https://www.rei.com/learn/expert-advice/mountain-bike-wheel-size.html>

<https://www.rei.com/learn/expert-advice/bike-tires.html>

When selecting a bike: the rider's size, height and types of trails are considerations for the choice of Hard-tail or full suspension, wheel diameter and width. All of these variables have pros and cons. These variables need to be balanced with the rider's needs.



When it comes to mountain biking there is no one size fits all bike. Research and preferably some time to try the various types of bikes is critical.

d. New or Used: It does not matter; there are good deals available on both. Ask a coach and your bike shop before you buy either new or used.

Have the bike shop inspect any used bike prior to your purchase. You can often find good used bikes from other NICA riders that have either upgraded or outgrown the bike they were riding. Odds are that if it is a NICA rider's bike it was maintained regularly and should be a safe purchase. Any bike for sale from a NICA rider likely received a 25% discount, so consider that when determining if you are getting a fair price.

There is additional information and opinions available on the www.JETSMTB.club site under bike buying.

2. Bike Racks:

This can be a big investment. Take into consideration your vehicle type and the likelihood of you riding or picking someone else up for practice (bike quantity carrying capacity). Many parents find themselves riding with or at the same time during practices. It is fun and much better than sitting in the car for a couple of hours during practices.

Recommendation, they are more expensive, but bike racks that the bike sets on, with the tires in a tray, are much easier to load and unload than the "hanging" style, where the bike crossbar rests on the rack. There are cheaper versions from Swagman and Hollywood that are well worth the delta in cost.

3. Team uniforms:

Minimum = a team jersey. For the race a team jersey is highly encouraged. You will need enough bike specific clothing for the pre-rides and races, but they do not have to be team uniforms. However, the team uniforms are often affordable and the kids tend to wear them to school etc. when not at practice or at a race. Some teams get only a jersey and then require black shorts to match them, other teams get matching shorts and jersey and additional "spirit" wear.