

SRV MT Bike Club Team 2012 REGISTRATION

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<http://www.srvmtb.org/registration.html>

HOW DO YOU JOIN?

Complete and return ALL of the following:

1. Student Applications
2. NorCal Student Waiver
3. 24 Hr Fitness Student Waiver
4. Parent Volunteer Sign-up
5. \$Check for Registration FEE

6. REGISTRATION OPTIONS

- A. \$190 Covers complete kit (jersey/shorts/vest/arm warmers) & insurance ...Required for all new riders
- B. Returning Riders have option to PAY \$80 ,includes registration fee, new JERSEY and insurance.(Yes new jersey design this year)...optional vest can be purchased for an additional \$35 dollars
- C. Team registration DOES NOT INCLUDE race fees
(Race fees are typically \$35 per race per rider see race schedule)

Complete and return on or before **November 19th**

Make Payable to: **SRV MTB Club Team #365**

You can mail to me @

91 Woodranch Circle, Danville, CA 94506 or

drop off at **Danville Bike** located on Hartz Ave, to my attention

Practice & Training

2012 Season training will start Wednesday January 4th

- **Wed. & Friday. 3:30pm to 5:30pm (Monte Vista HS Parking Lot)**
- **Sundays 1:00pm to 3:30PM (Monte Vista HS Parking Lot)**
- We will work on skills on the bike throughout the season and use a periodization training program with volume riding early in the season to build endurance with shorter more intense rides later in the season to increase anaerobic capacity
- Rain day practices will be at 24 Hr Fitness in San Ramon

2012 TENTATIVE RACE SCHEDULE

February 26th – Race # 1

March 11th – Race # 2

March 25th – Race # 3

April 15th – Race # 4

May 6st _ Race # 5

May 20th - State Championships (Riders must qualify)

Nationals for those who qualify mid July (location TBD)

Students will register for individual race series thru the NorCal HS Mt Bike League. Typical race fee is \$35 per race with discounting if you register in advance for all races

2012 TENTATIVE RIDER SKILL CAMPS AVAILABLE thru NorCal

TBA – Beginner

TBA – All girls

TBA – Level II (Advanced)

GO TO NorCal HS Mt Bike website: <http://www.norcalmtb.org/>

**KEY TRAINING & TEAM EVENTS AND DATES DURING THE SEASON
BESIDES THE RACES: (I know not everyone can make every event)**

Saturday Jan 7th Ride Leader Bike Skills & Safety Clinic (this is for parents and ride leaders)

Date Jan 14th & 15th: 16 hr Wilderness First Aid Training (Certification) for ride leaders and students.....\$65 dollar registration fee limited to 25 participants
Host by SRV Mt Bike Team at SRVHS...contact Heidi Vlides to register

Sunday Jan 22nd. Boot Camp Training by 24 Hr Fitness @ 24 Hr Fitness, San Ramon

Sunday Feb 12th Dan Cook Time Trial # 1 and Team Picnic and BBQ on Mt Diablo (weather dependent)

Sunday March 18th Ride to the Top of Mt Diablo

Sunday April 9th Dan Cook Time Trial # 2 and Team Picnic and BBQ on Mt Diablo

FYI April 19th-22th ...Sea Otter Classic @ Laguna Seca... <http://www.seaotterclassic.com/>

Date TBD: Bike Demo Day with GIANT BIKE.....they will have 60-65 bikes for our team to ride and demo

Date TBD: Team bike maintenance get together (usually on a Saturday)

Date TBD: Community Service Trail Maintenance and plantings on Mt Diablo "Save Mt Diablo".....dates published in Save Mt Diablo website

SRV MOUNTAIN BIKE CLUB Sign-up Form

NAME		AGE		GRADE			
Parent's Names							
Home Phone #			Work Phone #				
E-mail print neatly!	childs:		parent(s):				
Address							
Do you have any health condition I should know about?							
SURVEY							
Circle one	I definitely will be an active club member all year		I'm not sure if I can commit to the whole year		I want to be on the club but have some conflicts		
If you have conflicts what are they and when?							
Interests & Level	Cross Country XC Beg Sp Exp		Down Hill DH/DUAL	Cycle Cross CX	Road Biking ROAD	Track Biking TRACK	BMX
Experience	Never ridden		I ride now and then around town	I've done some trail riding and/or distance road riding	I ride a lot and have done some racing	I train seriously and race a lot	
Height			Shoe Size				
Jersey Size	XS	S	M	L	XL	Short Size S M L XL	
Describe some of your goals for the season							
Do you a XC Mt Bike?							

The SRV Mountain Bike Team depends on parent support. Below are a number of areas where we could use assistance. We hope all parents can find something they will enjoy. No job to small!

Team Parent: Be responsible to follow-up and make sure things run smoothly at races. Coordinate with other volunteers to be sure all the needed activities are covered and taken care of. If everyone follows through with their job this is a very easy position

Name:

Race Day Food Planner: Taking care of this detail is hugely appreciated when the race is over. Team funds will take care of the expenses for race day food.

Name:

Equipment Manager: The equipment manager should be someone who plans on attending most or all of the races. This person would be responsible for planning and organizing our bike check and fitting prior to the season starting, and bring the team tent and tools to races and helps set things up.

Name:

Pasta Feed Organizer: Plan and organize the pre-race day pasta feeds (5-6 of these events usually held at a parents house in the late afternoon our early evening (5:00pm to 7:00pm on a Friday night).

Tentative Pasta feed dates on Friday's prior to race dates of (2/26, 3/11, 3/25,4/15, 5/6, 5/20)

Name:

Team Communications Coordinator: Responsible for communicating the many great outcomes of our team and personal accomplishments of racers to the high school and the local community newspapers.

Name:

Team Community Service : One of our team missions is to have every team member participate in “Active Community Service” We are currently partnered with “Save Mt Diablo” also looking for additional opportunities for our students to serve in the community

Name:

Sponsor ship Liaison: We benefit from various sponsors. We could use someone who would be willing to help us keep up those relations and/or build new ones

Name: Steve Pfingsten

Uniform/riding kit orders: Managing the ordering and distribution of racing kits (jerseys, vests, arm warmers and shorts)

Name: Julia Lawrence

End of Season Team Party: Organize the end of season team get together. This allows us to celebrate our season and recognize all our team members. (Last year we rented the Woodranch pool house. This was fun and easy

Name:

Team Photographer: It’s always fun to have pictures from our races that can be posted on our web site (once we have one set-up). Any parents who enjoy action photography? Digital images preferred, but a digital camera is not required. This person can be taking pictures but also gathering and organizing the pictures taken by other parents. With the purpose of sharing these photos with the team and putting together an end of year team video or slide show.

Name:

