



Team Requirements

- **Training Commitment**
 - 1-3 practices per week (Tuesday - Thursday)
 - Be on time for practice!

- **Trails Maintenance Work**
 - We recommend that each athlete try to participate in at least 2 hours of trail maintenance each season. It is a good time to learn about the trails we use, learn to respect the trails, how to leave the trail better than you found it, and honor your surroundings. Numerous opportunities will exist. Look for updates and a recurring schedule of weekly days and times.

- **Equipment Needs/Suggestion**
 - Bike, helmet, shoes, glasses, jersey, riding shorts, bike specific water bottle, front mount light, BUG SPRAY, sunscreen
 - If you are part of the race team, a team KIT is required, which is discounted by the team.
 - The team kit is to be worn for Non-NICA Team targeted events for the SLS Race Program as well as the NICA pre-rides for all NICA athletes.
 - NICA Athletes will be loaned a NICA team specific jersey to be worn with SLS bibs/shorts at the beginning of the race season. This is a team jersey, and will need to be returned at the end of the NICA season.
 - If you are a member of NICA you will have discount opportunities on equipment and bikes.
 - The team also has a few loaner bikes if needed
 - Please talk with Coach Dave Bender prior to purchasing a new bike for your athlete

- **Communication is Key**
 - We will reach out to you many times throughout the season
 - Please provide your primary Email address and phone number
 - Follow up on Facebook and sign up for TeamSnap before the season start

Optional targeted NON-NICA Race events will be offered with team support

- WORS Iola - May 7... Iola, WI (3 hrs from Kenosha)
- WORS Englewood - May 19-21... Englewood Farms, WI (2 hrs from Kenosha)
- WORS Camrock - June 4... Cambridge, WI (1 hr 45 min from Kenosha)
- WORS LaCrosse - June 18... LaCrosse, WI (3 hrs 45 min from Kenosha)
- WORS Minooka - July 9... Waukesha, WI (45 min from Kenosha)
- Cambr- Raceway Woods - July 16... Carpentersville, IL (1 hr 15 min from Kenosha)
- WORS Trek - July 23... Waterloo, WI (1.5 hrs from Kenosha)
- Endurafest - August 11-12... Plymouth, WI (1.5 hrs from Kenosha)
- WORS Mt. Morris - August 20... Wild Rose, WI (2 hrs 45 min from Kenosha)
- WORS treadfest - August 27... Lake Geneva, WI (45 min from Kenosha)
- All SLS sponsored Short track and XC summer races (June - Aug)
- **NICA Races (6th - 12th grade only)**
 - Sept 2nd/3rd.....Cable, WI (6hrs from Kenosha)
 - Sept 9th/10th.....Waukesha, WI (45min from Kenosha)
 - Sept 23rd/24th....Englewood Farms, WI (2hrs from Kenosha)
 - Oct....days to be confirmed... Wild Rose, WI (2 hrs 45 min from Kenosha)
 - Oct 21st/22nd.....Waterloo, WI (1.5hrs from Kenosha)
- **Adventure Week:**
 - Marquette Riding Adventure Week July 1st-9th (5 hrs 35 minutes from Kenosha)
- **Parental Involvement**
 - Communication, volunteer, become a Coach, fundraising, race day weekend help
 - Communicating what's happening with your child
 - Physical limitations/sickness
 - Grades to acceptable standard
 - Athlete Wellness
 - Monitor nutrition, ensure they come to practice properly fed
 - Ensure proper level of rest, don't try riding on 3 hours of sleep
 - Ensure athlete follows coaching instructions - stretch, complete at home workouts, rest when directed
- **Rules**
 - Athletes will be required to sign the SLS MTB code of conduct
 - Athletes and families are required to sign the NICA code of conduct. Athletes, families, coaches and spectators are expected to follow the NICA handbook guidelines and rules
 - We expect a positive attitude, cooperation, respect, kindness and team work - while HAVING FUN!
- **Fees**
 - Must be paid to participate
 - No student has been denied participation due to a lack of resources.
- **SLSMTB Code of Conduct Must be followed by all athletes**
- **SLSMTB Waiver and Release of Liability must be signed**