



2023 Registration Fees and Process - Detailed Instructions

This year SLS will be offering programs that align with the goals and intents of our athletes. Please read the below descriptions and determine which program is best for your athlete. Moving between the two programs on a weekly or monthly basis is not an option. However if you start in one program and decide that it isn't meeting your original goals, you will have the opportunity to change.

Step 1 - Select a program - All ages

SLS Ride Program

- This program is for those athletes who love to ride but are not interested in racing or competition. We will still practice important skill building but will leave out the skills that are really only used in racing. Our ride speeds will be based more on what the group feels like doing. There won't be a focus on hard efforts or hill repeats. One day might be a more casual pace on the trails and the next might be a harder effort and you are trying for a personal best. Athletes in the Ride program will still be split into ability level groups. Those athletes with more experience will be able to ride together and have a different objective for the day than those hitting the trails for the first few times. If after a while the athlete decide that they want to participate in some competition and compete in the fall NICA season or other races, they can make the switch to the Competition program. Younger athletes that sign up for the SLS race program (generally 5th grade and under) who still need to focus more on building basic skills will be placed in this group. Periodic race specific practice sessions will help ensure these athletes are also getting coached on basic racing fundamentals. Ordering a team kit is not a mandatory part of the Ride program but athletes will have the option to purchase if they would like.

Cost: \$125.000

- Team Dues of to be paid by April 1st, or prior to first attended practice (registration at designated registration events, we will not have registration at practices)

Included: SLS Moisture Wick T-shirt, Water Bottle, Socks

Additional Option: Jersey, Bibs or Shorts

SLS Race Program

- This program is for those athletes who want to race and will represent SLS at any of the scheduled events they attend on our team calendar. Athletes don't need to be the best or fastest to be in the competition program, just need the desire to compete, push themselves and find their limits. If they would like to participate in various races over the spring and summer months such as WORS events or other mountain bike races, this is the program for your athlete. If your athlete plans to participate in the NICA or other fall race events, this will help prepare and get them ready for the competition. Athletes who are younger than 6th grade and do not yet have the stamina or riding skills to keep up with the race practice groups, will be placed with the SLS ride groups for continued development. Workouts will vary from endurance rides to practicing sprints and everything in between. When you sign your athlete up for the competition program, they will be provided and expected to wear a full team kit consisting of jersey, bib shorts and socks. They will also get support at the events on the team race calendar. Additionally, coaches will help ensure they are ready to take the start line. Athletes who sign up under the race program and fail to wear the SLS kit at any of the team events will be subject to removal from the club practice roster.

Cost: **\$225** for non-NICA Athletes, plus race fees if applicable plus any race venue fees
\$313 for NICA Athletes (grades 6-12 in 2023-2024 school year) plus \$45 per race

- Team dues of \$225 to be paid prior to attending first practice
 - Paid online to SLS MTB
- NICA payment of \$88 by July 1
 - paid to WI League via pitzone
- USACycling Race Membership - \$40 (free for NICA Athletes)
- NICA race fee's \$45 each race (a discount MAY be given if signing up for all races together) Registration via Pitzone

Included: SLS Moisture Wick T-shirt, Water Bottle, Practice Team Jersey, Team Bib, Socks

SLS Practice Program

- This program is for those athletes who want the benefits of the practices and coaching SLS offers but will not be wearing the SLS kit and representing SLS at the teams race calendar events. Athletes in this program will be placed directly in with all the SLS race team members and can expect the same practice structure experience. Athletes will **not** receive an SLS team kit with their dues payment, but may purchase one separately.

Cost: **\$225** for non-NICA Athletes plus race fees if applicable plus any race venue fees
\$313 for NICA Athletes (grades 6-12 in 2023-2024 school year) plus \$45 per race

- Team dues of \$225 to be paid prior to attending first practice
 - Paid online to SLS MTB
- NICA payment of \$88 by July 1
 - paid to WI League via Pitzone
- USACycling Race Membership - \$40 (free for NICA Athletes)
- NICA race fee's \$45 each race (a discount MAY be given if signing up for all races together) Registration via Pitzone

Included: SLS Moisture Wick T-shirt, Water Bottle, Socks

SLS NICA Only Program

- This program is for athletes who do not plan to participate much, if at all in spring or summer races or are just busy with other seasonal sports. These athletes still plan on participating in the NICA races for fall but would not benefit from a program that starts in spring. Practice for these athletes will not start until July 1st. A practice/club race kit is not included but can be purchased separately. A race jersey is still provided for the NICA race events.

Cost: \$125 + \$88 for NICA league registration Athletes (grades 6-12 in 2023-2024) plus \$45 per race

- Team dues of \$125 to be paid prior to attending first practice
 - Paid online to SLS MTB
- NICA payment of \$88 by July 1
 - paid to WI League via Pitzone
- USACycling Race Membership - FREE
- NICA race fee's \$45 each race (a discount MAY be given if signing up for all races together)
 - Registration via Pitzone

Included: SLS Moisture Wick T-shirt, Water Bottle, Socks

SLS Summer Series Program

- This membership gets you access only to specific SLS practices. For adult athletes this will include approximately three scrimmage short track races from May - July. Schedule will be weather dependent. For student athletes this will include the scrimmage short track races as mentioned above. In addition, membership will also include up to three cross country style races in July to August. All scrimmage events will take place during the week and be held in the Salem, WI area. Adult is defined as someone who has graduated from high school (or will in 2023) and a student is defined as someone who has not graduated from high school.

Cost: \$20 for SLS Limited Membership

Step 2: Register with Southeastern Lakes Scholastic Mountain Bike Team

- The second step of our registration program is to pay the team fees. These fees cover local team expenses, such as coach licensing & safety training, equipment, team management, team t-shirt, water bottle, and team kit if you selected the SLS Competition Program.
- Pay in person at registration or pay online via our team store at cheddar
 - <https://2023-sls-club-dues-kit.cheddarup.com>
- Both athlete and parent/guardian read and sign our SLS Code of Conduct Policies
- Both athlete and parent/guardian Read and sign the Waiver of Release and Liability
- We will also send an invite for a TeamApp account, this is our team communication app, if a rider does not already use one. Using the invite, create an account and complete the needed information. You can add additional emails to this account so parents/guardians and friends can follow our team. Please add cell phone numbers to your account so you can receive text messages for last minute updates on bad weather, practice changes and cancellations.
 - This fee includes and covers:
 - Club Insurance for all Athletes, Coaches, and Volunteers
 - Event Development
 - Team support and development
 - Professionally led coaching education and advancement and a top quality youth sport coaching curriculum and philosophy
 - Innovative and class leading youth development programming through sports
 - A safe, professional secure, and appropriate environment and experience for our participants
 - Basic First Aid, Wilderness First Aid, CPR, AED Training for Coaches
 - Team Equipment
 - Tools, Cleaners, Lubricants
 - Loaner Bikes
 - Spare Tires, Inner Tubes, Various Replacement Components
 - Support gear for team events, tents, trash cans, water jugs, etc...
 - Printing & Marketing costs
 - Website subscription
 - End of Year Program, Awards & Recognition

Step 3: SLS Race, Practice, and NICA Only Programs - USACycling

- **Option 1 - Annual Junior Race Membership \$40 (Free for NICA athletes only)**
 - Register online for a Junior Membership if your athlete plans on racing at any non-NICA events. NICA Athletes receive a free membership, but will need to follow the link below and request a discount code.

[USA Cycling discount code request](#)

- After filling out the athlete form, you will receive an email with a discount code and link to register. Apply the discount code at checkout for a \$40 savings
- For non-NICA athletes, you can also purchase the USAC license, you will just not receive a discount.
- <https://memberships.usacycling.org/products/junior>
- Choose between the **Junior** (\$40) and **Junior+**. (\$90)
 - The **Junior+** adds race and ride insurance of **\$0 deductible, \$25,000 coverage** for your athlete.
- Select “yes” for “Are you a member of a domestic cycling club”?
 - Enter **Southeastern Lakes Scholastic MTB**
- Continue to Checkout and **enter your discount code before paying.**

- **Option 2 - Pay per race at day of**
 - USACycling 1 day \$10 race license per race event for any of the following (can sometimes be purchased day of event)
 - WORS
 - Cyclocross
 - Road
 - Track

Step 4: SLS Race, Practice, and NICA Only Programs - NICA Registration (Opens April 1st) Due by July 1st

- If your athlete is new ,once team registration is complete, we will send an invite to the parent's email address used during the team registration process, so that you can create an account in NICA Pit Zone, the secure online website that you will register with the National Organization, NICA. This is where you will complete registration, waivers, and participation agreements. Once a rider's account has been created (or activated if a returning athlete), the rider will need to go through the NICA registration system.
- This fee includes & covers:
 - WI League experience
 - Team support and development
 - NICA Registration
 - NICA insurance coverage
 - WI League Registration
 - Special offers from sponsors of NICA and the league, including discounts on products and event registration
 - Event development - races!
 - Additional programs such as grit and teen trail corp
- Finish the NICA registration by paying the \$88.00 registration fee. This fee includes membership to NICA as well as supplemental insurance for the rider. No rider will be allowed to practice with the team until this fee has been paid.

Step 5: SLS Race, Practice, and NICA Only Programs only - NICA Race Registration & Fees

- An announcement has not been made in regards to the 2023 race season, however, in previous years, the Wisconsin Interscholastic Cycling League has offered a season race pass at a slightly discounted rate. If your athlete plans on doing all 5 races, This Season Race Pass is generally only offered early, and ends August 1st. Each race is \$45. We will pass along any discounted race information as soon as it is made available.