



Sunday, July 17, 2022 – 5.00 pm

Welcome and Introductions

Marla Dyer-Biggin, Team Director: 970.376.8663

Jeff Cospolich, Head Coach: 970.389.4232

Paul Koslovsky, Coach: 631.428.2679

Rich Schroeder, Coach: 720.635.9364

Mike Dixon, Coach: 303.709.9815

Daryn York, Coach: 970.389.4982

We are a CROSS COUNTRY team. We ride UP and down trails.

Team Captain(s)

Our team needs strong leadership to help with Race Day Contests, Fundraising, Team Spirit and Trail Work. Interested? See the Team Captain Expectations doc in Team App. Submit short essay to Marla by Friday, July 22 to summittigersmtb@gmail.com.

Brief History and Highlights of State Champions and North Conference Titles

2010: 1 athlete. **2012:** 1 Sophomore Boys State Champion. **2012, 2017, 2019:** 3 Sophomore Girls State Champions. **2014:** 1 JV Girls State Champion. **2015:** 1 Varsity Girls State Champion. **2015, 2017:** North Conference D2 team title. **2015, 2016, 2017, 2019, 2021:** several North Conference individual titles. **2021:** 1 JV Boys State Champion.

Online Registration Process

NEW COLORADO LEAGUE WEBSITE!

All Tigers use passcode Summit at coloradomtb.org/ccnbikes.com. All paperwork (medical, photo, and liability releases, trail etiquette and code of conduct checklist) and fee payments are online. Race reg deadlines = Mondays NOON before the race weekend. Category placement: F, S, JV, V (must qualify or petition). Freshman ITT at Frisco.

Fees: CO League membership = \$150/2022 season. NO refunds. Races = \$70 each. Race fees may be transferred to another 2022 race if sick or family emergency.

Contact Kate Rau, League Director, at kate@coloradomtb.org.

Register by July 31 to join team and receive personalized/legacy number plate.

Co League Athlete Scholarship deadline-Sept19-Coloradomtb.org, Rider tab.

Team membership fee: TBD...The cost of a jersey, t-shirt, (and shorts) ~ \$160-180.

Practices*

Registration: You must be registered in our CCN and have signed the P.A.C.T. to practice.

Schedule: **Tuesdays 5.00-7.00 pm** at the Frisco Peninsula. Park by baseball field, **not** by the Day Lodge. **Crucial team info announced at 5.00 – be ready to ride!** If you cannot be there by 5.10, please do not disrupt or delay others – go for a ride on your own. **Thursdays, 5.00-7:00 pm** Breck Ice Rink or B&B trailhead parking lots. Trail ride locations **WILL** vary. Mid September, practice will change to 4.30-6.30 pm. Communication: We'll be using STACK TEAM APP, download for free on your phone. You must RSVP FOR EVERY PRACTICE “going” or “not going.”

What to Expect: Be ready to ride! Be on time with your mechanically sound bike, helmet, snacks, H2O, RAIN JACKET, spare tube, tools, sunscreen, protective eyewear, gloves, manners, respect and enthusiasm! We will split groups by ability as best we can with the coaches we have available.

Medications: Ibuprofen, inhaler and/or epipen? You must be responsible for your own.

Races* Summit Tigers race in the NORTH CONFERENCE – YAMPA REGION

Schedule:

Race 1: Saturday, August 27, Frisco Bay Invitational, Frisco (ITT for freshmen, otherwise staging will be based on last year's points.)

Race 2: Sunday, September 11, Cloud City Challenge, Leadville

Race 3: Saturday, September 24, Showdown in the Boat, Steamboat Springs

Race 4: Sunday, October 9, Haymaker Classic, Eagle

State Championships: October 22-23, (CMC Spring Valley), Glenwood Spgs

What to Expect:

Coloradomtb.org, Race tab, Race Schedule.

Results – awards will go 5 deep for each category. Bonus points changed.

Colorado League Rulebook Click on and scroll down the Rider tab to Rider Info (consequences, rules, feeding, no caffeine, parent and coach rules, equipment, etc.).

Parents, please volunteer for the league at the races. Our team needs help with set up and take down of the tents and LOTS of yummy, **healthy** snacks for racers and coaches. Parent help is needed for the League's Team and Individual Contests at each race.

***Be aware that practices and races can be cancelled due to inclement weather or poor air quality. Stack Team App notifications will help with team and League communications.**

Website Resource Page

<https://summittigersmtbteam.wixsite.com/summittigersmtbteam/resources>

Athlete Contact Info Form LINK Meeting Agenda General and Sports Nutrition
P.A.C.T. R.E.S.P.E.C.T. Race Plans State Championship Criteria
Heads Up Concussion Info for Athletes and Parents Carvers Prices ABCs

Trail Work Day(s)

Anyone willing to coordinate? Friends of Breck Trails - Sat, July 23, Chantilly to Betty's.

Shop Night at Carvers

Hopefully...tentatively scheduled for Thursday, Aug 11, 6-8pm. Thad is still offering the team 20% off tunes and parts through Oct 31. He is also offering FREE bike fits - call the shop to schedule avoiding August 13-19 during the Breck Epic.

Leftover Team Apparel (2022 prices may differ.)

Verge Sport jerseys - \$70/79.

Primal shorts – women's lycra \$90.

Custom Ink tees - \$18, hoodies - \$32/42.

Sponsors

Breckenridge Associates Carvers Downstairs at Eric's Empire Burger
Peak-A-Boo Toys Summit Realtors Cornerstone Real Estate Moving Mountains
Centura Health

Other Resources

Website: coloradomtb.org

Facebook: facebook.com/SummitTigersMountainBikeTeam

Instagram: Instagram.com/summithighmtb