



# McQueen Knightriders Handbook

## About McQueen Nightriders Team

### **Vision**

To grow a happy, cohesive, physically and mentally strong team that loves to mountain bike.

### **Mission**

The team's mission is to provide student-athletes the coaching, support and camaraderie to help them achieve both competitive and noncompetitive cross-country mountain bike goals safely and enjoyably.

### **Philosophy**

Our team philosophy is safety first and our central goal is for student-athletes to develop a STRONG BODY, MIND AND CHARACTER through mountain biking. We believe in developing each athlete to learn to love a life sport through growing their efficacy as a competitive and recreational cyclist, which includes proper bike maintenance, nutrition, mental toughness and physical endurance.

Our goal is to help young people grow and thrive through sport and become the best versions of themselves so they can leave our program and change the world for the better. Sport and competition are awesome and we will develop a community on and off our bikes.

### **Team Overview**

#### **Training:**

During practices, athletes will ride in small assigned groups (6-8 riders) based on skills, ability and stamina. These groups will be fluid for the first few weeks of practice and will become mostly set after the first NICA race. Athletes may move between groups



depending on individual circumstances and coach recommendations. Due to the availability of coaches, the team may put small groups together for the supervision and safety of riders.

**Requirements:** Athletes need to mark their availability in TeamSnap by noon on the day of practice as this allows coaches to plan practices accordingly. Athletes must have a properly maintained and working bike. The athlete must come to practice ready to ride: wearing a McQueen jersey (2023 or 2024, the blue and pink jerseys), on time, functioning bike, helmet, gloves, eyewear, lights (when appropriate), McQueen issued windbreaker (as needed), basic tools (to fix a flat) and plenty of water.

### **Adventure Rides:**

During adventure rides, athletes will ride in assigned groups based on skills, ability, and stamina. Riders must bring appropriate nutrition, water, and safety gear as highlighted in the ride description in Team Snap. Failure to bring the appropriate items may result in the athlete not being able to participate. Riders must mark availability for adventure rides at least 24 hours in advance in Team Snap.

## **How to get involved**

Without parent volunteers, this team cannot operate properly. We often have volunteer positions available that include social media management, medical, team administration, food coordinator, and gear management. If you would like to be a coach, please email the Head Coach at [headcoach@mcqueenmtb.org](mailto:headcoach@mcqueenmtb.org).

In addition, we ask all parents of racers to volunteer at least twice per season - once at our home race of the season and one additional race of your choosing. The volunteer opportunities are fun and easy opportunities to get involved and help ensure we can deliver on quality race experiences for our team. We will send out sign-ups in advance of each race. No experience is necessary and many volunteer opportunities do not require a mountain bike.

## **Team Fees**

For the 2025 season, all riders will have a \$100 team fee. This fee goes towards safety needs and equipment, food for races, and training equipment and materials. Team fees can be paid through TeamSnap. If you would like an alternative form of payment please email the Team Director for options.



In addition, NICA requires \$370 NICA/Nevada League fee (\$355 if paid before June 2nd). This fee covers the full season of participation including NICA National and League Registration, Rider and Coach insurance for races and practices, and ALL RACES! NICA fees and registration can be completed on NICA's Pitzone Website. An invitation must be sent to you via email by the Knightriders team administration.

## Fundraising, Sponsorship & Grants

To help offset the cost of running the team and to help ensure financials do not limit rider participation, we conduct fundraising efforts each season. These may include fundraising activities, sponsorships, etc. If you or someone you know would like to donate please reach out to Lizzie Dalton at [lizzie@mcqueenmtb.org](mailto:lizzie@mcqueenmtb.org)

## Student Leadership

To help support our riders holistically and to develop key leadership skills in our riders, we have created a student leadership team. This is open to all interested high schoolers. The student leadership team gives riders a voice in different aspects of the team. Through participation, riders will develop key skills, such as:

- **Perseverance:** Athletes and leaders alike need to adapt to changes and persevere through challenging situations to achieve their goals. Just as riders practice this skill on the mountain bike, our student leaders will practice how to overcome twists and turns in planning and executing key aspects of the team.
- **Communication:** Communication skills are critical to thrive in a variety of contexts. Strong communicators can make connections, advocate for themselves and others, and express the complexity of their ideas. This is a key component of being a leader and something we will practice regularly.
- **Collaboration:** The ability to work together in collaborative settings is key to unlocking our leadership potential. Our student leaders will work together to plan and execute activities to develop the Knightrider team.
- **Problem Solving:** Problem solving as a leader requires you to represent the interests of the individual and the collective, think outside the box, and develop strategies to address problems head-on. Our student leaders will take an active role in helping to identify opportunities and solve problems for the good of the team.

This is a great opportunity to develop leadership skills while bolstering their college and career resume. If you are a high school rider and are interested in joining the student leadership team, please reach out to headcoach[@mcqueenmtb.org](mailto:@mcqueenmtb.org) or [teamdirector@mcqueenmtb.org](mailto:teamdirector@mcqueenmtb.org).



## Know someone who wants to join?

One of our and NICA's goals is to get more kids on bikes. If you know someone who may be interested in joining the team, either recreationally or competitively, please encourage them to check out our website at [mcqueenmtb.org/](http://mcqueenmtb.org/) and connect them to our Team Director, Dan Sands, for more information ([dan@mcqueenmtb.org](mailto:dan@mcqueenmtb.org)).

## Team Leadership

HEAD COACH	Megan Beckam <a href="mailto:headcoach@mcqueenmtb.org">headcoach@mcqueenmtb.org</a>
TEAM DIRECTOR	Dan Sands <a href="mailto:dan@mcqueenmtb.org">dan@mcqueenmtb.org</a>
BOARD MEMBERS	SEE WEBSITE
COMMITTEE LEADS	SEE WEBSITE



# NICA Student-Athlete Code of Conduct



## Student-Athlete Code Of Conduct

Welcome to the NICA community! As a representative of the community, student-athletes and parents/caregivers agree to follow this code of conduct to maintain a culture of safety, responsibility and respect.

Parents and guardians are asked to review and agree to the code of conduct with their children during the registration process.

Be Safe	<ul style="list-style-type: none"> <li>• Always wear a helmet</li> <li>• Be prepared with additional safety gear: gloves, glasses, and extra clothes to match the weather</li> <li>• Be prepared with a working bike and perform an ABCDE bike check (Air, Brakes, Chain, Derailleur, Everything Else)</li> <li>• Ride within your limits</li> <li>• Ride with someone else in isolated areas</li> <li>• Never use any performance enhancing drug described in the NICA Handbook: <a href="https://www.nationalmtb.org/blog/wp-content/uploads/NICA-Handbook.pdf">https://www.nationalmtb.org/blog/wp-content/uploads/NICA-Handbook.pdf</a></li> <li>• Plan ahead and let your family or caregivers know where you are going and when you plan to return</li> <li>• Avoid contact with wildlife</li> <li>• Understand the dangers of the native plants and avoid poisonous plants, stay on the trail</li> </ul>
Be Responsible	<ul style="list-style-type: none"> <li>• Be prepared with the water, food, and clothing that you need to complete the ride</li> <li>• Come to practice with a clean and well-maintained bike</li> <li>• Be accountable for your actions and choices</li> <li>• Never consume alcohol or use any illegal drugs</li> <li>• Ride only on designated and legal trails and routes</li> <li>• Follow additional rules that may be associated with team's school or league affiliations</li> </ul>



Be Respectful	<ul style="list-style-type: none"> <li>• Respect coaches, teammates, competitors, trail users and other community members <ul style="list-style-type: none"> <li>○ Treat everyone with dignity and respect</li> <li>○ Avoid language and actions that may be perceived as bullying or harassment.</li> <li>○ Be inclusive and welcoming to new athletes, coaches, competitors, and other trail users</li> <li>○ Use appropriate language</li> </ul> </li> <li>• Move aside to allow others to pass you safely.</li> <li>• Announce your passing, intention, and specify the passing side.</li> <li>• Do your best when racing or riding your bike.</li> <li>• Ride with courtesy at races, at practice, and in the community.</li> <li>• Seek consent before touching, hugging and otherwise embracing teammates and coaches.</li> <li>• Slow down when approaching other trail users</li> <li>• Provide right of way to pedestrians and equestrians and stop and ask for passing instructions from equestrians.</li> <li>• Leave no trace or trash on the trail.</li> <li>• Ride on trails when the weather and surface conditions will not cause damage.</li> <li>• Perform trail maintenance on trails only with full permission and permits from the land owner/manager</li> </ul>
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Coaches, parents, and families are expected to demonstrate respect for the person and decisions of league and team officials regarding the sporting behavior of student-athletes, themselves, and other league officials. A failure to exhibit respectful behavior may result in restrictions imposed on the parent, coach, or a student-athlete's participation in the Team and League.

Coaches, parents, and families are expected to display mature and positive behavior during every event and all interactions with student-athletes, other parents, other coaches, and League officials. Coaches, parents, and families are role models for student-athletes and must demonstrate a fair and calm response in the face of protests, complaints, or emergencies. Coaches, parents, and families are expected to be focused on helping student-athletes develop positive character traits, learn life lessons, and grow into healthy young adults. While the team welcomes diverse perspectives, we expect support for all team rules and expectations.

NICA Races are designed for both new and experienced riders with courses similar to cross-country style running events and safety as the #1 priority. To ensure your student athlete is ready to participate in a race they need to have attended at least 50% of the practices within the four weeks prior to the race. If a rider needs special consideration, please email the Headcoach to ask about two potential Strava substitute practices (2 per season maximum).



During Race Days riders are expected to warm up with their team under the supervision of a coach and conduct themselves in accordance with all NICA rules and regulations. Talk with the head coach if you would like to warm up using your trainer before races. Remember, when you have a McQueen Knightriders jersey on you represent yourself, your family, your team, your sport, and your sponsors- be kind, courteous, respectful, and professional in every instance.

Sierra Vista is our home trail system. Please follow all posted rules in the park and encourage other park users to do so as well.

## Sequence of Support

The NICA Code of conduct is a starting point and we will be creating additional team expectations to support the building of strong minds, bodies, character, and our biking community.

We expect student-athletes to follow the NICA Code of Conduct and the additional team expectations at all times, however, student-athletes are growing and learning and may not live up to all expectations at all times. To ensure the team maintains a culture of safety, responsibility and respect, we utilize a progressive sequence of support. These support measures include

- Coaches talking with student-athletes about specific behaviors/safety issues
- Coaches reaching out to parents and families about repeated issues
- Conferences with coaches, parents, and student-athletes to address repeated issues

We take safety, responsibility, and respect seriously and the consequences of repeated issues may include

- Removal from team activities (practice, adventure rides, events, etc.) for a period of time
- Removal from League activities

I acknowledge I have received, read, and agree to follow the McQueen Knightrider's Code of Conduct.

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Rider's Printed Name and Signature

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Date

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Parent/Guardian's Printed Name and Signature

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Date