

2024 Pre-Season Parent/Rider Meeting

Stargate MTB
28 March 2024



Available this evening to provide information are some of the people who handle team planning and operations

Head Coach

Rick Koo



Team Director

Tonya Loveday-Ward



Director of Training and Racing

Chris Memelink



Treasurer

Christine Best



Volunteer and Race Logistics

Tamra Carter



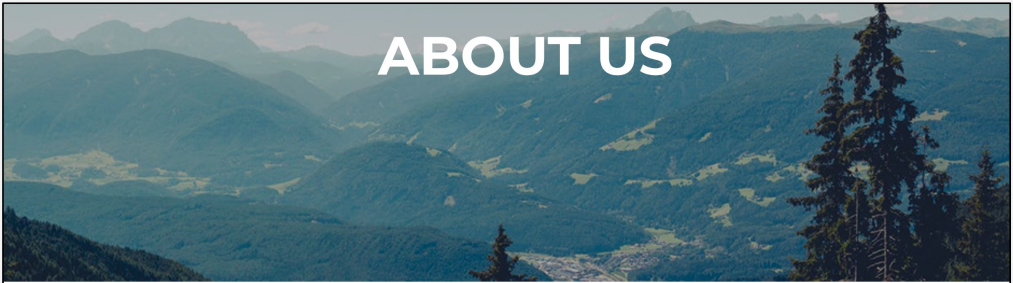
2024 will cap Stargate MTB's first decade as a team dedicated to fun on bikes for everyone

Background


- In our 10th year as part of the Colorado High School Cycling League
- Began as a composite team
- Strong continuity and commitment to training among coaching staff
- Riders span recreational to race orientations

Key Elements of the Mission:

- Safe
- All-inclusive / All Levels
- A Fun-First Place to Develop Skills



ABOUT US



OUR MISSION

To foster a safe and all-inclusive space for high school students to learn the sport of mountain biking. The Stargate MTB Team offers a, fun first, place to develop both recreational and competitive cross country mountain biking skills. We support riders of all levels to enjoy the trails in this lifelong sport.



Source: Stargate MTB website, <https://sgmtb.com/about/>.

The team is fortunate to have developed a deep roster of experienced coaches

Name	Role	Planned 2024 Level	Coaching Tenure (Years)
Aaron Baxter	Coach	1/2	Incoming
Christine Best	Coach	2	3
Mike Best	Coach	2	3
Clay Bush	Coach	2	7
Rick Koo	Head Coach	3	2
Chris Memelink	Director of Training and Racing	2	3
Jeff Mueller	Coach	2	1
Tim Moore	Coach	2	7
Kristin Seger	Coach (Head Coach Emeritus)	3	9
Andi Setiyadi	Coach	2	6
Tonya Ward	Team Director	2	4
Dave Ward	Coach	2	4



Our coaches commit to significant training to carry out their role and keep riders safe

LEVEL 1	ANNUAL	EVERY TWO YEARS
	Background Check Concussion Training	Protecting Students from Abuse Bullying, Hazing, and Inappropriate Behaviors Mental Health and Suicide Prevention Positive Youth Development
LEVEL 2	ONE TIME REQUIREMENTS	EVERY TWO YEARS
	Mountain Bike Coaching (MBC) - Basic Skills 3 Professional Development Units (PDUs) 20 Field Hours	CPR* Wilderness First Aid - 16-hours*
LEVEL 3	ONE TIME REQUIREMENTS	EVERY FOUR YEARS
	6 Professional Development Units (PDUs) 40 Field Hours	Level 3 Exam
LICENSE LEVEL MAINTENANCE	ANNUAL	EVERY TWO YEARS
	Background Check Concussion Training Complete Expired Requirements	Level 2 - 2 Continuing Education Units (CEUs) Level 3 - 4 Continuing Education Units (CEUs)

*IMPORTANT NOTE: CPR & WFA must include an in-person practicum. Hybrid courses are accepted.



The Stargate team operations philosophy for 2024 will be directed at meeting riders' goals

- | **We will provide the support for riders to meet their individual goals**
 - **Knowledge and guidance** to develop MTB and racing skills
 - **Training opportunities** to develop fitness
 - **Structure** to ensure reasonable/consistent expectations, predictable outcomes

- | **Training includes entire-team and smaller group sessions to meet multiple objectives**
 - Build camaraderie and learn from one another
 - Allow riders the room to push themselves and each other in smaller groups
 - Give coaches flexibility to tailor workouts to rider improvement or down periods
 - Avoid overcrowding practice venues

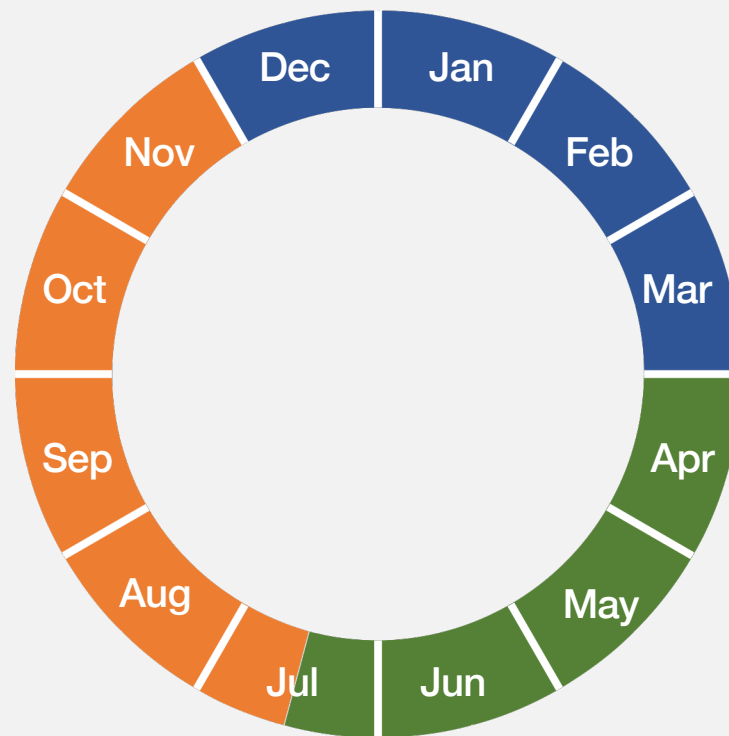
- | **Available but not mandatory, are opportunities for healthy competition through racing**
 - Colorado High School League (our core race schedule)
 - Yeti Beti Bike Bash
 - Sunrise to Sunset



It's not too early in the year to start thinking about goals – and what it will take to achieve them

Regular Season

- Jul 15 – Nov 30
- League racing Aug - Oct
- **Peak training intensity, tapering before races**



Off-Season

- Dec 1 – Mar 31
- No organized team rides and races
- No regular meetings at school that organize activities for off-season training and racing
- **All riders should try to stay active, those with competition goals should build base aerobic fitness**

Pre-Season

- Apr 1 – Jul 14
- Limited to 8 team activities preapproved by league director
- Team race events allowed
- **Riders need to be training consistent with season goals**



2024 Season Practice Schedule (Tentative)

	Non-Race Week							Race Week						
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Workout		All-team Z2 Ride	Gym or Skills	Z4 Ride		XC Ride		Tempo Z3 Ride	Z4 Ride	Gym or Skills	Taper Ride	Course Pre-ride Race		
Time		1730 1900	1530 1630	1730 1900		0900 1200		1730 1900	1730 1900	1530 1630	1730 1900	Pre-ride ~1500 Race day ~0730-1700		

Practice Venues

Distance

Gravel ride from Anthem
Dirty Bismark etc.

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Intensity

Erie Singletrack / Sunset East
Teller Farm

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Gym / Bike Skills

Stargate Gym
Bike Skills location TBD



2024 League Race Series Schedule

Race 1 Frisco		Race 2 Steamboat Springs		Race 3 Eagle		Race 4 Fruita		State Championship Glenwood Springs		
Friday Aug 23	Saturday Aug 24	Saturday Sep 7	Sunday Sep 8	Friday Sep 20	Saturday Sep 21	Saturday Oct 5	Sunday Oct 6	Friday Oct 18	Saturday Oct 19	Sunday Oct 20
Pre-ride	Race	Pre-ride	Race	Pre-ride	Race	Pre-ride	Race	Pre-ride	Race	Race

- We welcome every team member to race, but have practice attendance minimums for safety
- Races are every two weeks, alternating Sat/Sun, beginning in late August
- For Saturday races, students will be excused from school at Noon on Friday
- Racecourse pre-ride is also available early morning before races



Rider Expectations and Opportunities

| Expectations

- Define YOUR goals – consider what success looks like for you, what you'd like to get from this team experience, and have open discussions with the coaching staff
- Be self-aware and represent the team positively
- Respect and support your teammates, be on time for practice
- Maintain academic eligibility
- Bring concerns – and ideas – to the head coach

| Opportunities

- Pre-season fitness: publicize when you're interested in riding (non-team activities)
- Start considering your season goals now
- Fundraise to help your family and team with the financial aspects of participation
- Try to attend team pre-season activities (n.b. Girls Love Dirt Clinic May 4th, Morrison)



Parent/Guardian Expectations and Opportunities

| **Expectations**

- Ensure your rider has timely transportation to/from practice
- Volunteer at races – both for the team and league
- Help keep your rider accountable for fundraising
- Bring concerns to the head coach – but first consider if your rider would be the more appropriate one to do so

| **Opportunities**

- Carpooling
- The team always needs help – please ask, offer, or just jump in
- Become a coach!



Cost and Financial Accessibility Resources

| Fixed Costs of Participation

Stargate Team Registration (not through school)	\$225 new rider \$175 returning rider
Stargate Team Per-Rider Fundraising Requirement	\$250 – due Aug 1 st
Colorado League Registration	\$170
Race Fees	\$260 – bundled series discount \$75 – state championship (if applicable)

(Additional costs may include bike, rack, helmet, team kit (jersey minimum), other gear, and travel and hotel)

| Resources

- Fundraising – can help us contain registration costs, fund team dinners at races, etc.
- Team and league scholarships
- Team loaner bikes
- Good news: bikes are not only available again, but on sale!
- League discounts:



...and others



Thanks for your interest – We hope Stargate MTB is a fit for you!

| More information:

- sgmtb.com (registration steps and contact form)
- coloradomtb.org (league information)

| Other questions?

- richardpkoo@gmail.com (Head Coach)
- tonya@whitemountainmedical.com (Team Director)

| To register:

sgmtb.com/register

