



Board, Coach & Head Ride Leader Meeting Agenda

The meeting was called to order at 7:35 pm at Angela Bedell's home.

Director's present: Angela Bedell, Josh Bunting, and Tammy Johnston

Directors Absent: Tamara Hinckley

Guest: Jenn Miya (assistant coach), and Head Ride Leaders: Matt & Krissa Reinbold, Burke Bradshaw, Traci Vaughn-Grutta, and Elliot Miya

Director Reports

Treasurer's Report – Angela Bedell (in place of Tamara Hinckley)

The 2021 profit & loss statement was presented and briefly reviewed.

The 2022 budget was presented and approved.

Team Jersey Design - Angela Bedell

The new jersey for 2022 was presented.

Angela offered some options for the 2022 mechanic shirt, everyone agreed they'd prefer a shirt that is more simple rather than one that matches/coordinates with the jersey. They will get more use out of it. It was suggested we go with either a black or navy background, and some sort of design like stripes or plaid in the colors from the new jersey. Let DNA give it a shot, if we don't like it, Josh can come up with an alternative.

Angela discussed the new options of freeride tops & baggie bottoms as an alternative to lycra. It would help those with body image issues feel more comfortable, and allow more use and wear. It was suggested by someone that we get fit kits for the new clothing items, the CCHS freeride tops from last year were too big.

Team Culture – Josh Bunting

Josh presented his ideas for team culture/character development through weekly focuses on attitudes, values & goals. It would be something short that ride leaders could present while on a break each week. Josh will work towards writing up a draft.

It was suggested by someone that we tie the weekly theme to the Biking Viking Challenges, and/or save the nominations for post-race awards of end of season awards. (Some way to award kids for exhibiting the desired behaviors.)

Some of the issues with behaviors last year were briefly discussed, it was suggested that we take a look at our team rules and find ways to apply them both on AND off the bike. (Include more general conduct rules). And then when there is an infraction, we can refer back to those rules.

Someone also suggested goal setting. This is something to think about for the future - find ways to help the athletes set & attain goals.

Discuss Head Ride Leader role - Angela Bedell

-Lead a color tier in our absence.

-4 Color Tiers for 2022: Navy, Silver, White, and Teal)

-It was decided time is too short to gather/instruct prior to practice. If this isn't working, then possibly just Tuesdays. Josh suggested we add the daily workout/skill and team culture focus to the teamsnap calendar for easy access.)

-Assist coaches in taking attendance

-Attend OTB 101 (even if you're already certified)

-Assist coaches @ Skills & Time Trials

-Help train new ride leaders (paired up)

-Help establish team culture & character development

-Special projects: GRiT coach, <Social Media=Traci Vaughn-Grutta>, <Team

Captains=Reinolds>, other? (No females present had daughters on the 2022 team, so GRiT would be best as a parent this year).

BRAINSTORM SESSION

2021 Year Review – Angela asked the group: what went well? What could we improve on? Here was the feedback:

**Ride Leader Trainings: IN PERSON this year. Much more effective. And more than 1. Meeting more often helps ride leaders learn how to be more effective. Ideas for meetings: pre-season, another once we have a week or two under our belts to answer questions, another late July when we start workouts, another early Aug for new ride leaders who can do evenings but couldn't do mornings, etc.

-Ride Leader skills trainings are super helpful. Check with Simply MTB to see if they'd like to do this again.

-Possibly hold an evening ride before practices start for ride leaders to show them alternative options in the lower canyons besides the fire road. (Burke Bradshaw came up with this idea, and might be a good resource for this).

-Ride leaders need to know the trails better. This is one of the hardest things for new ride leaders, not knowing the trail system well. Possibly go over the map at the training, show what trails are off limits and what trails are allowed. And show other options.

-@ trainings, teach them how to sync teamsnap to their google/apple/etc. calendars

**Loved the post-practice breakfasts and snacks. Such a good opportunity for the kids to mingle.

**Parties at Bowens were awesome.

Kids/Ride Leaders arriving late is a big issue. Sometimes not rolling out until 6:45/6:50 . . . just too short when we only have a 90 minute practice. It was suggested the time on teamsnap actually say 6:25. Practice STARTS at 6:30, i.e., groups can start leaving between 6:30-6:35. Arrive BY 6:25 at the latest for attendance and grouping. **Important to message this to parents at the info meeting – kids will be left if they aren't on time. They can do their own ride and hope to find a group, but are not under our supervision. Once they are left behind they'll figure it out. **Also message to ride leaders at our trainings.** (Especially important for ride leaders - Kids can be left if they are late, they'll get the picture. But we can't start practice when we don't have enough ride leaders aren't there!)

**The canyon is crowded. Especially when other schools are there. It was suggested we start white & teal at little valley for the first month - it's a great place to learn skills and they don't have to tackle the fire road. Will get more time riding, less taking breaks.

-Cons: most kids ride their bikes to practice. It will be difficult to get kids there by 6:25am.

-Alternative: hold the first few evening practices (trail skills) before school is out there, switch to DPMS for mornings.

**Adventure Saturdays. Once a month, we do an optional ride somewhere outside of corner canyon. Eagle Mountain, Round Valley, etc. It was suggested we make these "no drop fun rides" within the color tiers. (All navy rides together, etc.) We will have much smaller numbers on a saturday. This would give the kids a chance to explore new trails, terrains, skills, etc. while also getting to know other kids they don't normally ride with.

**Warm-ups pre-race. Should be led by a ride leader. Or maybe we can train the team captains or other kids well enough to lead?

-Is it possible to find out where the warm-up area is the night before? So we can be more prepared in the mad rush of the race-day morning?

-We need to have clear times set:

Time: arrive @ race (parking lot) (then get to pitzone, get race plates, etc.)

Time: wave meeting & cheer

Time: warm-up together with a ride leader

Time: arrive @ staging

-The intermediate/advanced racers may need longer warm-up times than the beginning kids

Angela concluded the discussion.

The meeting was adjourned at 9:14pm.