



# 2025 TEAM INFO MEETING

## PROVO MTB CYCLING CLUB



# HIGH SCHOOL MTB RACING

**NICA - NATIONAL INTERSCHOLASTIC CYCLING ASSOCIATION**  
([NATIONALMTB.ORG](http://NATIONALMTB.ORG), [UTAHMTB.ORG](http://UTAHMTB.ORG))

[video](#)

**PROVO MTB CYCLING CLUB, INC.**

([WWW.PROVOMTB.COM](http://WWW.PROVOMTB.COM), FACEBOOK & INSTAGRAM: @PROVOMTB)



**ONE TEAM**

**TEAMS PER NICA ORGANIZATION:**

HIGH SCHOOL: **TIMVIEW**, **PROVO COMPOSITE** (ALL PROVO AREA HIGH SCHOOL)

MIDDLE SCHOOL: **JR. DEVO** (ALL PROVO AREA MIDDLE SCHOOLS)

# MEET THE LEADERSHIP

**Bryan Gillespie**  
Head Coach



**Melissa Blake**  
Dir. Info. & Sponsorship



**Alex Knudsen**  
Dir. Trail Advocacy & Skills



**Tina Robertson**  
Dir. Food & Hospitality



**Brigham Frandsen**  
Dir. Team Administration



**David Squire**  
Dir. Secretary/Treasurer



**Brant Christensen**  
Dir. Race Day Operations





# EQUIPMENT

## REQUIRED:

- WORKING MOUNTAIN BIKE (BRAKES & GEARS)
- HELMET – CYCLING SPECIFIC
- A WAY TO CARRY WATER: WATER BOTTLE OR HYDRATION PACK

## STRONGLY RECOMMENDED:

- GLOVES, GLASSES, EXTRA TUBE, MULTI-TOOL

## DRESS FOR BIKE RIDING & WEATHER

## TEAM KIT & SWAG (INCLUDED WITH TEAM FEE)

- KIT OPTIONS (VOLT CYCLE WEAR)
  1. XC RACE, JERSEY, BIBS OR SHORTS, 1 PAIR SOCKS  
OR
  2. ENDURO JERSEY & SHORTS, 1 PAIR SOCKS
- SWAG: T-SHIRT, HAT, OTHER TBD ITEMS

## RESPONSIBLE FOR PERSONAL BIKE MAINTENANCE







# K I T S 2 0 2 5





# PRACTICE

**APRIL - MAY:** SKILLS CLINICS, BIKE FITS, TRAIL WORK, FUN RIDES

**JUNE – OCTOBER:** MON. & THUR. 6-8 PM, SAT. 8-10 AM (EVERY OTHER SAT.)

**LOCATIONS:** PROVO CANYON, OREM BENCH, PROVO BENCH,  
SOUTH FORK, PLEASANT GROVE BENCH, PAYSON CANYON, ETC.



**ALL SKILL LEVELS WELCOME - RIDE GROUPS**



# PARENT/ADULT HELP

TEAM IS ORGANIZED AND FUNCTIONS WITH VOLUNTEERS

1. AT PRACTICE: RIDE WITH TEAM
2. AT RACES: TRAILER, SETUP, FOOD, FEED ZONE, COACH ZONE, SCHEDULE BOARD, ETC.
3. OTHER: WEBSITE, SOCIAL MEDIA, SPONSORSHIP, TEAM SWAG, TRAIL WORK, PICTURES, ETC.

WE NEED YOU WE NEED YOU WE NEED YOU WE NEED YOU





# PARENTS/ADULTS RIDE WITH THE TEAM

- PITZONE REGISTRATION + LEVEL 1 COACH
- LEVEL 1 COACH: BACKGROUND CHECK, 3-4 ONLINE TRAININGS
- RIDER/COACH RATIO: 6/1 (REQUIRED AT EVERY PRACTICE)
- LEVEL 2 & 3 COACH: **RIDE GROUP LEADERS**
- FREE TRAINING FROM TEAM AND LEAGUE
- **WE NEED YOU!**





# GRIT

PROVO MTB IS AN INCLUSIVE TEAM:

**WE ARE BETTER WHEN WE ARE DIVERSE!**

WE SUPPORT EACH OTHER AND WE'RE IN IT TOGETHER.

TEAM WAS 28% GIRLS IN 2024



**GIRLS RIDING TOGETHER**



BEGINNER RIDE GROUPS FOCUSED ON FUN AND SKILL-BUILDING.

**WE ALSO NEED PARENTS AND COACHES EXCITED ABOUT BUILDING A DIVERSE TEAM!**



# TEAM COMMUNICATION

RESPECT, INCLUSION, ENCOURAGE, SUPPORT, GOOD LANGUAGE, ETC.

> ONLY GOOD VIBES < (TEAM MOTTO)

**TEAM SNAP:** (PRIMARY TEAM COMMUNICATION TOOL)

- PARENT & RIDER CONTACT INFO
- TEAM CALENDAR, PRACTICE LOCATIONS, MAPS
- CHAT & MESSAGING (INDIVIDUAL & TEAM)

# RIDER COMMITMENT

ATTEND 80% +/-, ESPECIALLY EARLY SEASON

IT'S HARD (AT FIRST) BUT YOU CAN DO IT!

“CAN DO” ATTITUDE

ENDURANCE SPORT: COMMITMENT = OUTCOME





# RACES

**UTAH LEAGUE:** SIX REGIONS. WE ARE IN REGION 4

## **LOCATIONS:**

1. SOLDIER HOLLOW - AUGUST 23
2. PRICE – SEPTEMBER 6
3. VERNAL – SEPTEMBER 20
4. EAGLE MOUNTAIN (HS ONLY) – OCTOBER 4
5. STATE CHAMPS: CEDAR CITY (HS ONLY) – OCTOBER 17-18

## **CATEGORIES:** (BOYS & GIRLS)

MIDDLE SCHOOL: BEGINNER, INTERMEDIATE, ADVANCED (3 RACES)

HIGH SCHOOL: FRESH A/B/C, JV A/B/C/D/E, VARSITY, 1 LAP (4-5 RACES)

## **POINT SERIES:** (HIGH SCHOOL ONLY)

INDIVIDUAL POINT SERIES - DETERMINES STATE QUALIFICATION\*

TEAM POINTS SERIES: DIVISIONS (D1, D2, D3) BY TEAM SIZE

STATE QUALIFICATION: SEE LEAGUE WEB SITE: [WWW.UTAHMTB.ORG/RACE](http://WWW.UTAHMTB.ORG/RACE)

\* NOT ALL CATEGORIES COMPETE AT STATE

**RACE DAY PREP. INFO MEETING (AUG. 11)**





# TEAM SPONSORSHIP

BRING A SPONSOR, 20% OF VALUE CREDITED TOWARD TEAM FEE  
TO BE ON TEAM KIT, SPONSOR DEADLINE: APRIL 30, 2025





# HOW TO JOIN

## RIDER REGISTRATION (150 RIDER LIMIT)

1. **PROVOMTB.COM**, CLICK JOIN, COMPLETE REG. FORM, CLICK SUBMIT
2. CLICK LINK TO TEAM STORE, TEAM STORE ORDERING INSTRUCTIONS ONLINE
3. PAY TEAM FEE BY VENMO (@PROVOMTB) OR CHECK TO: PROVO MTB
4. ONCE TEAM FEE IS PAID, WE WILL EMAIL YOU:
  - a. LEAGUE REGISTRATION INVITE (PITZONE)
  - b. TEAMSNAAP INVITE (IF NOT ALREADY IN SYSTEM)
5. COMPLETE LEAGUE REGISTRATION & PAY LEAGUE FEE

## PARENT/COACH REGISTRATION

1. **PROVOMTB.COM**, CLICK JOIN, COMPLETE REGISTRATION FORM
2. WE WILL EMAIL YOU:
  - a) LEAGUE REGISTRATION INVITE
  - b) TEAMSNAAP INVITE (IF NOT ALREADY IN SYSTEM)
3. COMPLETE LEAGUE REGISTRATION & PAY LEAGUE COACH FEE.
4. COMPLETE ONLINE TRAININGS TO BECOME LEVEL 1 COACH.

### LEAGUE FEE:

(Includes registration to all races, insurance, league overhead, etc.)

High School Rider: \$390

Middle School Rider: \$320

Coach: \$25 + background check

### TEAM FEE:

Rider: \$250

(Includes team uniform, swag, food/snacks at races for rider and family, 60+ team activities)

Coach: \$0

### ASSISTANCE WITH FEES:

- League fee: League has payment plans and scholarships
- Team fee: contact coach Bryan G., Melissa B., or David S.

### BIKE LOANER PROGRAM:

- KONA Donated Bikes (8 bikes)
- Use for seasons
- Contact David Squire

**TEAM  
REGISTRATION  
APRIL 14 - 30 , 2025**



# CALENDAR & IMPORTANT DATES

**APRIL 14:** TEAM SOCIAL, KIT FIT, 7:00-8:30PM, KILN PROVO: THEATER ROOM

**APRIL 14:** REGISTRATION OPENS

**APRIL 21:** BIKE FIT/BIKE READY CLINIC, 6:00PM, HANGAR 15, OREM

**APRIL 24** TRAIL WORK, 6:00PM, LOCATION: TBD

**APRIL 28:** SKILLS CLINIC, 6:00PM, TIMPANOGOS PARK

**APRIL 30:** REGISTRATION CLOSES

**MAY 5:** SKILLS CLINIC, 6:00PM, TIMPANOGOS PARK

**MAY 12:** SKILLS CLINIC, 6:00PM, ROCK CANYON PARK

**MAY 15: SKILLS ASSESSMENT,** (MANDATORY FOR NEW RIDERS OR RIDER GROUP CHANGES)

**MAY 19:** TRAIL WORK, LOCATION: TBD

**MAY 29:** FUN RIDE 6:00PM, DEER CREEK DAM





# QUESTIONS?

