



2004 – 2005

**BERKELEY HIGH SCHOOL
CROSS-COUNTRY MOUNTAIN
BIKE RACING TEAM**

Now in its seventh year, the Berkeley High School Mountain Bike Team (BHS Team) is now a fully developed athletic program. Although the BHS Team still has "club" status, it operates much like any sport at Berkeley High. And as with any sport, joining the team is a serious commitment. Members must commit to three practices a week from early December through the first week of May, six races in the spring, and all team meetings.

Why commit? The BHS Team has much to offer: as a team we learn skills quickly, receive valuable coaching, and drive each other to achieve. We set goals and work collaboratively to not only attain these goals, but to also develop a wide range of valuable skills. When you ride with a team, it makes training seem like fun instead of hard work, the improvement comes quickly and steadily and soon after that – your racing results vastly improve. Since its first year, BHS Team members have had many impressive race victories as well as many extremely enjoyable riding experiences. But what's more important is that this team is about setting high goals, improving your skills, and achieving your personal best.

The BHS Team is a cross-country mountain bike team, a specific form of cycling which is set apart from road riding, downhill racing, dual slalom, trials, BMX, cyclo-cross, and track racing. Cross-country mountain biking includes the broadest range of skills and team members often bring with them backgrounds and skills gained from the other sports. For the greater good of the team and high school racing, this team's activities are focused upon preparing for and racing at cross-country mountain biking events only.

The coaching staff's highest goal is to provide students that have the desire to mountain bike the direction and camaraderie that will help them achieve both competitive success and personal development in a safe and enjoyable manner.

The coaching staff and I welcome you to a new year and a new team, please read through all of the requirements and important dates. If you are not sure about the commitments or any of the requirements, please either stop by Mr. Fritz's classroom or contact me directly so we can talk about your situation. Also, if you are in need of equipment or a bike, please let us know as soon as possible.

We are looking forward to the rides and to getting to know the new team members.

Happy Trails,

Mr. Fritz
Team Director

Austin McNerny "Bobo"
Head Coach

IMPORTANT DATES:

- Parent Meeting: Tuesday, November 16th, 7:00 PM. Room H114
- First practice: Tuesday, November 30th
- Riding Camps February 5th/6th and 12th/13th
- First competition: Mid-February / Last Competition: Early May

ALL TEAM MEMBERS ARE REQUIRED TO:

- Get a physical (make your appointment immediately)
- Fill out the Sign-Up Form
- Get the release forms filled out and signed by your parents
- Get your bike and equipment checked off by one of the coaches
- Attend the team rules meeting and the team safety meeting

REQUIRED EQUIPMENT:

- Snell approved helmet (most helmets are snell approved)
- Flashing red light for use on bike
- Mountain bike (only front suspension is recommended)
- Click in pedals are recommended for both safety and efficiency
- Gloves and eye protection (recommend generic sport glasses under \$10)
- Cycling shorts (lycra or baggy)
- One team uniform (jersey and shorts)
- Wind breaker, leg warmers, and arm warmers

FALL TEAM MEETINGS:

- Meetings will be held in H114, usually at lunch, 11:40-12:10.

TENTATIVE PRACTICE SCHEDULE:

- Tuesday and Thursday: 4:15 PM or earlier if possible at Live Oak Park
- Sunday: 10:00 AM at various locations

DUES:

- Team dues are \$250 per year (\$125 due November 21st / \$125 due March 3rd)
- Team dues pay our coaches for their work
- We have scholarships available for those who cannot afford the dues

WEBSITES:

- Team Website is www.bhscycling.org (temporarily users.lmi.net/fritz/bhsracing)
- League website: www.norcalmtb.org

TEAM SPONSORS:

- Trek Bicycles (large discount for bike purchases) - www.trekbikes.com/
- Missing Link Bicycle Cooperative (discount on retail purchases) - www.missinglink.org/
- Voler (discounted team jerseys and clothing) - www.velowear.com/
- Kodama-Diseno Architects, Shen Hua Chinese Restaurant, Rue Haute Realty, David Finn Architects, Focal Point Optics, Law Offices of Kenneth Frucht, Extreme Pizza, and Strategic Economics (all provide financial support to the team)

We thank our sponsors and encourage you and your families to patronize them