

***Berkeley Public Education Foundation
Classroom Grant Application (2004-'05)***

Project Title: Berkeley High School Mountain Bicycle Racing Team

Project Director: Matthew Fritzingler – Berkeley High School Math Teacher
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Project Summary: The funding request of \$3,000 will contribute towards the cost of coaching staff and direct team expenses for Berkeley High School (BHS) Mountain Bicycle Racing Team members for the 2004-05 school year. As a result of both a concerted outreach effort targeted to girls at BHS and the publicity resulting from an extremely successful 2003-04 season, we anticipate total team membership to be approximately 30 students. The team also expects continued growth among under-privileged students. Grant monies ensure equal access to all students by offsetting coaching staff expenses, race registration fees, travel costs, equipment costs, refreshments, etc.

Project Budget: The total team budget for the 2004-05 school year is \$12,000.

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| 1) Head coach stipend: | \$2,000 |
| 2) Assistant coaches (5) stipend: | \$6,000 |
| 3) Racing fees (includes travel expenses)
for the under-privileged: | \$1,000 |
| 4) Jerseys for the under-privileged: | \$1,500 |
| 5) Team bikes for the under-privileged: | \$1,500 |

Total budget: **\$12,000**

Other Funding Sources:

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| 1) Contributions from team parents:
(fundraising underway) | \$8,000 |
| 2) Berkeley Special Education Program: | \$1,000 (granted) |

Total funding: **\$9,000**

Statement of Need: As a competitive sport, mountain biking is only about twenty years old. The activity was invented in Marin County, and combines the physical development and exhilaration of traditional road bicycling with the serene outdoors experience that makes sports such as cross-country skiing so popular. Four years ago, Berkeley High School students got together to form one of the nation's first high school mountain biking teams and recruited me (I was one of the few faculty members with biking experience, though mine was mostly confined to road biking) to be their coach.

Since its inception, the team has developed into an extraordinary group. The team took first place in the first Northern California high school mountain bike racing series in 2001 and the team has grown every year since. This past year, the team was nearly thirty students strong and held training rides twice a week during the racing season. Over the past year, many lower income and female students have joined the team. To help with this growth, the team needs additional coaching assistance. I have recruited a couple of local individuals who will continue to work the team this coming season and, due to the time required, would like to be able to provide them with a small stipend.

In addition, funding from this grant will be used to equip team members (like newly joining girls and under-privileged students) with the necessary materials to participate (e.g., bicycles, jerseys, accessories, etc.). The race series includes six races in Northern California and the costs associated with transporting and feeding the team members and their bicycles has risen.

***Methods and
Activities:***

Berkeley students are privileged to have some of the area's best biking trails at their doorstep. At least twice a week and once on the weekend, starting in October, students ride the trails of Tilden and other East Bay parks. Although the team's coaching staff will lead many of these training rides, the students will also meet and ride on their own, or in the case of the female riders, with their own coach. Rides last approximately two hours and cover a variety of terrain. During these rides, team members develop both their biking skills and their team spirit. In addition, the rides provide an opportunity for students of different ethnic and financial backgrounds to get to know one another and increase their ability to work together. The team provides students with an athletic venue to physically challenge themselves outside the conventional arena of high school team sports. Regarding the sense of competition involved in mountain bike racing, one alumnus stated, "The pressure's off and no matter what, you win."

***Background of
Project Director:***

I have been teaching algebra at BHS for the last seven years and have been coaching the BHS mountain bike racing team since its inception in the 1998-1999 school year. My own cycling career began in high school when I was working at a bike shop and was encouraged by some of the older employees to enter a triathlon. Many years later I went on to win the Illinois State Champion Road Race, as well as other races around California. I gained valuable related experience when I served as vice president of the UC Berkeley Cycling Club and have also been a race promoter for an amateur club in the East Bay. My work with the BHS club has led to the formation of the NorCal High School Mountain Bike League, which I direct. We are continuing with our efforts to create a curriculum that is not only used by the BHS coaching staff, but by coaches all over Northern California.

***Additional
Comments:***

Team accomplishments include the following:

- Representing Berkeley High School at key competitions throughout Northern California, including the Napa World Cup and the Laguna Seca Sea Otter Classic, both of which feature the world's best riders. The team consistently has riders who finish in top positions. In addition to placing first in the 2001 NorCal championship race, four team members placed in the top 10 that day in the "Jr. Olympic 16 and under" category, including the sophomore who placed first in the field of 31 riders.

BHS had an impressive 2004 season with Nate Roter placing first and Joshua Miller taking third overall in the 18 and under boy's category in the NorCal Series.

- BHS team was the first team in the NorCal High School League and inspired other high schools to form their own teams.
- Rallying local businesses to support the team. Sponsorship has included discounts on bike parts and service from the Missing Link Bicycle Cooperative, contributions from a number of local businesses to help offset the cost of the team jerseys, and donations of energy bars and equipment from Clif Bar.
- Formation of a girl's team that has grown over the past few years and that has been lead by female coaches, including a member of the US National Cycling Team.
- Introducing students to a healthy activity that has resulted in weight loss and overall improved physical condition. One BHS student lost an impressive thirty pounds over the past season!
- Developing collegiate racers. Many students are going on to be highly successful collegiate bike racers.
- Involving alumni in coaching and working with the team.



**BERKELEY HIGH SCHOOL
MOUNTAIN BIKE TEAM**

Thanks for your Support!

2004