

Lone Peak Mountain Bike Team



WELCOME TO The 2015 Season!



We are the Knight Riders!



Welcome to our 4th year!

2012 – 9 High School Riders

2013 – 22 High School Riders

2014 – 40 High School Riders
10 Jr High School Riders

2015 - 100 + High School Riders
20 + Jr High School Riders



Who are we?

1. We are volunteers.
2. We are parents. Everyone has a child on the team, except Collin ☺.

COACHES



Davy Kammer
Head Coach



Joel Teemant
Coach/Director
JR Devo Team



Shane Morris
Assistant Coach



Who are we?

ADMINISTRATION TEAM



Bob Pflueger
Team Director



Todd Barney
Fundraising Coordinator



What are our TEAM GOALS!

1. To have **FUN** in the Mountains!
2. To live a healthy and active lifestyle!
3. To embrace the **lifelong** sport of cycling!
 - a. Only 4% of High School athletes will go on to play college football, basketball, baseball or soccer.
 - b. Most High School's spend more per-pupil on these 4 sports than on math, science, and English.
 - c. 96% of these student athletes will be sport-less when they graduate from High School.

WHAT DO THEY DO THEN?



MAIN SPONSOR



Bike Support, Tune Support, Vehicle Support,
12 Months No Interest Financing.





NO ONE SITS ON THE BENCH!



EVERYONE PARTICIPATES!



4 CATEGORIES – Based on ability level

We will be holding time trials on July 14th.

BLUE
TEAM

ORANGE
TEAM

RED
TEAM

GREEN
TEAM

Each team will have specific Ride Leaders that will focus on that team's needs and goals. Knight Riders can move up teams or even down.



2015 Practice Schedule

FRIDAY FUN RIDES

Every Friday Starting May 29th – June 26th from 7:00PM – 9:00PM at the LDS CHURCH in Lambert Park



For Friends, Family, and even younger kids that might want to do the team in the future. This is a great venue to get new recruits out to see if they like it. We will be doing this with American Fork High School Team.



2015 Practice Schedule

REAL PRACTICES

- First Practice - June 30th
- Last Practice – Oct. 22nd
- Every Tuesday and Thursday from 7:00PM – 9:00PM.
- Time Trial is July 14th.
- Scrimmage Aug. 8th (Eagle Mtn)
- Every Saturday during the month of July and Aug. From 8:00AM – 9:30AM (except 4th of July)
- After Aug 22nd practices will be Tuesday and Thursday only.

Most practices will be held at Lambert Park, Corner Canyon, Cedar Hills, and The Spin Facility at Lone Peak High School. We will also be pre-riding the race courses on the Thursday before the race. (Except St. George and Moab)



COMMUNITY PROJECTS



We do a few service projects as a team around the community. Mostly trail maintenance and trail building. These would take the place of practices.



TEAM RULES

- **FIRST RULE – BE SAFE!** Safety is our number one concern so please ride within your control and ability.
 - Always wear your helmet and gloves!
 - Always bring water!
 - Always bring your cell phone!
 - Always bring your medication or inhalers! (Parents please discuss with me any special needs that your child might have)
- **SECOND RULE – HAVE FUN!** This is all about having a good time and enjoying the mountains with friends.
- **THIRD RULE – RESPECT!** Always respect your teammates and your coaches.
- **FOURTH RULE - Exemplifying the NICA Principles will be our priority - (Inclusivity, Equality, Strong Body, Strong Mind, Strong Character)**



TEAM EXPECTATIONS

- You **must** come to 2 practices on the weeks that we have 3 practices and 1 practice a week on the weeks that we have 2 practices. unless previously excused by myself, Joel or Shane.
- You must try to get out and ride three days a week total. (that includes practices)
- You must change your bad eating habits.
- You must attend or race at least three races.
- Devo Team must attend or race at least two races.
- You and your parents must sign the 2015 Program and Rules Document prior to joining the team. PLEASE READ!
- You must sell your car wash passes.



RIDER EXPECTATIONS

- You can expect to get stronger.
- You can expect to be healthier and happier.
- You can expect to push yourself harder than you ever thought possible.
- You can expect to set goals and accomplish them.
- You can expect to have FUN!
- You can expect to gain CONFIDENCE!
- You can expect to make new friends.
- You can, depending on you, **change your life** for the better.



SCHOOL SUPPORT

Extra PE Credit

- Your children should be able to get extra PE credits for being on the team.

Year Book

- we will be working with each school on their yearbook depts. to get a page in each year book for the LP team.



SECOND MEETING (July 16th)

Athlete Meeting (Parents are welcome)

- Discuss individual athlete goals. (each athlete will be setting personal goals with their Team Leaders)
- Discuss Team Goals.
- Break out Teams.
- Review race rules.
- Discuss training plan and schedule.
- Discuss eating habits and implement food plan.
- Discuss Attack Position and Mtn. Bike Skills Program
- Discuss the Scrimmage with AF, PG and Lehi



THANK YOU AND
WELCOME TO THE TEAM!



QUESTIONS ???

