

Inclusive - Equal - Strong Body - Strong Mind - Strong Character

## **TAOS AREA HIGH SCHOOL MOUNTAIN BIKE TEAM**



**Welcome to the 4<sup>th</sup> season of the Taos Area High School Mountain Bike Composite Team!** This is a National Scholastic Cycling Association cross-country mountain bike team that is part of the NICA Colorado League's Southern Colorado Division. We were the first NICA team in New Mexico and are based right here in the Enchanted Circle region. We welcome high school mountain bikers of all levels and backgrounds from all area high schools as well as homeschoolers. We are a diverse and inclusive co-ed team with scholarships assistance available to athletes needing financial support. We have several coaches, ride leaders and volunteers ready to roll and are hoping for more. We will be looking for sponsor support as well.

**Why join?** The Taos Area Composite Team has much to offer: as a team we learn skills quickly, receive valuable coaching, and inspire each other to achieve. We set goals and work collaboratively to not only attain these goals, but to also develop a wide range of effective skills. When you ride with a team, it makes training fun instead of hard work, the improvement comes quickly and steadily and soon after that – your racing results vastly improve. Most importantly is that this team is about setting high goals, improving skills, and achieving personal bests. This a cross-country mountain bike team, a specific form of cycling which is set apart from road riding, downhill, enduro, dual slalom, trials, BMX, cyclocross, 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 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. Please read through the requirements and important dates (attached). If you are not sure about the commitment or the requirements, please 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 members of this new team! Thanks for your interest and enthusiasm.

Susie Fiore - Team Manager/Head Coach  
(575) 770-2391  
info@fitaos.org

You may also contact Head Coach Sean Cassily  
for more information and details.  
(575) 779-3729  
seancassily@gmail.com

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### **TEAM SCHEDULE**

#### **Practice and Special Event Schedule:**

- Practices start at 4pm on Tuesdays and Thursdays and at 9am on Sundays
- First Sunday practice is on August 12
- October 14<sup>th</sup> Ride the Rift 6 hour event and fundraiser (Rift Valley, Taos) – permit pending
- Other special events TBA

#### **Southern Colorado NICA Division Race Schedule:**

- Sunday August 26 – Frisco, CO (leave Saturday/return Sunday)
- Sunday September 9 – Leadville, CO (leave Saturday/return Sunday)
- Sunday September 23 – Nathrop, CO (leave Saturday/return Sunday)
- Saturday October 6 – Eagle, CO (leave Friday/return Saturday)
- Saturday/Sunday October 20-21 – Eagle, CO (State Championships) (travel plan TBA)

We will travel to races as a team and camp, pre-ride, race, and eat together as a team.

Athletes are **not** required to attend every practice or every race. We understand that athletes have other commitments and simply encourage fullest participation feasible to attain the highest benefits. Athletes must commit to participating in at least one race.

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### **HOW TO JOIN!**

You've learned about the Team, had your questions answered, and are a high schooler who wants to join. Now what?

How to join:

- Get Team paperwork from the website [www.fitaos.org](http://www.fitaos.org) or contact Team Manager Susie Fiore and request Team paperwork.
- Complete all Team paperwork and return to Susie or Sean at FIT Base Camp or by mail.
- Pay basic Team fees. Scholarships available.
- You will receive an email invitation from Taos Composite to join the Pit Zone. This is the online NICA athlete registration and race registration site. This is where you pay your NICA annual registration fee (\$65) as well as race fees for individual races. Scholarships are available at [www.coloradomt.org/scholarships/](http://www.coloradomt.org/scholarships/) Deadlines for these scholarships are July 15 and August 15.
- You also complete a NICA athlete waiver online.
- Once these steps are completed, your athlete may participate in all Team practices and events.
- In the meantime, WELCOME! Like our Facebook page and get ready for a great season!

Susie Fiore – Team Manager

(575) 770-2391

[info@fitaos.org](mailto:info@fitaos.org)