

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

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



**Welcome to the 6<sup>th</sup> season of the Taos Area High School Mountain Bike Team (“Taos Composite”)! 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 always looking for more. We are looking for sponsor support as well. **While this year involves much uncertainty around what we will be able to accomplish within the COVID Safe Practices, we know we have riders and coaches who are ready to roll and looking forward to riding as a team.****

**Why join?** Taos Composite 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 riding and 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 having fun while setting goals, improving skills, and achieving personal bests. This a cross-country mountain bike team, a specific form of cycling which is different from road riding, downhill, enduro, dual slalom, trials, BMX, cyclocross, and track racing. Cross-country mountain biking includes a broad range of skills and team members often bring with them backgrounds and skills gained from other sports. This team’s activities are focused upon preparing for and racing at cross-country mountain biking events. 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 are excited to 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 us 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 riding and to getting to know ALL members of this 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
- October 11<sup>th</sup> Ride the Rift 6 hour event and fundraiser (Rift Valley, Taos) – permit pending
- Other special events (bike maintenance clinics, etc) TBA

#### **Southern Colorado NICA Division Race Schedule - TBA**

**We are waiting to hear from the Colorado League about the plans for races this season...things are changing rapidly and we all need to be flexible and understanding.**

We, most likely, will NOT travel to races as a team this year due to State of New Mexico restrictions. Details will be forthcoming but we hope to camp, pre-ride, and race 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 should try hard to commit to trying at least one race.

You get out of this team what you put into it!

**Please know that our number one priority is the health and safety of our athletes, coaches, families, and our community. We will make all decisions accordingly.**

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### **HOW TO JOIN!**

You've learned about the Team, had your questions answered, and are a high schooler (or know one) 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 (\$75) as well as race fees for individual races. Scholarships are available at [www.coloradomt.org/scholarships/](http://www.coloradomt.org/scholarships/) Please be aware of the deadlines for scholarships.
- 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)