

Greetings Mountain Bikers,

Our first practice will be Tuesday December 2, 2014 at Yucaipa High School. All riders should be dressed with bikes prepared to ride before 3:20. In order to participate in this practice all middle school riders must have the following with them the first day:

1. Clean/well-tuned mountain bike (lube your chain, repair flats, properly inflate tires)
2. Helmet, gloves, glasses
3. Proper tools: tire levers, multi-tool w/chain break tool, 2 spare tubes, quick link chain link, patch kit, mini-pump.
4. 2 water bottles or a full hydration pack.
5. Two cliff bars (or other nutrition bar)
6. Print, read, sign, and return the rider/parent contract .
7. Print, read, and sign the NICA liability waiver.

All paperwork can be returned to coach More at the first practice. Middle school riders can register with NICA later in the season. As we get closer to the date of our first race I will email invitations to register. Thank you to all who have sent me your email addresses. I am so excited about starting the season on Tuesday!

Check the School Fusion Mountain Bike Team page for the contract and liability waiver if you need it. You can also check the map to see where we meet on the north-west side of campus at YHS.

http://mountain-bike-team.ycjud.mesaview.schoolfusion.us/modules/groups/integrated_home.phtml?gid=4823055&msg_notify=Mountain+Bike+Team+has+been+activated.&sessionid=18595b81e870056dd85008f1f8ca9aa1&t=f0e88a33b706a664752195a714f420b3

Coach,

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