

Mountain Biking Handbook 2015





Welcome to MBBC Mountain Biking 2015

On behalf of all staff at MBBC I wish to say thank you for your contribution to the MBBC mountain biking program. With the development of our Mountain Biking facilities nearly finished we are now positioned to make 2015 MBBC's best year in mountain biking. It is hoped that high class facilities will allow us to host meets at MBBC as well as set up high quality development programs for our riders.

Should you require further information regarding the mountain biking program I invite you to contact the coaches and managers as detailed within this booklet. The **MBBC Mountain Bike Facebook page** is also a great place to get up to date information on what's happening in our Mountain Bike Club. A link to the Facebook page is shown below.

[MBBC Mountain Bike Facebook Page - Click Here!!](#)

Please contact me if you need additional details regarding other sports activities within MBBC.

Kind regards,

Mr Scott Emblen
Head of Sport and HPE

Coaches' and Managers' contact details

Name	Position	Contact Number	Email address
Mr Scott Emblen	Head of Sport and HPE	39069444	emblens@mbbc.qld.edu.au
Mr Paul Fleuren	Mountain Biking Coordinator / Head Coach - MBBC Mountain Bike team.	39069444	fleuren@mbbc.qld.edu.au
Mr Stuart Patterson	Coach	39069444	pattersons@mbbc.qld.edu.au
Mr Joe Lewczuk	Manager	39069444	lewczukj@mbbc.qld.edu.au
Mr Joseph Fumar	Manager	39069444	fumarj@mbbc.qld.edu.au
Mr Werner Botha	Manager	39069444	bothaw@mbbc.qld.edu.au

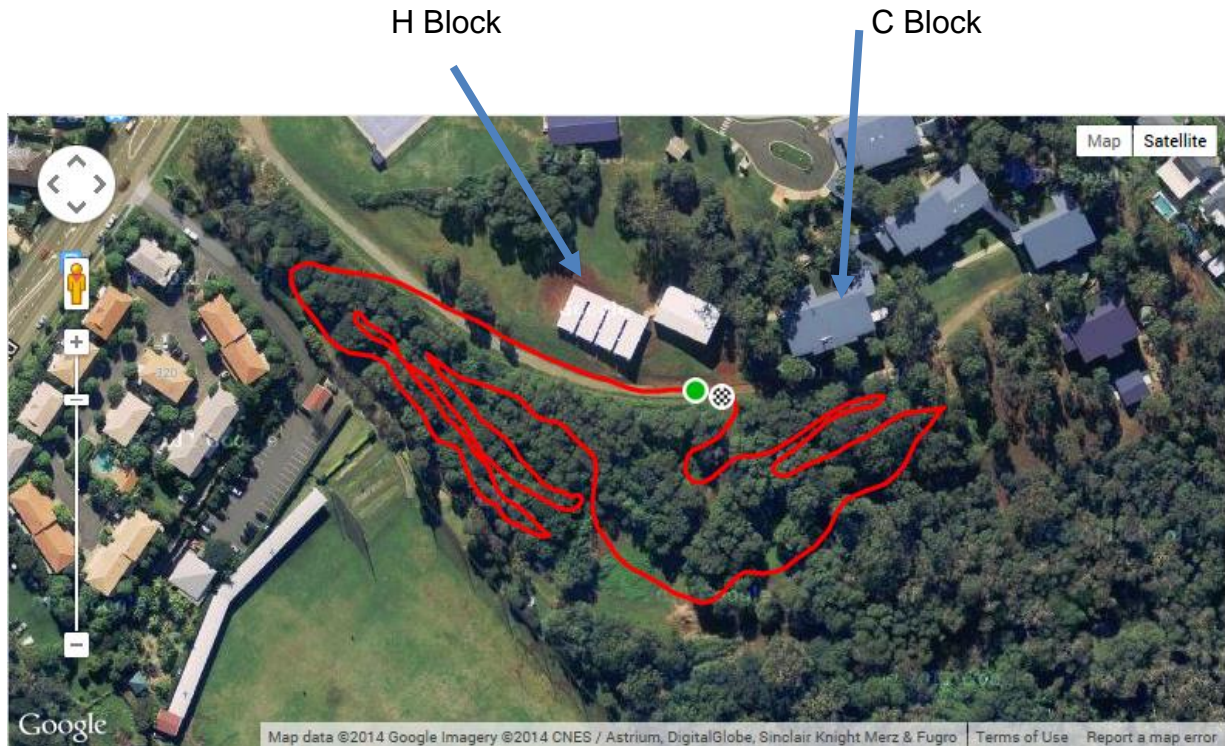
Staff Roster

Following is a roster indicating which staff members will be supervising the mountain biking training sessions. Please note that **parents are encouraged to come along and help out at the training sessions**. You will be asked to ride with the boys so bring along your bike and helmet. Please contact Paul Fleuren if you would like to assist.

Training Schedule		
Day	Time	Year level
Tuesday	3:00pm to 4:30pm	Years 4, 5 and 6
Wednesday	7:00am to 7:45am	Year 4 to Year 12
Thursday	3:00pm to 4:30pm	Year 7 to Year 12

Facilities

MBBC mountain biking has an array of training facilities located below C block. A 1km mountain bike trail is also located in bush land below H Block.



Bike Storage

The school has a lockable shed underneath the Science building (C Block). Students seeking to store their bike in this lockable shed are to ride their bike down the service road and rack their bikes on the racks provided at the bike storage shed on the day they will be riding.

If your child would like to leave their bike in the shed overnight, it will be their responsibility each afternoon to place their bike in the storage shed. The shed will then be locked at approximately 3.30pm.

Please be aware that bikes stored in the shed are done so at the owner's risk. MBBC assumes no liability for any damage or theft of bikes locked in the shed. Parents are advised to insure bikes under their contents insurance policy. MBBC does carry insurance for such incidents however the policy excess is greater than the replacement value of a bike and subsequently is not an appropriate insurance option.

Uniforms

Parents will be able to order the MBBC mountain biking uniform on three occasions a year and for 2 weeks on each occasion. Parents will be provided with a direct link, a username and password through which they will be able to order the required apparel. Payment will be made directly to the supplier, Champion Systems Australia, at the time of purchasing.

Induction processes for new riders

All new students must undertake an induction process prior to using MBBC mountain biking facilities. The induction process will be conducted by an MBBC staff member who holds a Level 1 Mountain Bike Coaching accreditation. The induction process will include the following:

- Instructor will check all riding gear for safety compliance.
- Students will be asked to read and sign the MBBC mountain biking code of behaviour.
- Students must ride 1-1 with the instructor in first session. This will act as a course induction.
- The instructor will assess riding ability and grade students according to their riding ability. This grading will determine which elements of the MBBC mountain biking facility the student may use.
- During all rides in a student's first season he will be required to ride with a buddy appointed by the instructor.
- Student will be briefed on what to do if they fall off and the role of the buddy in notifying instructors of any damage to gear or of any injury.
- Students will be periodically assessed by the instructor to determine if improvement in their riding skills allows them access to additional MBBC mountain biking facilities.

Competitive Races

Below is a tentative list of races that MBBC will be encouraging your child to participate in. The dates for each event will be posted on the MBBC mountain bike Facebook page when the information becomes available.

Yakima Race Series

- 6 races conducted at Hiddenvale and various locations at the Sunshine Coast.

Epic Race

- Conducted at Hiddenvale
- Approximately 8 races within this event.

<http://www.cycleepic.com.au/>

3Plus3



- Conducted at Hiddenvale

Scot 24hr

- Location: Canberra
- Conducted during the June / July school holidays
- This event will include an 8 man team for students who are 14 years and over. They will be required to ride for 24 hours non-stop

<http://corc24hour.com.au/>

Please refer to the MBBC Mountain Bike Facebook page for additional information regarding our club.

[MBBC Mountain Bike Club Facebook Page](#)

Transport to Events / Supervision at Events

Transport to and from events will be the responsibility of the parents. Students are required to be at all events at least one hour prior to the start of the event.

Upon arrival students must make themselves known to the appointed MBBC Team Manager. In the lead up to each event students must go through an induction process to familiarise themselves with the running of the event, identified hazards, and safety procedures for the event. This induction will be led by the MBBC team manager. Where possible MBBC staff will attend the event. In the event that an MBBC staff member cannot be in attendance, parents will be notified of contact details of the appointed team manager for that event. The team manager assumes responsibility for the management of the team and the safe conduct of team members.

Membership

The MBBC Mountain Bike Club would like to encourage each student to become a member of a registered club. The benefits include;

- Cost effective membership
- Well priced day membership fees
- Rolling licenses (valid for 12 months from date of purchase)
- Flexibility in membership types (both recreational and competitive)

- All money collected by MTBA is returned to mountain biking clubs and riders
- Component of national membership is directed back to assist clubs in local development initiatives
- Trails maintenance funding for states and clubs through setting up and partially funding IMBA AU
- Works to keep trails open for all riders
- All members can race all MTBA events nationwide (club, state series, state championships, national series, national championships)
- Each rider will receive a membership card
- Works to promote the sport to the general public through its contacts with the media
- Markets the sport to sponsors and television

You can take out as many day membership permits as you like but there are some pretty good reasons why a full 12 month membership is better:

- You get additional insurance coverage for the time you are 'just' riding your bike at the same level as the great coverage you get in competition.
- You only have to fill in forms once every 12 months instead of at every event, saving you time and the club volunteer's time in administration.
- Your membership fee has helped to finance IMBA Australia who lobby Local and State Governments and land managers to open, build and maintain trails that are local to you.
- A full MTBA membership can be used at events held by any other affiliated MTBA club throughout Australia, including at state or national level. You can even accrue UCI points at selected national level events!
- Lastly, a full MTBA membership saves you money – for a junior if you participate in just 4 or more events or for a senior if you participate in only 5 or more events in 12 months you save!



Young Rider Assistance Program

This program provides up to \$500 per eligible rider per year towards the costs of attending a championship race. It applies to club members in the age categories of U15, U17 or U19 who are competitive at State Championship level or higher.

For more information please contact Paul Fleuren.

Progressive Coaching Systems

Progressive Coaching Systems (PCS) provides exclusive membership rates on all their training programs.

PCS delivers high performance mountain bike training programs assisting you to reach your full potential and achieve peak performance no matter what your current skill or fitness level. PCS develops fully personalised training programs tailoring it specifically for your own needs and goals but more importantly around your lifestyle. PCS takes a holistic approach to training incorporating endurance, strength, power, speed, psychology and nutrition. Learn more about PCS at www.pcscoaching.com.au

PCS is offering all Brisbane South Mountain bike Club members a 25% discount on their MTB101, Juniors, Women's, Masters and Enduro programs.

To receive your discount, contact Donna Dall on 0400740055 or email donna@pcscoaching.com.au.

Selection and Commitment

Teams for competitive events will be selected based on performance and skill level at training.

Your selection into the MBBC Mountain biking squad means that you as a student are required to meet certain expectations.

- Attend competitions as required.
- Attend all training sessions
- Seek permission from your coach or manager if you cannot meet the above commitments
- Support your team mates
- Represent your school at all times with integrity.

Player expectations

- It is unacceptable to abuse or curse any other player, or an official. Players not heeding this rule will be immediately removed from the sport.

- Should you be unable to attend a training session or match, you are to inform your coach or manager as soon as possible via phone and email. Passing a message on through a team mate is unacceptable
- Wear the appropriate uniform to training and competition games
- Show good sportsmanship on and off the field, whether you win, draw or otherwise
- Respect school property.

Photographs

Managers and coaches may take photographs of the athletes throughout the season for weekly newsletters and the MBBC Yearbook - MIRROR. Parents and spectators are also encouraged to take photographs and submit these to the Head of Sport and HPE. Please ensure you provide a caption of the people in the photograph or details of the subject (eg. The 7B's first wicket of the season).

Sports Awards Night

Each team is recognised annually at the MBBC Sports Awards Night. Categories are as follows:

- *Best and Fairest* – selected based a 3, 2, 1 scoring system allocated at the end of each round to the top three players from each team.
- *Most Improved* – selected by the coaches based on their abilities at the start of the season compared to those at the end of the season

Weekly Newsletter

A brief report on all competitive events will be submitted by team coaches for inclusion in the MBBC Newsletter.