



Pittsburgh West Composite Mountain Bike Team  
2024 Season Information

There are currently 31 state leagues operating across the United States as part of the NICA program (National Interscholastic Cycling Association), each consisting of co-ed riders from 6th to 12th grades.

Race categories include Middle School, Freshman, Sophomore, Junior Varsity, and Varsity. The team can be recognized by the school district as a club sport.

Races will be held across the state on weekends throughout the fall. The Pennsylvania league has grown to over 35 teams from across the state, drawing over 500 riders and 1000 spectators at each race. The League expects even more kids to be involved in 2024!

Although mountain biking carries with it inherent risks, the team and the league take every possible steps to manage and mitigate those risks. At every practice and every race, we strive to fulfill NICA's Mission to build strong minds, bodies, character, and communities through cycling!



## When:

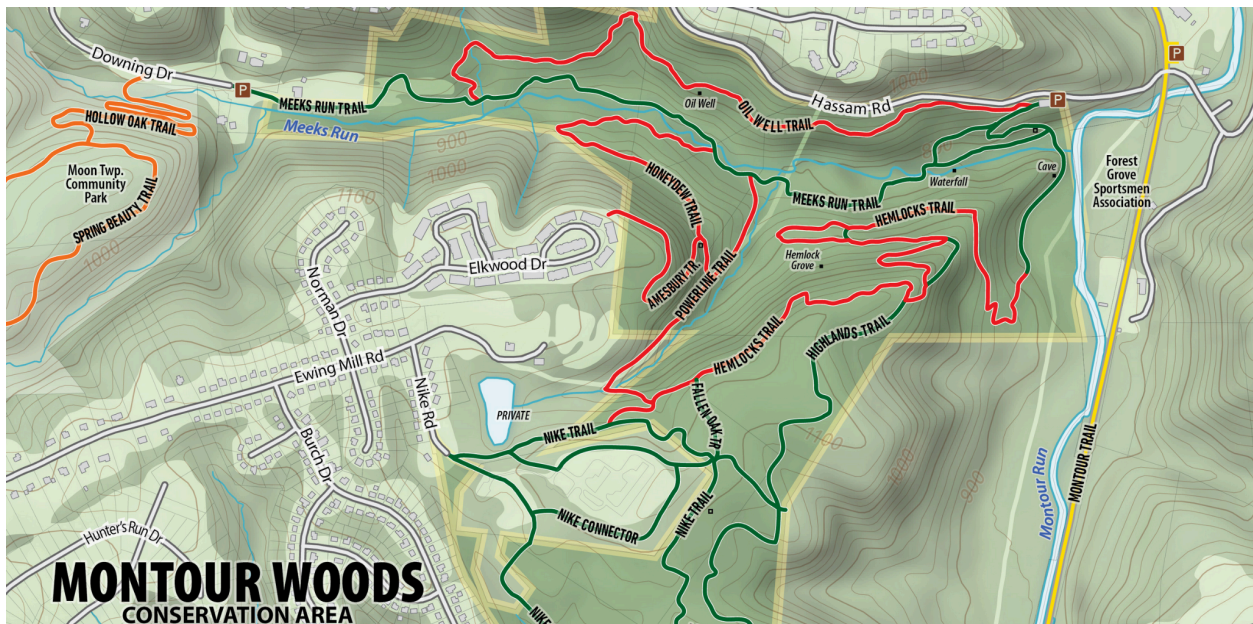
Pre Season rides: June

Regular season rides: July 1st- thru end of October.

Practices are held throughout the summer and fall, typically two evenings during the week, as well as Saturday Local Dirt. Races are held September-October (see schedule below). Adventure and race weekends take place over Saturday and Sunday.

Who: Boys and Girls 6th-12th grade who reside in the West Hills of Pittsburgh including the Moon Area, West Allegheny, Montour, Quaker Valley, Cornell, Avonworth, Chartiers Valley or from a neighboring school district that does not have a team (students may attend other private, Cyber, or Charter schools).

Where: We will start the season at Hollow Oak Land Trust/Moon Park in Moon Township. There will also be a few other riding locations in the pre-season to give us some variety.



[2024 Practice and Competition Locations](#)

## Cost:

### LEAGUE:

**\$250 PICL PA** Season Registration (Insurance)

**\$85 PICL** All In Racing

**\$335 TOTAL ALL IN**

OR

- **\$250 PICL PA** Season Registration (Insurance) Only option for those who don't wish to participate in statewide events

- **\$45 A la Carte**- individual statewide event option

AND

### TEAM

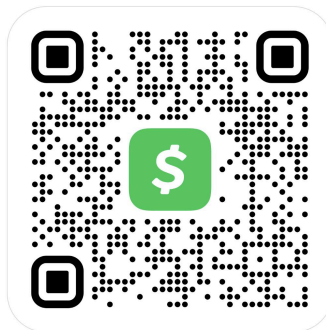
**\$165\* PWC Team Dues**

- Includes team kit (race jersey, socks, t-shirt)

- Dues waived if student secures \$250 or more in sponsorships prior to registration

\* based on 2023 season. Subject to change.

Pay PWC Team Dues Here:



Pittsburgh West Composite Mountain Bike Team 

Scan to pay \$PWCMTB

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## Contact Information

- Team Director: Christopher Rolinson [crolinson@gmail.com](mailto:crolinson@gmail.com)
- Coaches: Jim Yauger HC, Michelle Bradford, David Peluso, Matthew Kaltz, Wes Wright
- Email Pittsburgh West MTB Team: [pittsburghwestmtb@gmail.com](mailto:pittsburghwestmtb@gmail.com)
- Team Website <http://www.pittsburghwestmtb.org>
- NICA (National Interscholastic Cycling Association): <http://www.nationalmtb.org/>
- PICL (Pennsylvania Interscholastic Cycling League): <http://www.pamtb.org/>

Other sites:

- TeamSnap: <https://go.teamsnap.com/login/signin> ~ Pittsburgh West Composite Mountain Bike Team
- Instagram: <https://www.instagram.com/pittsburghwestmtb/>
- CashApp: [https://cash.app/\\$PWCMTB](https://cash.app/$PWCMTB)
- Team Store: <https://hyperthreads.com/team-stores/pittsburgh-west-mtb-team/>

## Coaching/Volunteering:

We encourage parents to help as volunteers, ride leaders, sweepers, and coaches. You don't have to be an expert rider to help out on rides. All coaches undergo background checks and receive training, both online and in-person from veteran coaches. We maintain a ratio of no more than 6-8 kids per adult leader and are well supervised throughout rides and practices, yet kids experience the freedom of getting out on the trail system. Most of our coaches (at least one in every ride group, as required by the league) are basic first aid and CPR certified, several with league-specific wilderness first aid certification. If you're not interested in riding but still wish to be involved, we have a number of responsibilities we need help with throughout the season that don't involve riding a bike. Contact us anytime if you are interested in helping in any capacity.

## Equipment:

There are a number of reputable bike shops in the Pittsburgh metro area that offer high-quality bikes, repairs, and expertise. We recommend our lead sponsor [Sweetwater Bicycles](#) located in Ambridge, Pa.

## Required:

Cross Country (XC) Mountain Bike - No bar ends, reflectors or kickstands. The bike should have 9-12 gears, shift well, and have good brakes. We would caution you against chain store bikes (such as Walmart, Target, Dick's) as they are heavy and can easily break down quickly. You'll spend more on parts and repairs with these types of bikes. Prices for a good, new bike will start around \$600-700. Your local bike shop might also have used bikes that are well-maintained. Our

sponsor Sweetwater Bikes, Specialized Bikes and Trek bikes offer special discounts to team members, ask the Store Manager for details.

- Helmet - Make sure it fits well and has no cracks. Replace immediately if any cracks are visible. We will help adjust helmet fit if needed. We typically have a spare or two at practice for emergency situations.
- Good Shoes - No sandals or open toe shoes. Cycling shoes/clipless pedals are not necessary.
- Water Bottle & Cage on Bike or Hydration Pack - required for each practice and race.
- Team Jersey - Required to race (included in team dues)

### **Recommended:**

- Bike Gloves - Highly recommended - prevents injury in the event of a fall.
- Safety Glasses - Clear glasses are best, sunglasses are ok, but the trails can be dark in some areas and harder to see in the woods
- Bike Shorts - Padded shorts can be worn under regular gym shorts. Some kids like to wear the “bib” style bike shorts, others like the padded shorts with baggy riding shorts on top (it comes down to personal preference/comfort)

### **Team Structure:**

- Recreational - There is no requirement for riders to race. Our main goal is to get kids on bikes and in the outdoors having fun riding. In addition to practices, we have weekly group rides, and the league will host three adventure weekends throughout the season.
- Race Team - Anyone on the team can race. We will attend all statewide events and high school riders will accrue points per race as individuals as well as for the team throughout the season. Middle school riders will score team points and individual points for that race only, but will not accumulate individual season totals. The top 5 finishers in most categories will receive medals during the post-race podium ceremony. All new riders will be assessed by the coaches in 8 skill areas to determine their race eligibility and appropriate race category despite previous experience outside the league.

### **Local Dirt:**

Local Dirt events are fun and make sport more accessible, more affordable, more approachable, and more inclusive for everyone. Whether Little League baseball or mountain biking, local events get kids playing sports! What do kids say is the most important part of any sport? 'Getting to do the sport I love and doing it with my friends who love it too.' Local events deliver! Just like other sports, Local Dirts happen when people care enough to create the opportunities for their communities. Little League fields and soccer pitches exist because people in communities made them happen for their kids. We want **#morekidsonbikes**, we can do the same!

### **Tentative Local Dirt Event Schedule (subject to change)**

TBD

### **Tentative Statewide Event Schedule (subject to change)**

Adventure Weekend August 24 and 25 Jake's Rocks, Warren, PA

State Wide Event Sept. 7 and 8 Boyce Big Ring, Monroeville, PA

Race & Adventure Weekend Sept. 13 and 14 Granite Hill Campground, Gettysburg, PA

Conference Race Sept. 21 and 22 TBD

Conference Race Oct 5 TBD

State Championship Oct 12 and 13 TBD

State Championship RAIN DATE Oct 19 and 20 TBD

Adventure Weekend Oct. 26 and 27 Raystown Radness and Season Awards, Raystown Lake, PA

### **Service Hours:**

The Pittsburgh West Composite MTB team also participates in community Trail Love Mondays at Hollow Oak Land Trust as part of the Teen Trail Corps Program. Each team member is expected to volunteer several hours throughout the season. NICA strongly believes that student-athletes should have the opportunity to be good stewards of trail systems and serve and give their time towards bike related advocacy activities.

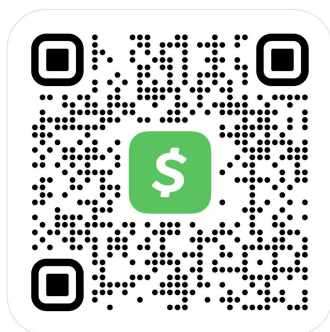
## How to Sign Up:

Registration opens on April 1st for the 2024 season

- Visit <https://www.pittsburghwestmtb.org/connect> and pay team dues.
- Returning student-athletes should visit <https://pitzone.nationalmtb.org/> and register for the PA League and pay state and national league fees.
- New student-athletes that have not previously participated in the league will receive an email invite to the Pit Zone within a few days of paying the team dues. You will pay the league dues at PitZone
- Within a few days of paying team dues, you will be added to our Team Snap account for team communications.
- Team Dues **\$165**

Have Questions? [pittsburghwestmtb@gmail.com](mailto:pittsburghwestmtb@gmail.com)

Pay Only PWC Team Dues Here:



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**THERE IS NO BENCH IN MOUNTAIN BIKING!**