
YOUTH REVOLUTION



(GETTING STARTED)

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YOUTH REVOLUTION - GETTING STARTED

INTRODUCTION TO THE YOUTH REVOLUTION

The Youth Revolution program is a progressive, instructional mountain bike program designed for children and youth ages 5-18. It was developed by Rundle Mountain Cycling Club, making use of resources and direction from Canadian Sport For Life's Long Term Athlete Development Model (LTAD) for cycling, Sprockids, NCCP Community Coaching programs, and IMBA.



This developmentally-appropriate program promotes fun and skill development in a social and supportive environment. It is designed to be a complete mountain biking program for all ages of youths (5-18 yrs).

WHY?

The number one reason the Youth Revolution program exists, is that mountain biking is a great sport, and we want to share and be a part of that fun with the next generation.

The program was initiated because of a perceived failure within Rundle Mountain Cycling Club to effectively and appropriately support teen mountain bikers. It became apparent that this could most effectively be done by first targeting much younger riders with a fun, skill-focused program, and then provide a complete developmental program right through the child and teen years.

As with many sports, getting into cycling becomes more challenging and threatening if left too late. We have seen this trend particularly with female riders: if they enter the sport between the ages of 8 and 12, they are much more likely to participate than if we leave it to their teenage years. Facilitating this early entry and early skill-development is the key to increasing the number of participants throughout teen years and into the early twenties.

As well, for cycling to develop, it takes passionate volunteers to devote a lot of energy. By bringing more youth into the sport, we actively engage a large group of committed parent-volunteers to provide that energy and continuity for the future.

After 5 yrs in existence, the program at RMCC grew to over 250 participants under the age of 19, with over 30 volunteer coaches. There is enormous interest out there!

If you love the sport and want it to continue and grow, focusing on youth is essential. And, it's easy to do – read on to find out how.

THE YOUTH REVOLUTION PHILOSOPHY

The program is designed to:

- Be fun and sociable for all participants (riding with friends is almost always more fun than riding with parents)
- Foster a lifelong passion for mountain biking

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- Promote self-esteem and confidence
- Provide an opportunity for youth to develop an appreciation for the outdoors
- Develop a developmentally-appropriate skill foundation: the ABC's (agility, balance, coordination and speed) of physical literacy via FUNdamental movement skills, specific to cycling
- Provide a path for a developmentally-appropriate, positive introduction to mountain bike racing

PROGRAM GOALS

Participants of the program are grouped into categories based on age, skill, fitness and peers. It is recommended to start with the youngest groups (U7-U13), and then gradually build the program from the bottom up as demand grows.

More specific details are provided in the Appendices. The Appendices provide an overview of how to set up your program, We encourage you to make use of resources from NCCP, Sprockids and IMBA to add and further develop these programs.

Below are the goals and outcomes of each age category:

1) Bike Tykes - U7

(under 7 by end of year) *must be 5 yrs old by start of program

Built around the youngest riders, Bike Tykes introduces the basic skills of mountain biking with minimal instruction. The focus is on letting them develop and discover through fun and games. Some of the skills covered in this program include neutral position, mounting/dismounting, braking, shifting, climbing, descending, falling, trail etiquette and road safety rules.

2) Gear Groms - U9

(under 9 by end of year)

Build their confidence as you work toward refining the basic proficiencies of mountain biking and begin to introduce a few advanced skills. Participants will cover neutral position, mounting/dismounting, braking, shifting, climbing, descending, falling, choosing a line, carrying a bike, weight distribution, cornering, obstacles and trail etiquette.

3) Pedal Punks - U11

(under 11 by end of year)

These "Punks" will be thrilled as they begin to master the basic skills while continuing to develop their technical abilities. Some of the skills covered in this program include neutral position, mounting/dismounting, braking, shifting, climbing, descending, falling, choosing a line, carrying a bike, weight distribution, cornering and ratcheting, obstacles, straight line riding, front wheel lifts, and rolling lunge.

4) Chain Gang - U13

(under 13 by end of year)

Quickly covering the basics of mountain biking, the Chain Gang will spend the majority of its time refining trail technique and aptitude. Some of the skills covered in this program include neutral position, mounting/dismounting, braking, shifting, climbing, descending, falling, choosing a line, carrying a bike, weight distribution, cornering and ratcheting, obstacles, straight line riding, front and rear wheel lifts, rolling lunge, manuals and wheelie drops.

**5) Gnarly Zone - U15
(under 15 by end of year)**

With a less structured approach and more time riding, they will continue to explore the classic cross country trails, while also testing their abilities on freeride terrain and the local bike parks. Focusing on finesse and expertise of advanced mountain biking, they will challenge obstacles, straight line riding, rolling lunge, manuals, wheelie drops and more.

**6) Freeriders
(under 17 by end of year)**

This program is specifically for more experienced teen riders. They don't want to race but they love to ride. Think of this program as a mixed bag of mountain biking: cross-country, freeride, downhill, and bike park. This program will have less structured instruction and more time on the trails than the younger Youth Revolution programs. Freeriders will begin to master larger drops, skinnier skinnies, manuals, wheelies, etc., appropriate to the group's skill level.

Short distance travel to different riding venues is encouraged in this program, exposing the participants to a wide range of riding opportunities. The Freeriders program requires highly competent coaches, due to the level of the participants (a wise use of guest coaches for specific areas is encouraged).

**7) Rampage 1
(under 15 by end of year)**

Introduction to cross-country racing (LTAD "Train to train" developmental stage). For riders with MTB experience, interested in training and keen to try racing, the Rampage program is where it gets started! This program is about having fun, riding (a lot!) with a group of friends, and learning. Riders will have the opportunity to get introduced to racing in a non-threatening environment, increase their understanding of their own body's potential and the training processes (physiological, psychological, etc.). They will each receive individualized, appropriate training programs, and be expected to keep a simple training diary and provide feedback to the coach.

The coach for this program must be trained and comfortable in a racing environment, but understand that these are still very young riders. The goal is to introduce them to racing and training in a way that makes them want to come back for more.

**8) Rampage 2
(under 17, and/or under 19 by end of year)**

This is the junior cross-country racing team (LTAD "Learn to Compete" developmental stage). It is only for riders with some MTB racing experience who are interested in training and racing competitively. Similar to Rampage 1, this program is about having fun, riding (a lot!) with a group of friends, and learning. Riders will further increase their knowledge and understanding about training and racing, develop fitness at an individually-appropriate level – they will each receive individualized, appropriate training programs, and be expected to keep a comprehensive training diary. They should have the opportunity to travel and compete across the province and beyond.

The coach for this program must be trained, highly skilled, and comfortable in a racing environment, but understand that these are still very young riders. Foster a life-long love for racing and training, recognizing that bicycle racers don't usually peak until after 25 years of age. Keep it fun.

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Note that this program could again be split into younger and older age cohorts (U17 and U19), or along gender lines, if that is more appropriate for your group.

STRUCTURE OF YOUTH REVOLUTION

Below are listed three distinct structural components to the program. It may be easiest to start with just the Spring or Summer structure before adding the other. The Rampage program will grow out of the participants in the younger programs.

1) Spring

Includes ages U7 to U15 and Freeriders.

The Spring Youth Revolution program is approximately 6 weeks in length, with 12 sessions, commencing early May and finishing late June, to coincide with the end of the school year. Sessions are held twice/week (eg. Monday evenings from 5:30pm-7:00pm, and Saturday mornings from 9:30am-11:00am). Freeriders ride for 2hrs+ per session.

The Spring program is organized by the Head Coach, but coaching for individual groups is provided by volunteer coaches (primarily parents), with a secondary volunteer helper for safety. Maximum group size of 8-10 participants.

2) Summer

Includes ages U7 to U15 and Freeriders.

The summer Youth Revolution program provides week-long half day (9:00-12:00 or 1:00-4:00 for U7, U9, U11, U13) and full day (9:00-3:00 for Freerider) mountain bike camps.

Coaching for the summer camps is provided by the Head Coach, or other hired coaches, with the assistance of at least one helper (volunteer or paid). Maximum group size of 12 participants.

3) Rampage

The Rampage 1 and Rampage 2 programs run on a longer program, starting earlier and finishing later. They both run 3x/wk for approximately 2 hrs each session, but some of these sessions will be replaced with racing. Rampage 1 starts in mid-April and runs until early July. The idea is that participants will have a longer build-up before race season begins, but it is still limited in scope (enough to get them excited and wanting more).

Rampage 2 begins in the early spring (this could start in the winter in a limited manner - ie, once/wk, if appropriate for your group) and runs until the end of August. It would be appropriate to structure this longer program into cycles with some breaks included.

For both of these programs, there should be a focus on some very specific races (ie. provincial or national championships, Alberta/Canada Summer Games, etc.), as well as an appropriate build-up of low-key "training races" to gain experience. Relay events are a great way to build team spirit.

MAKE THE PROGRAM SPECIAL

1) Special Events

Special events are organized as a part of the youth revolution as a way to foster participation amongst a variety of ages/abilities. Examples:

- Mixed age-group relay races, obstacles courses, and other games provide opportunity for all program participants to come together. These events can be low-key, just within your club and are simple to organize.
- Travel to another race: as a club, RMCC encouraged all program participants to attend the Salty Dog Race (Salmon Arm BC), which has great events for all ages of kids and adults, and a fun atmosphere.
- To finish the spring program, try celebrating with a big group ride and BBQ. A long trail is chosen, for an "epic" adventure – something that is an achievement for the kids to complete. All groups complete this non-technical ride, leaving at different times, or with variations in the route, to finish at the same time where a BBQ is waiting.
- During the summer camp sessions, celebrate the final day by finishing somewhere fun and informal. i.e. at a local swimming hole, having a water balloon fight and ice cream or freezies.

2) Swag

All participants in the Youth Revolution program, either Spring or Summer, receive some sort of swag. Athletic tech shirts (with club logo, etc), bike jerseys, hats, water bottles, socks, bike bells are good options. Kids love wearing their club gear, and it is great advertising for the club. Provide all participants with a "certificate of completion", along with a photo (either a group, or individual photo).

3) Races

One kids' race (U7-U13) during the Spring program, and one kids' race during the summer program are organized as a means of introducing kids to cross-country racing in a fun, supportive environment. All program participants are strongly encouraged to attend, but the race is open to non-club members also.

RMCC chose to piggyback kids' races onto existing XC races (such as the Little Lung kids race during the Iron Lung, the Iron Maiden Mini kids race during the Iron Maiden XC race, and the Little Ziggy kids race during the National MTB Champs). This also allows U15, Freeriders and Rampage participants to compete in the bigger race (in U15, U17, etc. categories). By hosting a kids' race during an existing adult race, kids are exposed to the excitement and energy of racing. Additionally, it can be very exciting for kids to start/finish under a "real" start/finish banner from a big sanctioned race; AB cup, Nationals etc.

These races are also an awesome way to get parents into the sport. The energy and excitement that comes from these events is quite different from what we usually see at an adult-focused XC event.

It is important that kids' races maintain a strong focus on participation and fun, rather than an emphasis on results. It is of paramount importance that participants have a positive experience, enjoy themselves and want to race again in the future. As such, prizes and swag are great, as every kid loves getting free stuff. Participation prizes for all kids who

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attend, rather than prizes for the top finishers, promote participation over results. Many businesses in your community will be happy to contribute loot/sponsorship to promote kids races. Having all kids receive a ribbon/medal (even a chocolate medal) when they cross the finish line is a great way of recognizing their efforts. Some sort of food for the racers after the race is another way to foster a fun, festive atmosphere (eg. a BBQ, or even just water, half a banana and a cookie).

In an effort to ensure the race is fun, and age appropriate, the below can be used as a guideline for course times/distances for each age category (variations with relay events, sprints, etc. can also be great):

Age category	Approx. race time	Approx. race distance
U7	5-15 minutes	2km
U9	10-20 minutes	3km
U11	12-25 minutes	5.5km
U13	20-35 minutes	7km

A short course, where participants repeat a designated number of laps, works well as the kids will become familiar with the course, and it provides lots of opportunities for spectators. It also allows lots of spectators to watch and provides parents an opportunity to support/cheer for their child. It is easier to provide marshals along a short course, which is necessary to ensure safety. It is advisable, especially with large numbers of participants, to stagger the starts of each age category, by gender, by a couple of minutes, if multiple categories are racing on the same course.

Kids love to race on singletrack, but be sure to watch for potential safety and collision areas. Be sure to allow passing (doubletrack) zones, and keep the hills short and appropriate. Young riders are often highly skilled but, due to strength issues and the weight of kids' bikes, cannot handle large hills.

HOW TO GET THINGS STARTED

The following can be used as a guideline for what needs to be done, ideally starting in January, with the goal of implementing a Youth Revolution program, commencing early May (there is some flexibility).

- January – Take charge! A program director or head coach needs to be established (if you have casino funds, this is a great way to spend this money; however, a committed volunteer will do fine to get things started) who will help set things in motion and provide organization and direction
- February – Recruit volunteer coaches – parents, schools, bike shops, bike clubs
- February – Investigate funding opportunities (see below); explore sponsor/partner opportunities
- February – Research NCCP CCI course opportunities for your volunteer coaches
- February – Determine insurance needs (ABA membership should cover it, but confirm with any facilities you may be riding in)
- February – Create a registration system: online (zone4.ca, karelo.com, etc.), or manual

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- February – Develop a marketing strategy: advertise via schools, bike shops, community calendars, newspapers, website, Facebook, etc.
- March – Establish location(s) to provide programming (trails, bike parks, etc.)
- March – Consider participant swag (t-shirts, bottles, hats, etc.)
- April – Create volunteer coach handbook, parent handbook (templates provided here)
- April – Source necessary equipment: 1st aid kits, spare tubes (in all sizes), pepper spray (if in bear country), cones, etc.

CHALLENGES

How to get over these obstacles:

1) How do you make age-based programs work for riders of varying abilities?

First, remember that the main goal is to provide a group that is fun for the rider, so keeping them with friends or peers is important. In some special cases it may be necessary to move a highly skilled rider to an older group or a beginning rider to a younger group (provided it's going to be appropriate for that riders' social/emotion experience). Coaches need to learn how to work with riders of different abilities through creative use of games, terrain, etc. As well, once you have enough kids in the program, you may be able to concurrently run multiple programs for riders of the same age (beginner, intermediate, or expert groups). Also, with some groups, it sometimes works well to keep boys and girls separate.

2) How do we get coaches?

Getting a Head Coach can require some diligent head hunting. The ideal skills for this role include good mountain bike skills and instruction experience (more important than racing knowledge), and an understanding of kids. NCCP (National Coaching Certification Program) cycling-specific certification is strongly encouraged by the ABA, and courses are offered on an annual basis. Enthusiasm, fun, and positive energy are key. Racing and training knowledge are necessary for coaching the Rampage groups only.

Parent volunteers are eager and committed – however, they may doubt their ability, so anything you can do to help their skills (coaching courses, skill clinics, manuals) will help. Again, the ideal parent coach is fun.

The ABA offers regular coaching courses. Try to coordinate community coaching courses for your volunteers.

3) Do we have to use these program names?

Please feel free to come up with your own program names. Remember that these programs need to be marketed to children and youth. Riders aged 13 and up are particularly concerned with being associated with something fun and cool. Mountain biking is a cool sport with a bit of an edge – make sure your program is something they want to be a part of.

4) I'm worried about liability!

The ABA has an insurance policy that provides a substantial level of coverage for all members (check the [ABA's website](#) for details). Ensuring that all participants and coaches are members of the ABA will cover most of your concerns. Factor that cost into your programming costs. You should confirm with the facilities where you plan to carry out your programming that this is sufficient. Contact the ABA if you have questions.

** New for 2012, the ABA is offering a special youth-specific General Membership at a discounted cost of \$25/rider*

5) Where can we get funding?

Casinos. These provide excellent return on your volunteer investment.

As well, there exist numerous grant opportunities to individuals and not-for-profit organizations offering recreational programming to youth. Eligible funds may be used toward implementation of a new project, coaches' training, equipment, etc. The following is a list, although by no means exhaustive, of organizations that may offer annual grant opportunities:

- [Canadian Cycling Association \(CCA\)](#)
- [Alberta Bicycle Association \(ABA\)](#)
- [Sport Canada](#)
- [Canadian Association of the Advancement of Women in Sport \(CAAWS\)](#)
- Your local municipality
 - Community Enrichment
- [Alberta Sport Recreation Parks and Wildlife Foundation \(ASRPWF\)](#)
 - The Canadian Sport 4 Life grant
 - Development Initiatives Grant

RESOURCES

The following is a list of potential resources that may prove useful in the creation and implementation of a youth revolution program:

- Long Term Athlete Development, Canadian Sport 4 Life: <http://www.canadiansportforlife.ca/>
- Sprockids : <http://www.sprockids.com/>
- National Coaching Certification Program (NCCP): <http://www.coach.ca/>
- Canadian Cycling Association: <http://www.canadian-cycling.com/>
- Alberta Bicycle Association: <http://www.albertabicycle.ab.ca/>
- International Mountain Bike Alliance: <http://www.imbacanada.com>

APPENDICES

The following appendices provide details and information relevant to the Youth Revolution Program. Be sure to also consult other resources such as Sprockids and the NCCP coaching manuals.

Appendix 1
**Spring Youth Revolution
Parent Handbook**

The purpose of this handbook is to provide information about the spring youth revolution program to parents of participants.

1. Club/Organization Name

Add info about your club/organization

2. The Youth Revolution program philosophy

The Youth Revolution program is an instructional MTB program designed for children ages 5-18. This developmentally appropriate mountain bike program promotes fun and skill development in a social and supportive environment. This program follows the Canadian Sport For Life's Long Term Athlete Development Model (LTAD) for cycling.

The program is designed to:

- Be fun and sociable for all participants (riding with friends is almost always more fun than riding with parents)
- Foster a lifelong passion for mountain biking
- Promote self-esteem and confidence
- Provide an opportunity for youth to develop an appreciation for the outdoors
- Develop a developmentally-appropriate skill foundation: the ABC's (agility, balance, coordination and speed) of physical literacy via FUNDamental movement skills, specific to cycling
- Provide a path for a developmentally-appropriate, fun introduction to mountain bike racing

3. Program Outcomes

Participants of the program are grouped into categories based on age, skill, fitness and peers.

To be further informed, we encourage you to review program information from NCCP, Sprockids and IMBA.

Below are the goals and outcomes of each age category:

a) Bike Tykes - U7

(under 7 by end of year) *must be 5 yrs old by May 2012

Built around the youngest riders, Bike Tykes introduces the basic skills of mountain biking with minimal instruction. The focus is on letting them develop and discover through fun and games. Some of the skills covered in this program include neutral position, mounting/dismounting, braking, shifting, climbing, descending, falling, trail etiquette and road safety rules.

b) Gear Groms - U9

(under 9 by end of year)

Build their confidence as you work toward refining the basic proficiencies of mountain biking and begin to introduce a few advanced skills. Participants will cover neutral position, mounting/dismounting, braking, shifting, climbing, descending, falling, choosing a line, carrying a bike, weight distribution, cornering, obstacles and trail etiquette.

c) Pedal Punks - U11

(under 11 by end of year)

These "Punks" will be thrilled as they begin to master the basic skills while continuing to develop their technical abilities. Some of the skills covered in this program include neutral position, mounting/dismounting, braking, shifting, climbing, descending, falling, choosing a line, carrying a bike, weight distribution, cornering and ratcheting, obstacles, straight line riding, front wheel lifts, and rolling lunge.

d) Chain Gang - U13

(under 13 by end of year)

Quickly covering the basics of mountain biking, the Chain Gang will spend the majority of its time refining trail technique and aptitude. Some of the skills covered in this program include neutral position, mounting/dismounting, braking, shifting, climbing, descending, falling, choosing a line, carrying a bike, weight distribution, cornering and ratcheting, obstacles, straight line riding, front and rear wheel lifts, rolling lunge, manuals and wheelie drops.

e) Gnarly Zone - U15

(under 15 by end of year)

With a less structured approach and more time riding, they will continue to explore the classic cross country trails, while also testing their abilities on freeride terrain and the local bike parks. Focusing on finesse and expertise of advanced mountain biking, they will challenge obstacles, straight line riding, rolling lunge, manuals, wheelie drops and more.

f) Freeriders

(under 17 by end of year)

This program is specifically for more experienced teen riders. Don't want to race but love to ride? Think of this program as a mixed bag of mountain biking: cross-country, freeride, downhill, and bike park. This program has less structured instruction and more time on the trails than the younger Youth Revolution programs. Freeriders will begin to master larger drops, skinnier skinnies, manuals, wheelies, etc., appropriate to the group's skill level.

Short distance trips to different riding venues are included in this program, exposing the participants to a wide range of riding opportunities.

**g) Rampage 1
(under 15 by end of year)**

Introduction to cross-country racing. For riders with MTB experience, interested in training and keen to try racing, the Rampage program is where it gets started! This program is about having fun, riding (a lot!) with a group of friends, and learning. Riders will have the opportunity to get introduced to racing in a non-threatening environment, increase their understanding of their own body's potential and the training processes (physiological, psychological, etc.). They will each receive individualized, appropriate training programs, and be expected to keep a simple training diary and provide feedback to the coach.

Rampage will introduce them to racing and training in a way that makes them want to come back for more.

**h) Rampage 2
(under 17, and/or under 19 by end of year)**

This is the junior cross-country racing team. It is only for riders with some MTB racing experience who are interested in training and racing competitively. Similar to Rampage 1, this program is about having fun, riding (a lot!) with a group of friends, and learning. Riders will further increase their knowledge and understanding about training and racing, develop fitness at an individually-appropriate level – they will each receive individualized, appropriate training programs, and be expected to keep a comprehensive training diary. They will have opportunities to travel and compete across the province and beyond.

4. Program Details

Dates and Times:

Insert program schedules here.

Location:

Describe locations used here.

Group Levels:

We strive very hard to create groups with children of similar experience, bike ability, fitness and age. It is likely that we may make adjustments to the groups within the first 2 sessions, to ensure a positive experience for everyone. If you have any comments about the placement of your child in a certain group, please do not hesitate to speak to the group leader, or Head Coach.

Special Events:

Throughout the program there will be special events and races to provide an opportunity to put their new skills into action. More details about special events will be communicated to you by both your group leader and/or Head Coach.

5. Communication

The main form of written communication is via the website forum. General program information updates, as well as group specific information from your group leader

will be made on the forum. It is the parent's responsibility to check the forum prior to each session for information regarding meeting location etc.

6. Weather and Cancellations

Some sessions may need to be cancelled due to weather conditions. Cancellations, and/or session modifications will be made at the discretion of each group leader. This is because some older groups may have the ability and desire to ride in inclement weather, more so than younger groups. No groups will ride if lightning is present or when conditions are present that would cause long term damage and erosion to the trails. As conditions can change rapidly, decisions as to whether to cancel will be made 90 minutes prior to the session start time. Please check the forum for your group. Typically, 1 – 2 sessions per program may be cancelled due to poor weather. Rescheduling any cancelled sessions will be at the discretion of each group leader.

7. Gear

Below is a list of required equipment. It is important that your child have a bike that is a proper fit. If your child is riding a bike that is either too small or too big, it is very unsafe and additionally your child will struggle... no fun! Second-hand/used bikes are fine, as long as they are in good working and safe condition. We recommend you take your child's bike into your local bike shop to ensure it is tuned up and ready to go.

Often it is the case that a used, quality brand bike (ie Giant, Trek, Kona, Santa Cruz, Specialized, Scott, etc.) that is in good working condition will be a better choice than a new bike of lesser quality (ie. Costco, Canadian Tire, etc.).

- mountain bike that fits your child
- safety-approved helmet that fits your child
- closed toed shoes
- small backpack/Camelbak to carry water, snack and jacket
- gloves (full-fingered gloves provide better protection during falls)

8. Coaches, Leaders and Parent Helpers

Add information about the coaches and their relevant training, certification.

The Youth Revolution program is coached by volunteer leaders under the guidance of the Head Coach. While all our leaders are volunteers, they are experienced riders who have received training on coaching children. Some volunteer leaders have been trained and certified in NCCP Community Cycling Initiation. Leaders who are not certified in NCCP have attended a workshop that follows the format of the NCCP Community Cycling Initiation program. The responsibilities of the Head Coach and group leader are to ensure the safety of every child during each session and provide a fun and informative experience.

Each group requires the assistance of a parent helper. The role of the parent helper is to act as a "sweeper" to ensure the group stays together. A minimum of one, but no more than 2 helpers are required per group, per session. It is required that the parent helper be at, or above, the riding level of the particular group (this is

particularly important with the older groups). Please coordinate with your group leader about being a parent helper.

9. Volunteering

We rely heavily on the contribution of our members as volunteers. Parents of participants in the Youth Revolution program are required to volunteer. More information about the volunteer requirements and opportunities can be found on our website.

10. Parent Responsibilities

- ↔ Please ensure your child has safe, age-appropriate gear. Ensure the bike has received a tune-up and is in safe working condition. Ensure the helmet is free of any cracks and fits the child snugly.
- ↔ Please ensure you are on time when dropping off and picking up your child. Groups often start riding right after drop off time.
- ↔ If someone other than the child's parent will be picking up your child at the end of a session, please ensure this has been communicated by you (not your child) to the group leader
- ↔ If you know your child is going to be absent, please post a note on the forum advising your group leader, so they do not waste time waiting for your child.
- ↔ Please ensure your child is dressed appropriately for the weather and changing weather conditions. Layers are ideal. Full finger gloves are great for protection, as well as keeping little fingers warm. Send a rain jacket in the backpack.
- ↔ Please ensure your child has had a nutritious meal and a bathroom visit prior to their session, and send water and a healthy nut-free snack.

11. Refund Policy

We have a no-refund policy on all programs and membership fees.

12. Contact

If you have any questions, comments or concerns please do not hesitate to contact *(insert Head Coach info)*

Appendix 2

Fundamental MTB Skills: Teaching Points

Neutral Position

Teaching Points:

- Weight centered, shoulders over handlebars, hips over seat
- Level pedals (3 and 9 o'clock position)
- Slight bend in arms and legs
- Eyes scanning forward
- Fingers on brake levers

Errors to detect and correct:

- Not level pedals (12 and 6 o'clock position)
- Locked legs
- No fingers resting on brakes

Bike/Body Balance and Separation

(used for riding skinnies, cornering etc.)

Teaching Points:

- Neutral position
- Lateral movement of the bike by pushing handlebars from side to side
- Legs bent and apart (to allow for movement)

Errors to detect and correct:

- Moving head and shoulders, not bike
- Closed legs around frame

Braking:

Teaching Points:

- Goal is to understand the difference between front and rear and when to use which
- Front: controls speed and MAJORITY of braking power
 - Exceeding the maximum threshold of the front brake will result in an endo (rider goes over front handlebars)
- Rear: control the movement of bike
 - Exceeding the maximum threshold of rear brake will result in a skid/slide
- One finger braking (per brake) is ideal
- Modulate BOTH brakes, until before the threshold point
- Use your legs to brace

Errors to detect and correct:

- More than one finger on each brake
- Using too much rear brake
- skid

Descending:

Teaching Points:

- hips/weight back, butt off seat (to maintain traction over wheel)

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- level pedals
- using front brake to control speed of bike, rear brake the control bike
- let it roll

Errors to detect and correct:

- body weight too far forward or back
- pedals not level
- pumping brakes
- too much rear brake=skid

Shifting/Gearing:

Teaching Points:

- goal is to keep tension and torque on chain and drive train
- easy (low) gear for uphill, hard (high) gear for downhill
- avoid cross-chain (grinding sound...bad!)
 - "Surge, Soft, Shift" (power surge, then soft on pedal, then shift)

Errors to detect and correct:

- shifting under load
- shifting too late, or too early

Seated Climbing:

Teaching Points:

- appropriate gear (easy/low)
- body weight shifts forward, and compress down to create tension on front wheel
- elbows in and wrists down

Errors to detect and correct:

- wrong gear
- too far back, elbows out

Standing Climbing:

Teaching points:

- appropriate gear
- rock bike from side to side to put more power on each pedal stroke

Falling/Bailing

Teaching Points:

- 4 L's: Lock, Look, Load (off), Leap
 - Lock=brake, Look=look for your exit, where you will plant your foot, Load(off)=release load on pedals, Leap=get off your bike

Errors to detect and correct:

- Not letting go off bike and being dragged by bike
- Not braking and just jumping off

Straight-Line Riding

Teaching Points:

- Eyes scanning ahead
- Weight slightly forward to create stability on the front wheel
- Rear brake drag to control bike
- Level pedals
- Bike/body separation to maintain lateral balance
- Legs apart to allow bike to move underneath you

Errors to detect and correct:

- Looking where you don't want to go
- Pedaling (too much)

Cornering:

Teaching Points:

- Lean the bike into the corner, counterbalance weight/hips to outside (bike in, body out)
- Aim for the apex of the corner, then look for the exit

Errors to detect and correct:

- Weight not to the outside
- Not appropriate braking

Rolling Lunge:

(placement of front wheel, rolling off rock, box etc.)

Teaching Points:

- Pause, Peak and Push
 - Pause=slow down at top of obstacle,
 - Peak=look for the spot you want to place your front wheel,
 - Push=push your handlebars over the crux

Errors to detect and correct:

- Not level pedals
- Coming to a complete stop (must keep wheels rolling on wheel placement)

Front Wheel Lift:

Teaching Points:

- Slow speed manoeuvre
- Pre-load and Explode
 - Pre-load your front suspension by pushing down evenly
 - Explode up, pull handlebars towards shoulders

Errors to detect and correct:

- Timing is off
- Not enough pre-load

Rear Wheel Lift:

Teaching Points:

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- Slow speed manoeuvre
- Pre-load rear suspension by pushing straight down from hips, evenly with legs
- Claw pedals with as the preload releases to lift rear wheel
- Point toes down and push feet back onto pedals

Errors to detect and correct:

- Pre-load is moving forward, not down
- Timing is off
- Not enough claw

Manual:

Teaching Points:

- Moderate-high speed, non-pedaling manoeuvre
- Initiate load with legs by pushing feet into pedals and heel forward (make a J)
- Rear brake as emergency brake
- Straight arms
- Arms "guide" wheel up, but do not lift, at all (this move comes from the legs)

Errors to detect and correct:

- Trying to lift the front wheel up with arms
- Pedaling

Wheelie Drop:

Teaching Points:

- Slow speed, pedaling manoeuvre
- Initiate pedal of non-preferred foot in power position, at top of pedal stroke (to allow to finish move in preferred stance)
- Easy-moderate gearing and slow speed to ensure enough torque during pedal stroke
- The push must be a quick, powerful movement

Errors to detect and correct:

- Timing and coordination off
- Gearing too hard (not able to get enough of a power push)
- Speed is too fast

* For further resources, consult the NCCP coaching & Sprockids manuals.

Appendix 3

Leading a Group - Philosophy

As a Leader with the Youth Revolution program, you have the opportunity of guiding youth into the exciting world of mountain biking. The kids' enthusiasm and energy will be infectious, and will add a new dimension to your own personal connection with riding.

In leading a group you must be responsible for providing a safe, positive, and inspiring environment, where your young riders can learn the skills and techniques that will equip them to successfully handle a variety of situations they may encounter on the trail.

**Keep it simple;
Keep it fun;
Keep it moving!**

You are more than a leader/teacher/instructor, you are also a mentor, passing on some of the values and strategies that will enable them to discover who they are, and the enormous potential that they possess.

Above everything else, HAVE FUN and ride safe!

Appendix 4
Sample Program Schedule

The following are sample program schedules used by RMCC, specific to age groups for the Spring Program. Dates and special events will need to be updated. References are to the Sprockids manual, but many of these details are covered in the NCCP manuals as well.

These programs need to be flexible to accommodate weather issues, changing venues, and groups skill level. Use them as a starting guide only.

Information on Sprockids materials can be found at <http://www.sprockids.com/leader.html>.

Youth Revolution - Getting Started

BIKE TYKES (U7)

Goal: Introduce basic skills with minimal instruction (let them discover, play and have fun)

Lesson #1 Sat May 7th	<input type="checkbox"/> Introduction, what we are going to do <input type="checkbox"/> Bringing a snack, proper clothes and water, Sprockids manual page 23, 27, 29 <input type="checkbox"/> Bike and helmet checks, manual and Sprockids page 27 <input type="checkbox"/> Short trail ride to determine abilities <input type="checkbox"/> NOTE: BBQ and trail maintenance event following session
Lesson #2 Mon May 9th	<input type="checkbox"/> Participant code of ethics, Sprockids page 16 <input type="checkbox"/> Neutral position, Sprockids page 35 <input type="checkbox"/> Looking ahead, Sprockids page 35 <input type="checkbox"/> Laying down the bike, Sprockids page 55 <input type="checkbox"/> Trail ride & games, manual and Sprockids
Sat May 16th	<input type="checkbox"/> NOTE: NO SESSION TODAY. ANY INTERESTED FAMILIES TO JOIN US FOR THE SALTY DOG
Lesson #3 Mon May 16th	<input type="checkbox"/> Trail ride & balance games, Sprockids and manual <input type="checkbox"/> Mounting & dismounting the bike, Sprockids page 34, 38, 39 <input type="checkbox"/> Falling, manual and Sprockids page 37 <input type="checkbox"/> Choosing a line, Sprockids page 35
Sat May 21 st and 23rd	<input type="checkbox"/> NO SESSIONS ON EITHER SAT OR MON OF VICTORIA DAY LONG WEEKEND
Lesson #4 Sat May 28th	<input type="checkbox"/> Road safety rules, Sprockids page 27-28 <input type="checkbox"/> Braking & shifting, manual and Sprockids page 34, 35, 38 <input type="checkbox"/> Trail etiquette, manual and Sprockids page 24 <input type="checkbox"/> Trail ride & games
Lesson #5 Mon May 30th	<input type="checkbox"/> Relay Race Night. Details to follow
Lesson #6 Sat June 4th	<input type="checkbox"/> Climbing & descending, manual and Sprockids page 39-40 <input type="checkbox"/> Trail ride & games
Lesson #7 Mon June 6th	<input type="checkbox"/> Weight distribution and transfer, Sprockids page 37 <input type="checkbox"/> Straight line riding, manual <input type="checkbox"/> Trail ride & games
Lesson #8 Sat June 11th	<input type="checkbox"/> Iron Maiden Mini Kids race. Details to follow <input type="checkbox"/> NOTE: WE WILL ENCOURAGE ALL KIDS TO PARTICIPATE IN THIS FUN KIDS RACE
Lesson #9 Mon June 13th	<input type="checkbox"/> Riding around, over, under obstacles (basic), Sprockids page 35-36 <input type="checkbox"/> Front wheel lifts, manual
Lesson #10 Sat June 18th	<input type="checkbox"/> Rolling lunge, manual <input type="checkbox"/> Cornering, manual and Sprockids page 36-37 <input type="checkbox"/> Trail ride & games
Lesson #11 Mon June 20th	<input type="checkbox"/> Reminder about proper nutrition/hydration, equipment and clothing <input type="checkbox"/> Carrying a bike, Sprockids page 39 <input type="checkbox"/> Trail Ride & games Review <input type="checkbox"/> feedback to kids/parents etc.

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Lesson #12 Sat June 25th	<ul style="list-style-type: none"><input type="checkbox"/> Last session<input type="checkbox"/> Group riding, Sprockids page 38<input type="checkbox"/> NOTE: WE WILL BE DOING A LARGE MULTI-AGES GROUP RIDE ALONG GOAT CREEK & BBQ AFTERWARDS. FUN!
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Youth Revolution - Getting Started

GEAR GROMS (U9)

Goal: Refine basic skills, introduce a few more advanced skills

Lesson #1 Sat May 7th	<input type="checkbox"/> Introduction, what we are going to do for 6 weeks <input type="checkbox"/> Bringing a snack, proper clothes and water, Sprockids manual page 23, 27, 29 <input type="checkbox"/> Bike and helmet checks, manual and Sprockids page 27 <input type="checkbox"/> Short trail ride to determine abilities <input type="checkbox"/> NOTE: BBQ and trail maintenance event following session
Lesson #2 Mon May 9th	<input type="checkbox"/> Participant code of ethics, Sprockids page 16 <input type="checkbox"/> Neutral position, Sprockids page 35 <input type="checkbox"/> Looking ahead, Sprockids page 35 <input type="checkbox"/> Laying down the bike, Sprockids page 55 <input type="checkbox"/> Trail ride & games, manual and Sprockids
Sat May 16th	<input type="checkbox"/> NOTE: NO SESSION TODAY. ANY INTERESTED FAMILIES TO JOIN US FOR THE SALTY DOG
Lesson #3 Mon May 16th	<input type="checkbox"/> Trail ride & balance games, Sprockids and manual <input type="checkbox"/> Mounting & dismounting the bike, Sprockids page 34, 38, 39 <input type="checkbox"/> Falling, manual and Sprockids page 37 <input type="checkbox"/> Choosing a line, Sprockids page 35
Sat May 21 st and 23rd	<input type="checkbox"/> NO SESSIONS ON EITHER SAT OR MON OF VICTORIA DAY LONG WEEKEND
Lesson #4 Sat May 28th	<input type="checkbox"/> Road safety rules, Sprockids page 27-28 <input type="checkbox"/> Braking & shifting, manual and Sprockids page 34, 35, 38 <input type="checkbox"/> Trail etiquette, manual and Sprockids page 24 <input type="checkbox"/> Trail ride & games
Lesson #5 Mon May 30th	<input type="checkbox"/> Relay Race Night. Details to follow
Lesson #6 Sat June 4th	<input type="checkbox"/> Climbing & descending, manual and Sprockids page 39-40 <input type="checkbox"/> Trail ride & games
Lesson #7 Mon June 6th	<input type="checkbox"/> Weight distribution and transfer, Sprockids page 37 <input type="checkbox"/> Straight line riding, manual <input type="checkbox"/> Trail ride & games
Lesson #8 Sat June 11th	<input type="checkbox"/> Iron Maiden Mini Kids race. Details to follow <input type="checkbox"/> NOTE: WE WILL ENCOURAGE ALL KIDS TO PARTICIPATE IN THIS FUN KIDS RACE
Lesson #9 Mon June 13th	<input type="checkbox"/> Riding around, over, under obstacles (basic), Sprockids page 35-36 <input type="checkbox"/> Front wheel lifts, manual
Lesson #10 Sat June 18th	<input type="checkbox"/> Rolling lunge, manual <input type="checkbox"/> Cornering, manual and Sprockids page 36-37 <input type="checkbox"/> Trail ride & games
Lesson #11 Mon June 20th	<input type="checkbox"/> Reminder about proper nutrition/hydration, equipment and clothing <input type="checkbox"/> Carrying a bike, Sprockids page 39 <input type="checkbox"/> Trail Ride & games Review <input type="checkbox"/> feedback to kids/parents etc.

Youth Revolution - Getting Started

Lesson #12 Sat June 25th	<ul style="list-style-type: none"><input type="checkbox"/> Last session<input type="checkbox"/> Group riding, Sprockids page 38<input type="checkbox"/> NOTE: WE WILL BE DOING A LARGE MULTI-AGES GROUP RIDE ALONG GOAT CREEK & BBQ AFTERWARDS. FUN!
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Youth Revolution - Getting Started

PEDAL PUNKS (U11)

Goal: Review basic skills, master most basic skills, continue to introduce advanced skills

Lesson #1 Sat May 7th	<input type="checkbox"/> Introduction, what we are going to do for 6 weeks <input type="checkbox"/> Bringing a snack, proper clothes and water, Sprockids manual page 23, 27, 29 <input type="checkbox"/> Bike and helmet checks, manual and Sprockids page 27 <input type="checkbox"/> Short trail ride to determine abilities <input type="checkbox"/> NOTE: BBQ and trail maintenance event following session
Lesson #2 Mon May 9th	<input type="checkbox"/> Participant code of ethics, Sprockids manual page 16 <input type="checkbox"/> Position and fit of the bike, Sprockids page 56 <input type="checkbox"/> Review mounting & dismounting on hills, Sprockids page 34, 38, 39, 47 <input type="checkbox"/> Falling, manual and Sprockids page 37 <input type="checkbox"/> Trail ride & games
Sat May 16th	<input type="checkbox"/> NOTE: NO SESSION TODAY. ANY INTERESTED FAMILIES TO JOIN US FOR THE SALTY DOG
Lesson #3 Mon May 16th	<input type="checkbox"/> Review road safety rules, Sprockids page 27-28 <input type="checkbox"/> Warming up, Sprockids page 29 <input type="checkbox"/> Pedal Stroke, Sprockids page 45 <input type="checkbox"/> Braking & shifting, Sprockids page 34, 35, 38 <input type="checkbox"/> Trail ride & balance games
Sat May 21 st and 23rd	<input type="checkbox"/> NO SESSIONS ON EITHER SAT OR MON OF VICTORIA DAY LONG WEEKEND
Lesson #4 Sat May 28th	<input type="checkbox"/> Trail etiquette, Sprockids page 24 <input type="checkbox"/> Carrying a bike, Sprockids page 39 <input type="checkbox"/> Riding different surfaces, Sprockids page 47 <input type="checkbox"/> Looking ahead and choosing a line, Sprockids page 35 <input type="checkbox"/> Trail Ride & games
Lesson #5 Mon May 30th	<input type="checkbox"/> Relay Race Night. Details to follow
Lesson #6 Sat June 4th	<input type="checkbox"/> Climbing & descending (seated), manual and Sprockids page 39-40 <input type="checkbox"/> Climbing and descending (standing), manual and Sprockids page 49 <input type="checkbox"/> Trail Ride & games
Lesson #7 Mon June 6th	<input type="checkbox"/> Weight distribution and transfer, Sprockids page 37 <input type="checkbox"/> Straight line riding, manual and Sprockids page 34, 35, 38 <input type="checkbox"/> Cornering, manual <input type="checkbox"/> Ratcheting, Sprockids page 36, 37, 45, 48 <input type="checkbox"/> Trail ride & games
Lesson #8 Sat June 11th	<input type="checkbox"/> NOTE: Iron Maiden Mini Kids race. Details to follow <input type="checkbox"/> NOTE: WE WILL ENCOURAGE ALL KIDS TO PARTICIPATE IN THIS FUN KIDS RACE
Lesson #9 Mon June 13th	<input type="checkbox"/> Riding around, over, under obstacles (advanced), Sprockids page 35-36, 49, 61 <input type="checkbox"/> Obstacles & drop offs, Sprockids page 40-41 <input type="checkbox"/> Front wheel lifts, manual <input type="checkbox"/> Trail ride & games

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Lesson #10 Sat June 18th	<input type="checkbox"/> Rolling Lunge, manual <input type="checkbox"/> Reminder about proper nutrition, equipment and clothing <input type="checkbox"/> Trail ride & games
Lesson #11 Mon June 20th	<input type="checkbox"/> Changing a flat and repairs, Sprockids page 25 <input type="checkbox"/> Clean/lube your bike, brake and gear adjustments, Sprockids page 55-59 <input type="checkbox"/> Trail ride & games <input type="checkbox"/> feedback to kids/parents etc.
Lesson #12 Sat June 25th	<input type="checkbox"/> Last session <input type="checkbox"/> Group riding, Sprockids page 38 <input type="checkbox"/> NOTE: WE WILL BE DOING A LARGE MULTI-AGES GROUP RIDE ALONG GOAT CREEK & BBQ AFTERWARDS. Details to follow

Youth Revolution - Getting Started

CHAIN GANG (U13)

Goal: Master all basic skills, continue to refine some advanced skills, master some advanced skills

Lesson #1 Sat May 7th	<input type="checkbox"/> Introduction, what we are going to do for 6 weeks <input type="checkbox"/> Bringing a snack, proper clothes and water, Sprockids manual page 23, 27, 29 <input type="checkbox"/> Bike and helmet checks, manual and Sprockids page 27 <input type="checkbox"/> Short trail ride to determine abilities <input type="checkbox"/> NOTE: BBQ and trail maintenance event following session
Lesson #2 Mon May 9th	<input type="checkbox"/> Participant code of ethics, Sprockids manual page 16 <input type="checkbox"/> Position and fit of the bike, Sprockids page 56 <input type="checkbox"/> Review mounting & dismounting on hills, Sprockids page 34, 38, 39, 47 <input type="checkbox"/> Falling, manual and Sprockids page 37 <input type="checkbox"/> Trail ride & games
Sat May 16th	<input type="checkbox"/> NOTE: NO SESSION TODAY. ANY INTERESTED FAMILIES TO JOIN US FOR THE SALTY DOG
Lesson #3 Mon May 16th	<input type="checkbox"/> Review road safety rules, Sprockids page 27-28 <input type="checkbox"/> Warming up, Sprockids page 29 <input type="checkbox"/> Pedal Stroke, Sprockids page 45 <input type="checkbox"/> Braking & shifting, Sprockids page 34, 35, 38 <input type="checkbox"/> Trail ride & balance games
Sat May 21 st and 23rd	<input type="checkbox"/> NO SESSIONS ON EITHER SAT OR MON OF VICTORIA DAY LONG WEEKEND
Lesson #4 Sat May 28th	<input type="checkbox"/> Trail etiquette, Sprockids page 24 <input type="checkbox"/> Carrying a bike, Sprockids page 39 <input type="checkbox"/> Riding different surfaces, Sprockids page 47 <input type="checkbox"/> Looking ahead and choosing a line, Sprockids page 35 <input type="checkbox"/> Trail Ride & games
Lesson #5 Mon May 30th	<input type="checkbox"/> Relay Race Night. Details to follow
Lesson #6 Sat June 4th	<input type="checkbox"/> Climbing & descending (seated), manual and Sprockids page 39-40 <input type="checkbox"/> Climbing and descending (standing), manual and Sprockids page 49 <input type="checkbox"/> Trail Ride & games
Lesson #7 Mon June 6th	<input type="checkbox"/> Weight distribution and transfer, Sprockids page 37 <input type="checkbox"/> Straight line riding, manual and Sprockids page 34, 35, 38 <input type="checkbox"/> Cornering, manual <input type="checkbox"/> Ratcheting, Sprockids page 36, 37, 45, 48 <input type="checkbox"/> Trail ride & games
Lesson #8 Sat June 11th	<input type="checkbox"/> NOTE: Iron Maiden Mini Kids race. Details to follow <input type="checkbox"/> WE WILL ENCOURAGE ALL KIDS TO PARTICIPATE IN THIS FUN KIDS RACE

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Lesson #9 Mon June 13th	<input type="checkbox"/> Riding around, over, under obstacles (advanced), Sprockids page 35-36, 49, 61 <input type="checkbox"/> Obstacles & drop offs, Sprockids page 40-41 <input type="checkbox"/> Front wheel lifts, manual <input type="checkbox"/> Trail ride & games
Lesson #10 Sat June 18th	<input type="checkbox"/> Rolling Lunge, manual <input type="checkbox"/> Manuals, manual <input type="checkbox"/> Reminder about proper nutrition, equipment and clothing <input type="checkbox"/> Trail ride & games
Lesson #11 Mon June 20th	<input type="checkbox"/> Wheelie Drops, manual <input type="checkbox"/> Changing a flat and repairs, Sprockids page 25 <input type="checkbox"/> Clean/lube your bike, brake and gear adjustments, Sprockids page 55-59 <input type="checkbox"/> Trail ride & games <input type="checkbox"/> feedback to kids/parents etc.
Lesson #12 Sat June 25th	<input type="checkbox"/> Group riding, Sprockids page 38 <input type="checkbox"/> NOTE: WE WILL BE DOING A LARGE MULTI-AGES GROUP RIDE ALONG GOAT CREEK & BBQ AFTERWARDS. Details to follow

Youth Revolution - Getting Started

GNARLY ZONE (U15)

Goal: Master all basic skills, continue to refine some advanced skills, master some advanced skills

Lesson #1 Sat May 7th	<input type="checkbox"/> Introduction, what we are going to do for 6 weeks <input type="checkbox"/> Bringing a snack, proper clothes and water, Sprockids manual page 23, 27, 29 <input type="checkbox"/> Bike and helmet checks, manual and Sprockids page 27 <input type="checkbox"/> Short trail ride to determine abilities <input type="checkbox"/> NOTE: BBQ and trail maintenance event following session
Lesson #2 Mon May 9th	<input type="checkbox"/> Participant code of ethics, Sprockids manual page 16 <input type="checkbox"/> Position and fit of the bike, Sprockids page 56 <input type="checkbox"/> Review mounting & dismounting on hills, Sprockids page 34, 38, 39, 47 <input type="checkbox"/> Falling, manual and Sprockids page 37 <input type="checkbox"/> Trail ride & games
Sat May 16th	<input type="checkbox"/> NOTE: NO SESSION TODAY. ANY INTERESTED FAMILIES TO JOIN US FOR THE SALTY DOG
Lesson #3 Mon May 16th	<input type="checkbox"/> Review road safety rules, Sprockids page 27-28 <input type="checkbox"/> Warming up, Sprockids page 29 <input type="checkbox"/> Pedal Stroke, Sprockids page 45 <input type="checkbox"/> Braking & shifting, Sprockids page 34, 35, 38 <input type="checkbox"/> Trail ride & balance games
Sat May 21 st and 23rd	<input type="checkbox"/> NO SESSIONS ON EITHER SAT OR MON OF VICTORIA DAY LONG WEEKEND
Lesson #4 Sat May 28th	<input type="checkbox"/> Trail etiquette, Sprockids page 24 <input type="checkbox"/> Carrying a bike, Sprockids page 39 <input type="checkbox"/> Riding different surfaces, Sprockids page 47 <input type="checkbox"/> Looking ahead and choosing a line, Sprockids page 35 <input type="checkbox"/> Trail Ride & games
Lesson #5 Mon May 30th	<input type="checkbox"/> Relay Race Night. Details to follow
Lesson #6 Sat June 4th	<input type="checkbox"/> Climbing & descending (seated), manual and Sprockids page 39-40 <input type="checkbox"/> Climbing and descending (standing), manual and Sprockids page 49 <input type="checkbox"/> Trail Ride & games
Lesson #7 Mon June 6th	<input type="checkbox"/> Weight distribution and transfer, Sprockids page 37 <input type="checkbox"/> Straight line riding, manual and Sprockids page 34, 35, 38 <input type="checkbox"/> Cornering, manual <input type="checkbox"/> Ratcheting, Sprockids page 36, 37, 45, 48 <input type="checkbox"/> Trail ride & games
Lesson #8 Sat June 11th	<input type="checkbox"/> NOTE: Iron Maiden Mini Kids race. Details to follow <input type="checkbox"/> WE WILL ENCOURAGE ALL KIDS TO PARTICIPATE IN THIS FUN KIDS RACE

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Lesson #9 Mon June 13th	<input type="checkbox"/> Riding around, over, under obstacles (advanced), Sprockids page 35-36, 49, 61 <input type="checkbox"/> Obstacles & drop offs, Sprockids page 40-41 <input type="checkbox"/> Front wheel lifts, manual <input type="checkbox"/> Trail ride & games
Lesson #10 Sat June 18th	<input type="checkbox"/> Rolling Lunge, manual <input type="checkbox"/> Manuals, manual <input type="checkbox"/> Reminder about proper nutrition, equipment and clothing <input type="checkbox"/> Trail ride & games
Lesson #11 Mon June 20th	<input type="checkbox"/> Wheelie Drops, manual <input type="checkbox"/> Changing a flat and repairs, Sprockids page 25 <input type="checkbox"/> Clean/lube your bike, brake and gear adjustments, Sprockids page 55-59 <input type="checkbox"/> Trail ride & games <input type="checkbox"/> feedback to kids/parents etc
Lesson #12 Sat June 25th	<input type="checkbox"/> Group riding, Sprockids page 38 <input type="checkbox"/> NOTE: WE WILL BE DOING A LARGE MULTI-AGES GROUP RIDE ALONG GOAT CREEK & BBQ AFTERWARDS. Details to follow

Youth Revolution - Getting Started

FREERIDERS (U17)

Goal: Refine and master advanced skills

Lesson #1 Sat May 7th	<input type="checkbox"/> Introduction, what we are going to do for 6 weeks <input type="checkbox"/> Bringing a snack, proper clothes and water, Sprockids manual page 23, 27, 29 <input type="checkbox"/> Bike and helmet checks, manual and Sprockids page 27 <input type="checkbox"/> Short trail ride to determine abilities <input type="checkbox"/> NOTE: BBQ and trail maintenance event following session
Lesson #2 Mon May 9th	<input type="checkbox"/> Participant code of ethics, Sprockids manual page 16 <input type="checkbox"/> Position and fit of the bike, Sprockids page 56 <input type="checkbox"/> Review mounting & dismounting on hills, Sprockids page 34, 38, 39, 47 <input type="checkbox"/> Falling, manual and Sprockids page 37 <input type="checkbox"/> Trail ride & games
Sat May 16th	<input type="checkbox"/> NOTE: NO SESSION TODAY. ANY INTERESTED FAMILIES TO JOIN US FOR THE SALTY DOG
Lesson #3 Mon May 16th	<input type="checkbox"/> Review road safety rules, Sprockids page 27-28 <input type="checkbox"/> Warming up, Sprockids page 29 <input type="checkbox"/> Pedal Stroke, Sprockids page 45 <input type="checkbox"/> Braking & shifting, Sprockids page 34, 35, 38 <input type="checkbox"/> Trail ride & balance games
Sat May 21 st and 23rd	<input type="checkbox"/> NO SESSIONS ON EITHER SAT OR MON OF VICTORIA DAY LONG WEEKEND
Lesson #4 Sat May 28th	<input type="checkbox"/> Trail etiquette, Sprockids page 24 <input type="checkbox"/> Carrying a bike, Sprockids page 39 <input type="checkbox"/> Riding different surfaces, Sprockids page 47 <input type="checkbox"/> Looking ahead and choosing a line, Sprockids page 35 <input type="checkbox"/> Trail Ride & games
Lesson #5 Mon May 30th	<input type="checkbox"/> Relay Race Night. Details to follow
Lesson #6 Sat June 4th	<input type="checkbox"/> Climbing & descending (seated), manual and Sprockids page 39-40 <input type="checkbox"/> Climbing and descending (standing), manual and Sprockids page 49 <input type="checkbox"/> Trail Ride & games
Lesson #7 Mon June 6th	<input type="checkbox"/> Weight distribution and transfer, Sprockids page 37 <input type="checkbox"/> Straight line riding, manual and Sprockids page 34, 35, 38 <input type="checkbox"/> Cornering, manual <input type="checkbox"/> Ratcheting, Sprockids page 36, 37, 45, 48 <input type="checkbox"/> Trail ride & games
Lesson #8 Sat June 11th	<input type="checkbox"/> NOTE: Iron Maiden Mini Kids race. Details to follow <input type="checkbox"/> WE WILL ENCOURAGE ALL KIDS TO PARTICIPATE IN THIS FUN KIDS RACE
Lesson #9 Mon June 13th	<input type="checkbox"/> Riding around, over, under obstacles (advanced), Sprockids page 35-36, 49, 61 <input type="checkbox"/> Obstacles & drop offs, Sprockids page 40-41 <input type="checkbox"/> Front wheel lifts, manual <input type="checkbox"/> Trail ride & games

Youth Revolution - Getting Started

Lesson #10 Sat June 18th	<input type="checkbox"/> Rolling Lunge, manual <input type="checkbox"/> Manuals, manual <input type="checkbox"/> Reminder about proper nutrition, equipment and clothing <input type="checkbox"/> Trail ride & games
Lesson #11 Mon June 20th	<input type="checkbox"/> Wheelie Drops, manual <input type="checkbox"/> Changing a flat and repairs, Sprockids page 25 <input type="checkbox"/> Clean/lube your bike, brake and gear adjustments, Sprockids page 55-59 <input type="checkbox"/> Trail ride & games <input type="checkbox"/> feedback to kids/parents etc.
Lesson #12 Sat June 25th	<input type="checkbox"/> Group riding, Sprockids page 38 <input type="checkbox"/> NOTE: WE WILL BE DOING A LARGE MULTI-AGES GROUP RIDE ALONG GOAT CREEK & BBQ AFTERWARDS. Details to follow

RAMPAGE 1 & 2 (U15 & U19)

Goal: Refine and master advanced skills, introduce and build confidence in racing situations. Learn about training.

Overall Program

The 12-week Rampage 1 program runs from April 13th and until July 17th, beginning after Spring Break and ending with the National MTB Champs (note that most seasons have a significant goal event at about this time: Canada Cup, Alberta Summer Games, etc.). The 18-week Rampage 2 program runs from April 13th to August 30th. Depending on coaching resources and participant ability levels, these two programs may occasionally be run together or split apart. Rampage is structured to include a combination of skill instruction as well as an introduction and education about training, with a focus on fun, group activity (recognizing the strong motivational aspect of the social component).

Participants receive individualized monthly training programs which are appropriate to their developmental level and schedule (including other extra-curricular activities and sports). They are required to maintain a simple training diary (activity, duration, and intensity) which is returned to the coach at the end of every month for review.

In addition to cycling, other activities are included, such as a basic core-strength program (1-2x weekly), and other individual-specific cross-training activities (based on their interests, and can include running, dry-land and on-snow ski training, dance, or other). An effort is made to seamlessly integrate their cycling-specific training into their current schedule and lifestyle. Rampage 2 athletes are likely to be more cycling-specific with their individual training than Rampage 1. Outside of regularly scheduled sessions, participants train 1-4 times (depending on their individual developmental level and schedule).

a) Pre-season

The pre-season, April 13th – May 4th, consists of 2-3 times/week 2 hour sessions. The focus is on basic fitness, team-building (fun relay races, group riding, games such as tag, pace-line riding, etc.), and basic skills such as bike/body balance and separation, shifting, pedal-stroke, and gearing. Most of the participants are moderately- to highly-skilled already so this is review and refinement. Also included are basic bike maintenance skills (bike safety check, rider-position, lubing, simple adjustments, and changing a flat). Due to spring weather, most of this riding is on the roads. Use your creativity to keep sessions fun, innovative and socially interesting.

b) Early Racing Season

From May 7th until June 18th (end of school), there are three 2 hour sessions weekly. In an attempt to maximize skill development in a fun group environment, the Rampage group focuses mainly on skill-based riding 1-2 days per week. This includes downhill, freestyle, bike parks, and big mountain rides. 1-2 days per week are specific fitness- and race-directed riding, including longer steady rides, introductory interval and hill training, and race-simulation. Some local travel may be required to access varied and new terrain.

Make use of guest coaches to work on different approaches, and to keep the program fresh and exciting. This also helps to provide highly-skilled coaching in areas where the main coach is weaker. It may be necessary to split the group into two ability-based groups, depending on coaching resources.

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Appropriate development of physical, mental, motor and tactical skills, as well as key performance factors (including speed, stamina and strength) are included and assessed as a part of the training component. Additionally, the following topics are covered at a basic level during the program: nutrition and hydration, mental preparedness, training progression, basic bicycle maintenance and setup, safety and race support. Recognize that there are a wide variety of developmental levels, experience, and maturation within these ages, so ALL programming must be individualized.

During this period, the riders participate in local informal week-night races, and have the opportunity to race in several weekend provincial mountain bike events. Coaching support before and during these races is critical. This includes ensuring they are properly registered, race prep discussions, nutrition and fluids, bike tuning, pre-riding the course, mental prep, race-day logistics, positive encouragement during the races, and de-briefing afterward. These races are a great opportunity for young athletes to learn and take ownership of all aspects of being a cyclist.

c) Target Race

From June 19 to July 17 (or August 30 for Rampage 2 riders), the program becomes more challenging as rider fitness and skill progress. Explore longer and harder rides and include specific intensity sessions with hill and interval workouts. Training should become specific to the target event (but based on the individual's developmental level). Coaching support before, during, and after this event is critical.

Scheduling may vary during this period to adapt to summer schedules. It is also a great time to include several memorable "adventure"-type long rides of 3-4hrs. Be sure to be well prepared and equipped (with water, food, clothing, and first-aid) for these trips, and proceed at a pace that all can handle.

Appendix 5
Sample Lesson Plan

Group: _____ Date/Lesson #: _____ Duration: _____

Lesson Goal/Objective: _____

Phase	Duration	Activity
Intro	2-3 min	ATTENDENCE AND OUTLINE SESSION Introduce the objective of lesson, what skills will be covered, what trail will be riding
Warm Up	3-5 min	BASIC STRETCHING Can be combined with an ice-breaker game
Skills/Drills	5-15 min	DEMO AND EXPLAIN THE SKILL Verbally explain and physically demonstrate the skill, as not all kids learn the same way. Provide skill progressions, for more complex skills. Detect and correct errors.
Ride	45-60 min	RIDE Explain the ride, terrain. Make sure leader always in front and sweep in back.
Game	10-15 min	GAME Attempt to play a game that emphasizes the skills covered in the session (ex. Bike limbo game during the lesson on balance/bike body separation). Playing a game can often be incorporated on the trail, as part of the ride.
Wrap Up	2-5 min	RECAP Brief review of main teaching points of skill(s) covered during session. Preview of next lesson/session: what to bring, where to meet. Provide positive feedback to kids and parents End the session with the kids wanting more!!!

NOTE Frequent snack/water breaks are needed throughout session

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Appendix 6
Lesson Plan Template

Group: _____ Date/Lesson #: _____ Duration: _____

Lesson Goal/Objective: _____

Phase	Duration	Activity
Intro		
Warm Up		
Skills/Drills		
Ride		
Game		
Wrap Up		

NOTE Frequent snack/water breaks are needed throughout session

Appendix 7
Bike and Helmet Checklist

Bike Check:

Pass	Needs Attention	
<input type="checkbox"/>	<input type="checkbox"/>	Handlebar, stem, seat, seat post, pedals, cranks and important bolts are all tight
<input type="checkbox"/>	<input type="checkbox"/>	Gears shift smoothly, derailleurs, cables and housing in sound working condition, levers tight, limit screws properly adjusted.
<input type="checkbox"/>	<input type="checkbox"/>	Brakes work properly, levers, cables and housing, pads in good working order and condition.
<input type="checkbox"/>	<input type="checkbox"/>	Wheels are reasonably true with no broken or loose spokes.
<input type="checkbox"/>	<input type="checkbox"/>	Frame and fork are not bent, cracked, or otherwise seriously misaligned
<input type="checkbox"/>	<input type="checkbox"/>	Bearings in headset, bottom bracket, cones in hubs, are not excessively loose or in need of urgent repair.
<input type="checkbox"/>	<input type="checkbox"/>	Tires are not seriously worn, torn, cracked, cut, or in need of replacement. Tires are inflated to proper pressure
<input type="checkbox"/>	<input type="checkbox"/>	Wheel nuts and/or quick releases are properly installed
<input type="checkbox"/>	<input type="checkbox"/>	Bell, rear and front reflector/lights

Helmet Check:

Check to make sure there are no cracks or major dents in the helmet proper fit is as follows:

- Room for two fingers under the chin strap
- Room for two fingers places above the eyebrow
- Make sure the side straps are snugged up to just below the ear lobe

Appendix 8

Leader & Helper Safety Plan

- 1) There will be a minimum of 2 adults with every group. One will take the role as group leader and the other as a sweeper. If possible a third adult will accompany the group and help out where needed, or stay near the middle of the group. Stop at all major intersections, have each rider communicate the direction they need to turn to the rider directly behind them.
- 2) The leader and all parent helpers must carry a canister of bear spray and a cell phone. The leader must carry additional items (see below). The parent helper should meet with the coach prior to the session to exchange phone numbers.
- 3) The group will not ride in any area that is closed due to wildlife. If the minimum amount of parent helpers is not obtainable, or if none of the parent helpers have bear spray the group will stay together in a safe area.
- 4) Practice wildlife safety at all times. Ride in groups of 5 or more and make lots of noise. If you do encounter a bear be prepared to use bear spray. Have the other parent escort the kids away as quickly as possible. Leave the area as quickly as possible and report back to the coach. If the group comes across any other wildlife they will give them lots of room and leave the area quickly. After, report the encounter to WildSmart.
- 5) The leader will always be in a central location with a first aid kit, cell phone and emergency contact information for all riders.
- 6) In case of an injury
 - a) First get the child to take a few deep breaths to calm down
 - b) Ask them what hurts (if they say their head, neck or back DO NOT MOVE THEM)
-> Activate Emergency Action Plan
 - c) If injury is serious -> Activate Emergency Action Plan
 - d) Check scrapes and dress as required
 - e) Check over the bike before the child gets back on to make sure nothing is broken or damaged. Check brakes, derailleurs, wheels, seat and handle bars.
 - f) Notify the head coach of any major injuries when you return. Contact Head Coach immediately if you suspect broken bones or possible head injury.

LEADER AND PARENT HELPER KITS

LEADER KIT:

- Bear spray (own)
- Cell phone (own). Exchange number with parent helpers before start of session
- Tool kit: pump, oil, tire levers, allen keys... (own)
- Pump (own)
- 1st aid kit (supplied by RMCC)
- Kids home & emergency phone numbers
- Extra tubes 16'-20'-24'-26'. Presta and Schrader for 26'
- Lesson plan
- Extra water and snacks

PARENT HELPER KIT:

- Bear spray (own)
- Cell phone (own). Exchange number with leader before start of session

Appendix 9
Emergency Action Plan

ALWAYS CARRY WITH YOU:

- Cell phone (charged)
- Bear spray (check expiry)
- Medical profile for each participant/coach
- Emergency phone numbers for each participant/coach

FOR ALL EMERGENCIES: 9-1-1

FIRST AID KIT: Leader of each group

COACH CONTACT INFORMATION – cell phones:
(list here)

ACTIVATING THE EAP:

NAME A CHARGE PERSON:

- Clear the risk of further harm to the injured person by securing the area and sheltering the injured person
- Protect yourself (wear gloves if in contact with body fluids)
- Assess ABCs (check that airway is clear, breathing is present, a pulse is present, and there is no major bleeding)
- Ask them what hurts > DO NOT MOVE THEM IF YOU SUSPECT A HEAD, NECK OR BACK INJURY
- Wait by the injured person until EMS arrives and the injured person is transported

NAME A CALL PERSON:

- Call **9-1-1** for emergency help. Provide all necessary information to dispatch (e.g. facility location, nature of injury, if any first aid has been done)
- Clear any traffic from the access before ambulance arrives
- Wait by the entrance to the facility to direct the ambulance when it arrives
- Call the emergency contact person listed on the injured person's medical profile

Appendix 10

IMBA Rules of the Trail

The way we ride today shapes mountain bike trail access tomorrow. Do your part to preserve and enhance our sport's access and image by observing the following rules of the trail, formulated by IMBA, the International Mountain Bicycling Association. These rules are recognized around the world as the standard code of conduct for mountain bikers. IMBA's mission is to promote mountain bicycling that is environmentally sound and socially responsible.

1. Ride On Open Trails Only.

Respect trail and road closures (ask if uncertain); avoid trespassing on private land; obtain permits or other authorization as may be required. Federal and state Wilderness areas are closed to cycling. The way you ride will influence trail management decisions and policies.

2. Leave No Trace.

Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. When the trail bed is soft, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in.

3. Control Your Bicycle!

Inattention for even a second can cause problems. Obey all bicycle speed regulations and recommendations.

4. Always Yield Trail.

Let your fellow trail users know you're coming. A friendly greeting or bell is considerate and works well; don't startle others. Show your respect when passing by slowing to a walking pace or even stopping. Anticipate other trail users around corners or in blind spots. Yielding means slow down, establish communication, be prepared to stop if necessary and pass safely.

5. Never Scare Animals.

All animals are startled by an unannounced approach, a sudden movement, or a loud noise. This can be dangerous for you, others, and the animals. Give animals extra room and time to adjust to you. When passing horses use special care and follow directions from the horseback riders (ask if uncertain). Running cattle and disturbing wildlife is a serious offense. Leave gates as you found them, or as marked.

6. Plan Ahead.

Know your equipment, your ability, and the area in which you are riding -- and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear.

Keep trails open by setting a good example of environmentally sound and socially responsible off-road cycling.

From: International Mountain Bicycling Association, www.imba.com

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Appendix 11

RMCC Youth Revolution Budget Estimates

Item	Comments	Approximate Actuals
Revenue:		
Youth Program Registration	Zone 4	\$20,000
Race Registration - Little Ziggy, etc.		\$750
Casino Proceeds	Casino needs to last 3 yrs (\$48,000 divided by 3)	\$16,000
Total Revenue:		\$36,750
Expenses:		
Head Coach		\$18,000
Assistant Coaches		\$5,000
Training & Travel	Coaching Courses, Expenses	\$1,000
Advertising	Youth Program Ads	\$750
Clothings/Jerseys	Youth Program Clothing	\$6,000
Equipment, Supplies, Materials	Youth Program Expenses Other	\$2,000
Volunteer Expenses	Gift certificates, Parent Refunds	\$1,000
Race Expenses - Ziggy Gnarly	Medals, prizes, etc	\$400
Special Events - BBQ, etc	Goat Creek BBQ, Salty BBQ	\$500
Office Expenses	Copies, telephone, stamps, etc	\$50
Total Expenses:		\$34,700
Profit/(Loss):		\$2,050