



Thank you for your interest in joining the Louisville Sting Composite Mountain Biking team. We're happy you are here!

Louisville Sting is a cross-country mountain bike team for student-athletes of all skill levels in grades 6-12. We prioritize fun, inclusivity, education, respect, and community. Join us to develop confidence, skills, and lifelong friendships while enjoying the thrill of cross-country mountain biking.

In addition to weekly practices and a fall racing series, we participate in NICA [Teen Trail Corps](#) (TTC), [Girls Riding Together](#) (GRiT), and the [NICA Adventure](#) program. There is definitely something for every student athlete who wants to be involved.

Please read through all the requirements and important dates. If you have questions, please contact us directly. If you need equipment, please let us know as soon as possible. If you are an adult that wants to be involved in a riding or non-riding volunteer position, please let us know so we can make sure you are ready to help the team.

Happy Trails,

***Jennifer Hester***

Head Coach, LSXC

[jennifer@kentuckymtb.org](mailto:jennifer@kentuckymtb.org)

***Heather Pennell***

Team Director, LSXC

[heather@kentuckymtb.org](mailto:heather@kentuckymtb.org)

## LOGISTICS:

### Ready to try a practice?

1. Fill out the [team interest form](#)
2. Have a parent sign a one-time [AGREEMENT TO PARTICIPATE/RELEASE OF LIABILITY WAIVER](#) After one practice, student athletes will need to be registered in Pit Zone
3. Contact [heather@kentuckymb.org](mailto:heather@kentuckymb.org) to let us know you will be attending a practice

### Ready to join the team?

1. Team Registration: [Fill out the team registration form](#)
2. Register with NICA: A Pit Zone invitation will be emailed to you. Fill out all waivers and information and pay the \$150 fee to NICA. The season race fees may be paid at this time or later in the season.
3. Team Fee: Pay Team fee: \$150 per family for one student athlete, \$50 for each additional student athlete  
Options for payment:
  - Venmo @Stingcyclingxc
  - [Sting Website](#)
  - Check to Louisville Sting Cycling

*\*\*We don't want cost to be a barrier for anyone. Full and partial scholarships are available for all registration fees. Please email [heather@kentuckymb.org](mailto:heather@kentuckymb.org) for scholarship information*

4. Get your bike and equipment checked off by a local bike shop of your choice-Fill out the [Bike Check Form](#) (also available on Team App)
5. Riders & parents must read, understand and comply with the rules & regulations of the [NICA Handbook](#)
6. Download the Stack Team App (more info below)

## COMMUNICATION:

All team communication will be through the Stack Team App:

- Download the Stack Team App, search for Louisville Sting XC and request to join
  - iOS: <https://www.teamapp.com/ios-app>
  - Android: <https://www.teamapp.com/android-app>
- Student Athletes will be added to the team without an account, but may join with an email
- Each parent/guardian who wishes to receive communication should join
- Student Athletes (or their guardians) should **RSVP (yes, no or maybe)** for each practice/event. **[This is VERY important to maintain safe coach/athlete ratios](#)**

## **REGULAR SEASON PRACTICES:**

### **Practice Schedule (starting July 9)**

- Tuesdays & Thursdays 6-8pm at Cherokee Park (Stegner Pavilion), Seneca Park (Basketball courts or Wilderness Trails), The Silo Center at Turkey Run Park. We may also practice at Waverly Park and Briar Hill Park. Locations will be communicated in advance on Team App
- Saturdays- Fun and Adventure rides on local and regional trails

### **Required equipment:**

- Mountain Bike in sound mechanical condition
- Helmet- must be worn **ANY TIME** you are on your bike
- Water bottle or hydration pack
- Snack for before and after your ride

### **Recommended Equipment**

- Gloves and eye protection (recommend generic sport glasses under \$10)
- Cycling shorts (lycra or baggy)
- Riding jersey or wicking shirt
- Enclosed shoes (sneakers, mountain bike shoes)
- Windbreaker and rain shell

## **PRESEASON PRACTICE SCHEDULE:**

Locations TBD

5/21: Kick Off Ride Party

5/28: Try It Out Ride

6/4: Bring the Fam' Ride

6/11 Group Fun Ride OR 6/15: Group Fun Ride

6/18: Group Fun Ride

6/25: Group Fun Ride

## 2024 KICL Event Calendar

<https://kentuckymtb.org/2024-kicl-race-series/>

### August 3- Adventure

**Pulaski County Park, Nancy, KY**

#### RACE #1:

**August 25, 2024: Buffalo Lake Trail, Elizabethtown**

#### RACE #2:

**September 15, 2024: Veterans Park, Lexington**

#### RACE #3:

**September 29, 2024: England Idlewild Park, Burlington**

#### RACE #4:

**October 13, 2024: Livingston County Trail, Grand Rivers**

#### RACE #5:

**State Championship: October 27, 2024 Rudy Mine Trails: Owensboro**

#### What does a race weekend look like?

- Races are held on Sundays, but most families participate in the Saturday pre-ride of the trail, GRiT ride and team dinner on Saturday night. For most venues, we camp locally overnight on Saturday night if possible. Saturday participation isn't mandatory, but most student athletes find it helpful to pre-ride the trail the day before and enjoy our Saturday evening Team Dinner. Pre-riding the trail is available Sunday morning from 7:30 - 8:30 am for those unable to make it Saturday.
- For camping information, please contact Nick Baute, [nick@hounddogpress.com](mailto:nick@hounddogpress.com)

## Team Culture:

- Safety is our number one priority. Riders will learn skills and strategies to ride safely, responsibly and respectfully on a trail, around obstacles, other riders and trail users.
- Mountain biking is inherently risky. Our goal is to help students successfully manage those inherent risks, but injuries might occur.
- HAVE FUN! Be a safe, responsible and respectful rider. It's part of the [Student-Athlete Code of Conduct](#) and will be the foundation for how practices and all races are conducted.
- Try new things and be willing to make mistakes.
- Support your fellow riders.
- Set personal goals, be ready to work with coaches to accomplish them, and learn to deal with the failure that happens before success.
- Riders should arrive at practice with required equipment a few minutes early to perform safety checks and be picked up on time. Helmets are required anytime a student is straddling their bike.
- Transportation to and from practices and races is provided/arranged by the parent/guardian of the rider.

## Helpful Websites

- NICA (National Interscholastic Cycling Association): <https://www.nationalmtb.org/>
- KICL (Kentucky Interscholastic Cycling Association): <http://kentuckymtb.org/>
- Pit Zone [https://pitzone.nationalmtb.org/users/sign\\_in](https://pitzone.nationalmtb.org/users/sign_in)
- Louisville Sting Cycling <https://stingcycling.com/>
- LSXC Practice Locations-[Google Maps](#)
- Louisville Sting [Facebook Page](#)
- Louisville Sting [Discussion Group](#)
- Sting [Instagram](#) @sting\_mtb