

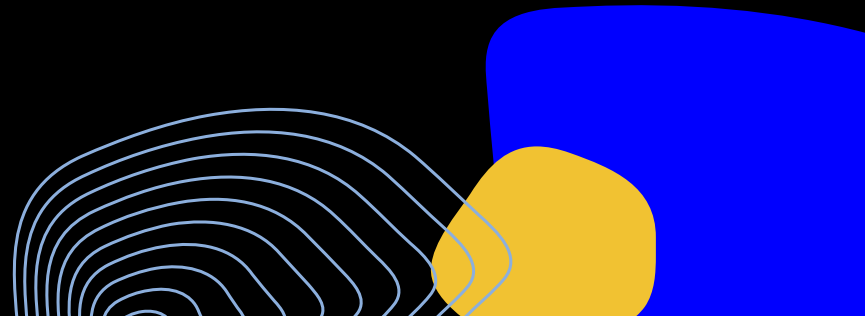


# West Michigan Coyotes

MS/HS Parent Information Zoom 2021



# Meet the Coaches



# Tonight's Agenda



01

## Roster / Membership

Status. Roster. MiSCA confusion.

02

## Coaching

Introductions. Coaching levels. We need your help.

03

## Practices

Packs. Locations. Content. Fitness. Schedules.

04

## Racing

MiSCA. Categories. Race day.

05

## COVID Rules

MDHHS. MiSCA. What're we planning?



01

# Roster / Membership

Status. Roster. Membership confusion w/MiSCA



# Roster & Membership

This year we have already sold out! 150 members in less than 3 weeks. Last year we got to 110 members in 5 *months* of registrations.

If you are not yet a member:

- Join the waiting list: <https://www.bikereg.com/49685>

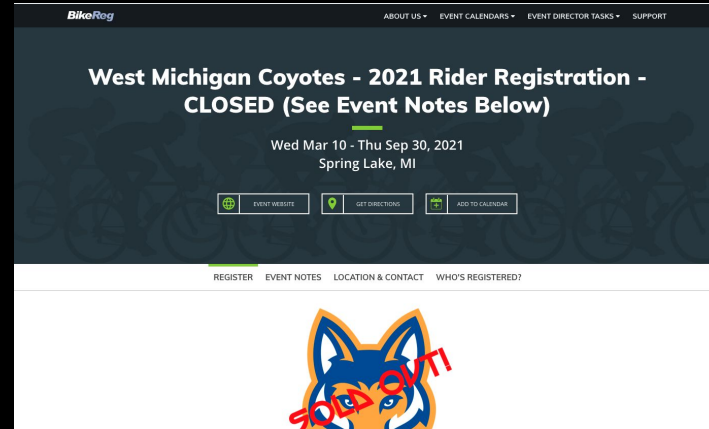
If you are a member you show up on the roster:

- <https://coyotesmtb.org/2021-roster/>
- If you're not on that list, you're not a member.

# Racing & MiSCA

## Confusion on MiSCA:

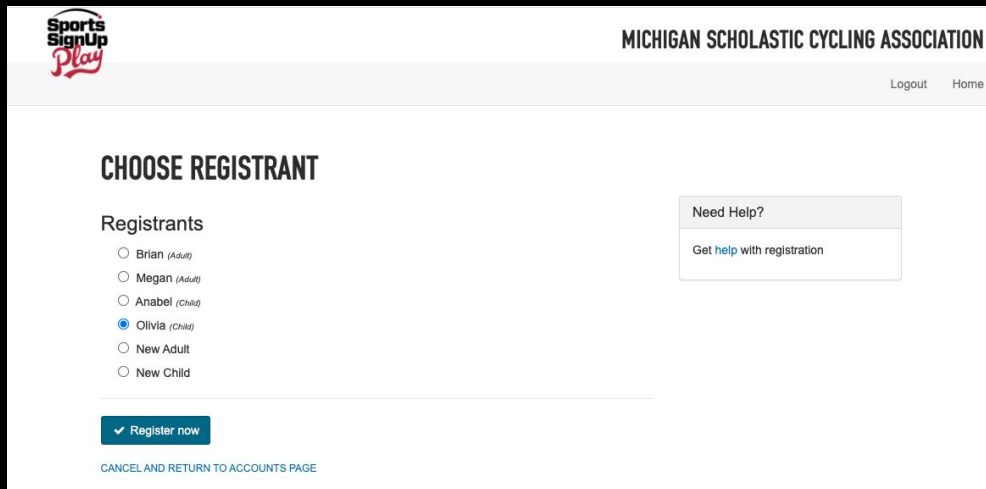
- Registering at BikeReg is just for Coyotes. Selecting "racing" on these pages gets you coupons to make MiSCA cheaper. It does not register you for MiSCA.



# Racing & MiSCA

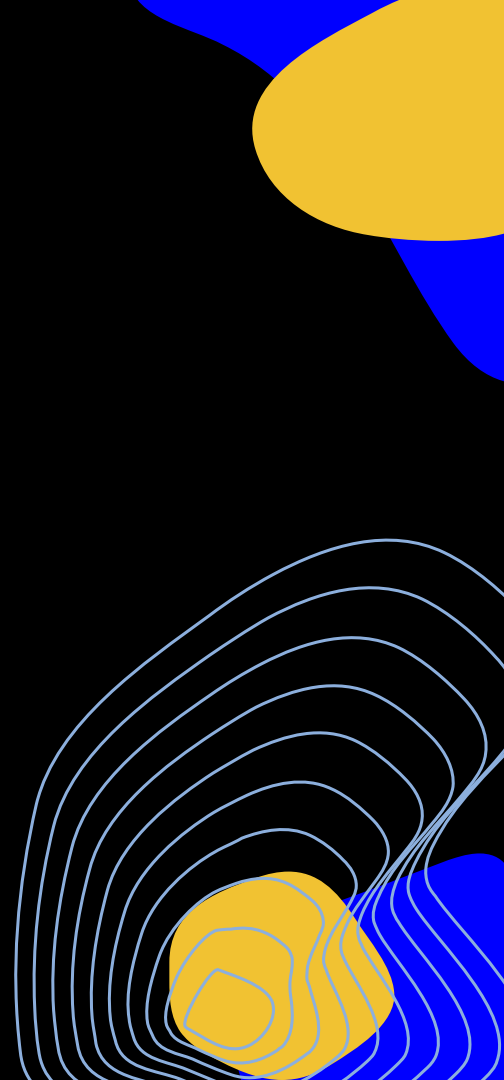
## Confusion on MiSCA:

- Registering at BikeReg is just for Coyotes. Selecting "racing" on these pages gets you coupons to make MiSCA cheaper. It does not register you for MiSCA.
- Registering at MiSCABike.org is how you register for MiSCA
- Get MiSCA registration done ASAP if you haven't already. Races are filling up quickly.
- Categories assigned in August this year, not during signup.



The screenshot shows the 'Sports SignUp Play' website interface for the Michigan Scholastic Cycling Association. The page title is 'MICHIGAN SCHOLASTIC CYCLING ASSOCIATION'. In the top right corner, there are links for 'Logout' and 'Home'. The main heading is 'CHOOSE REGISTRANT'. Underneath, there is a section titled 'Registrants' with a list of radio button options: Brian (Adult), Megan (Adult), Anabel (Child), Olivia (Child) (which is selected), New Adult, and New Child. To the right of this list is a 'Need Help?' box containing a link to 'Get help with registration'. At the bottom of the registration options, there is a blue button with a checkmark and the text 'Register now'. Below the button, there is a link that says 'CANCEL AND RETURN TO ACCOUNTS PAGE'.

Questions?







# 02

## Coaching

Introductions. Coaching levels. We need your help.

# Coaching Levels

Riding with the team helps. Coaching helps even more! MiSCA background checks and first aid/CPR instruction increase safety at practices.

## Parent

Every parent is a member of the West Mich. Coast Riders. Insured against liability as a ride participant in a group ride..

## Level 2

CPR/First-Aid Certified. May lead team rides at practice and races. Discounted CPR/FA through Coyotes.



## Level 1

MiSCA conducts background check. Ride with team at practice *and* races. **\$30 per year covers improved insurance, background check.**

## Level 3

Skills instruction, top-level coach. All teams need at least 1 of these per MiSCA rules.

The background is black with several abstract shapes. There are large, rounded yellow shapes and smaller, solid blue shapes. White, concentric contour lines are drawn around some of the yellow shapes, resembling topographic map lines. The overall aesthetic is modern and graphic.

# 25 Coaches

To meet our 6:1 ratio, we need 25 coaches. Please consider joining us on the trail!

# To become a coach

## 1. Register with MiSCA

Pay the fee. They'll do the background check.  
[miscabike.org/coaching](https://miscabike.org/coaching)

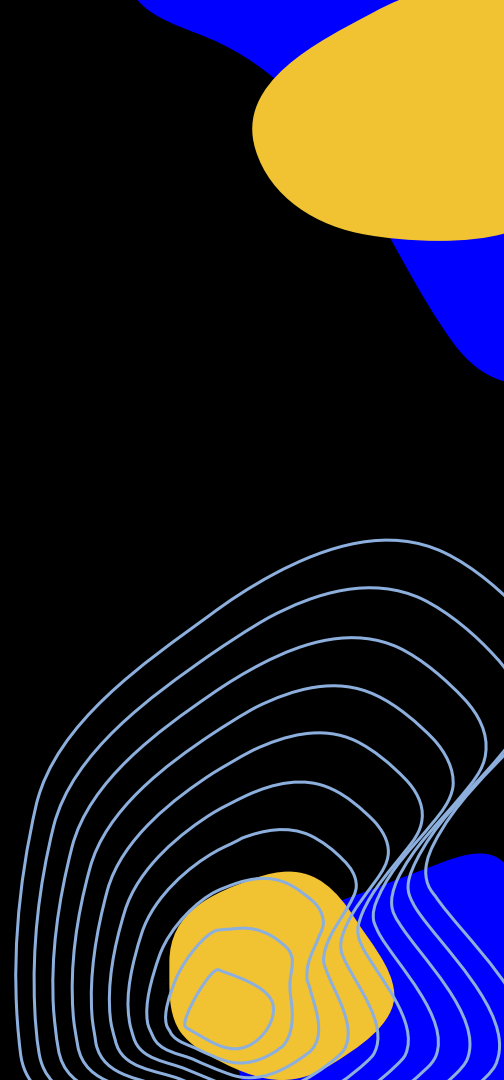
## 2. Reach out to our coaches

We will discuss schedule, timing, your ideal kids to ride with, etc.

Email: [wmcoyotesmtb@gmail.com](mailto:wmcoyotesmtb@gmail.com)



Questions?





# 03 Practices

Packs. Locations. Content. Fitness. Schedules.

# Practice Packs

## Consistency

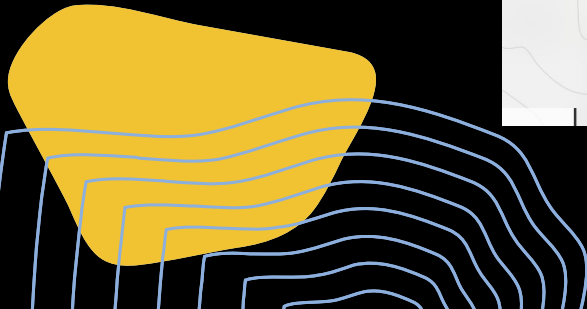
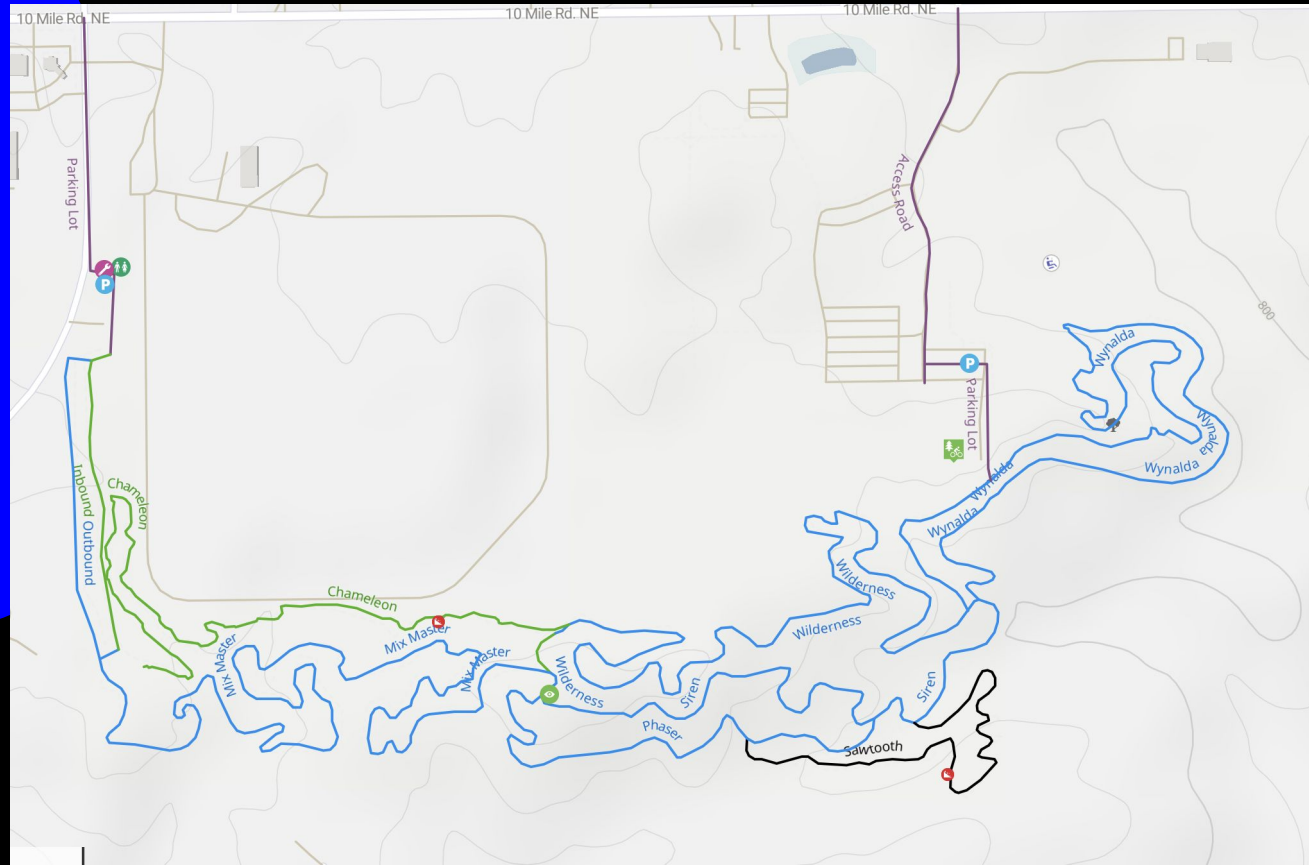
Same coach and same kids for a period of time builds relationships and confidence.

## Revisited Periodically

Kids get faster. We reassess once or twice a season.

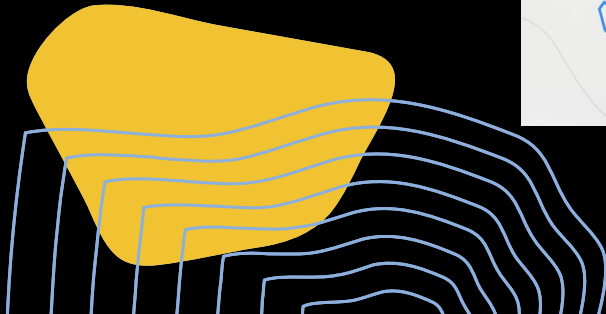
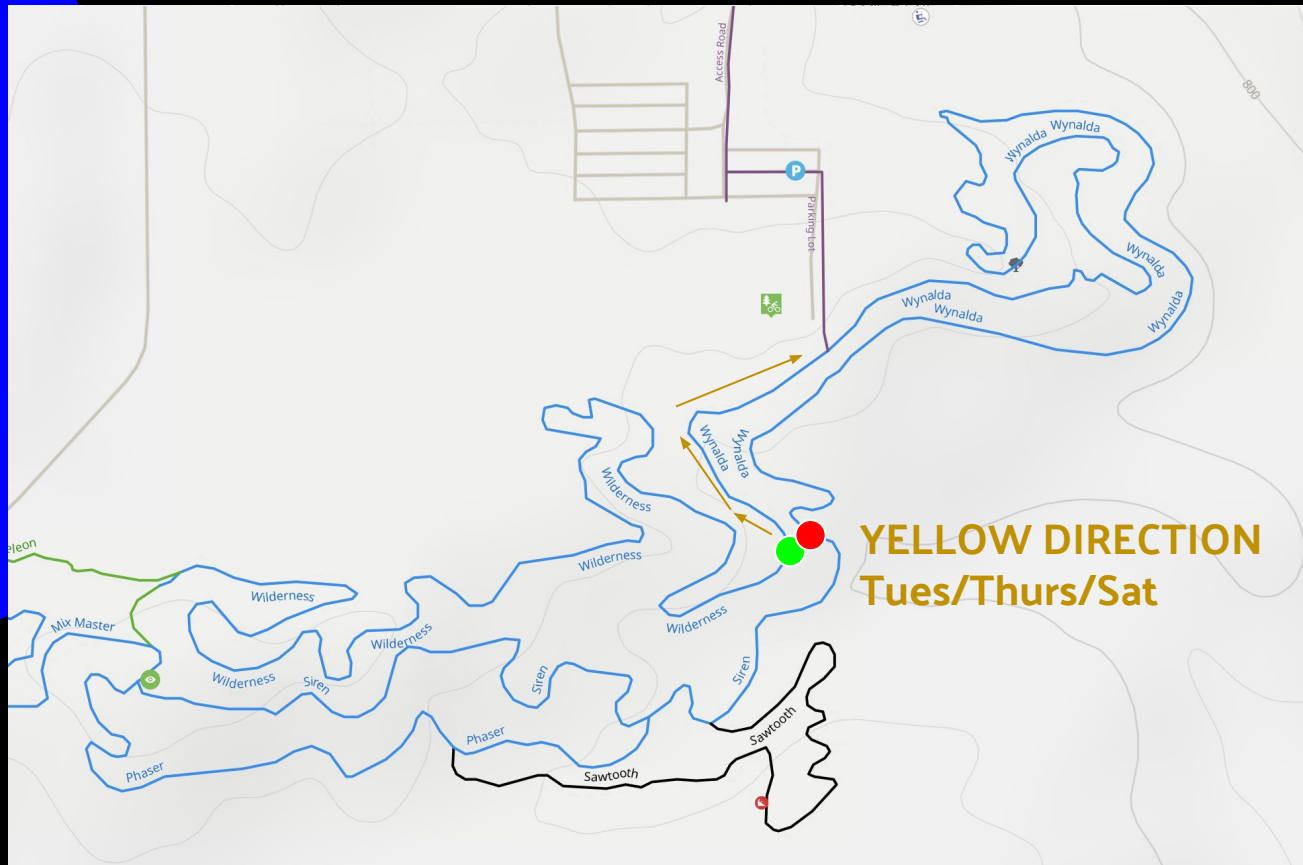


# Time Trial for practice pack placement: Wynalda Loop

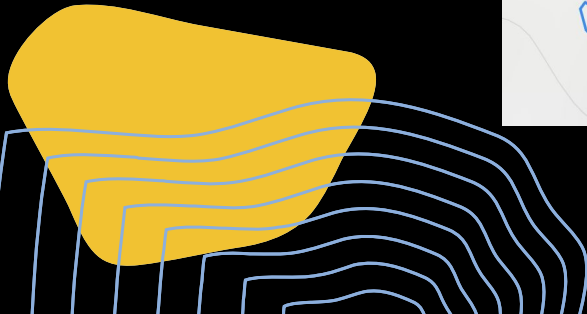




# Time Trial for practice pack placement: Wynalda Loop



# Time Trial for practice pack placement: Wynalda Loop



# How? What? Help!



## Strava (preferred)

If you use Strava, just ride a full loop. It will show you a time.

## Stopwatch

Start and end where the trail intersects with Phaser (by the creek). Just time it.

## Another GPS Program

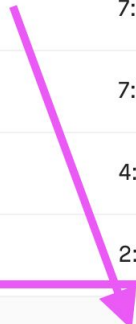
If you have some other GPS program, crop your ride to just this loop.

## Coach Supported

June 7th we will be on-site to help you. Please do it on your own if you can, however.



		5.90mi 136ft 0.0%				
☆	🏆10	<b>Merrell Trail - Mix Master Red</b> 1.55mi 82ft 0.6%	7:05	13.2mi/h	97W	160bpm
☆		Phaser RED 0.56mi 108ft -3.4%	7:31	4.5mi/h	20W	132bpm
☆		Merrell DHish 0.71mi 126ft -3.3%	4:01	10.7mi/h	48W	145bpm
☆	🏆3	Sawtooth M,W,F,Sun direction 0.45mi 60ft -1.9%	2:56	9.4mi/h	80W	152bpm
☆	🏆10	<b>Merrell Trail - Wynalda Loop - RED</b> 1.36mi 75ft 0.1%	<b>6:00</b>	13.7mi/h	132W	131bpm
☆		Wynalda Red Climb 0.29mi 70ft 4.5%	1:28	12.2mi/h	237W	107bpm
☆		Wilderness M,W,F, Sun direction 1.19mi 105ft 1.7%	5:08	13.9mi/h	129W	120bpm
☆		Wilderness to Chameleon (Red) 1.01mi 86ft 1.6%	5:06	12.0mi/h	129W	120bpm
☆	🏆3	Chameleon Red M,W,F,Sun (2017) 0.74mi 36ft -0.3%	3:22	13.3mi/h	95W	118bpm
☆	🏆3	Fresh Dirt Red	1:00	15.2mi/h	114W	110bpm



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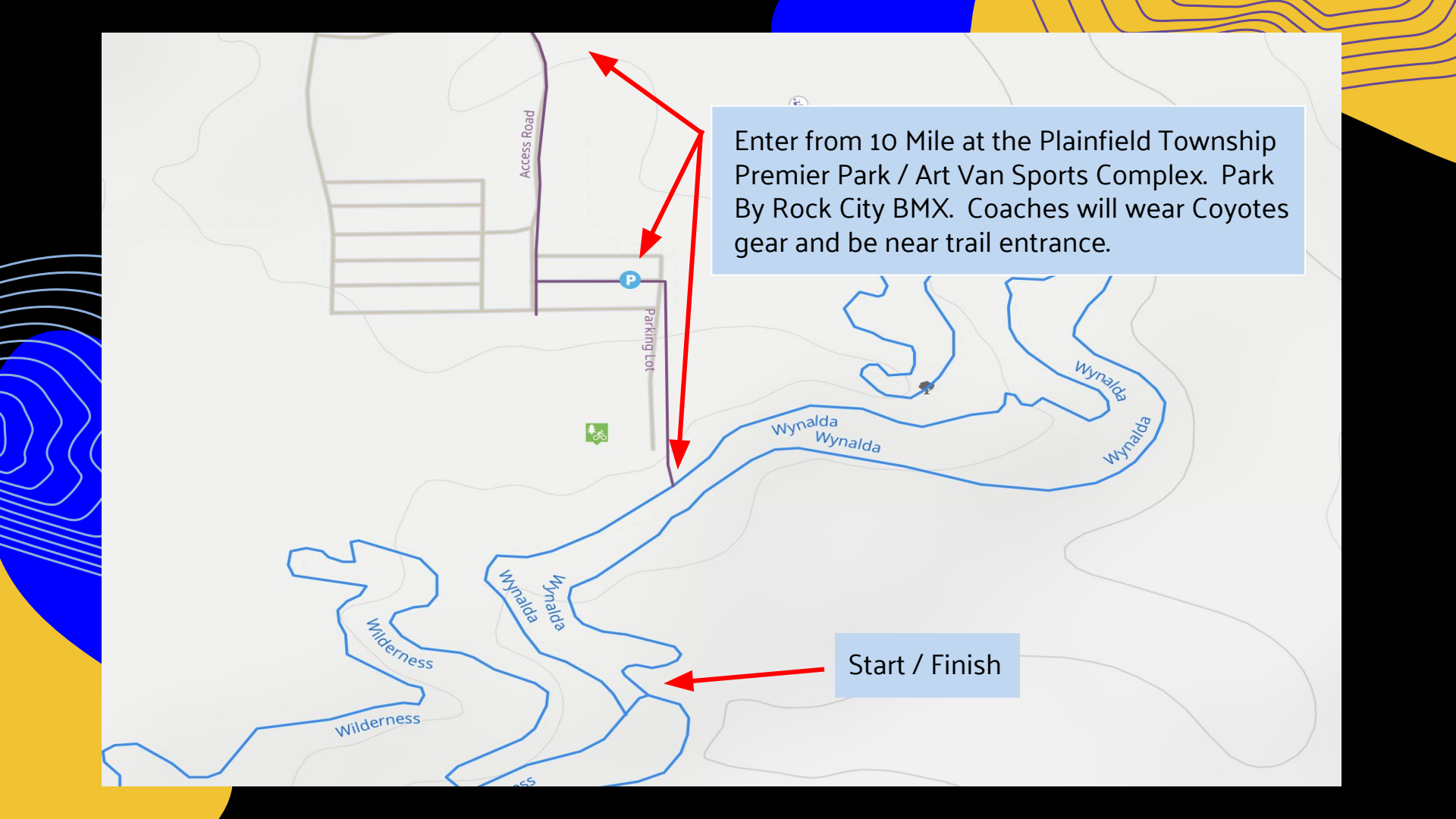
Start and end where the trail intersects with Phaser (by the creek). Just time it.

## Another GPS Program

If you have some other GPS program, crop your ride to just this loop.

## Coach Supported

June 7th 6:30pm we will be on-site to help you. Park by the BMX track.

A topographic map showing a trail system. A red line with arrows indicates a route starting from a parking lot, going up an access road, then down to a trail entrance. Another red arrow points to a 'Start / Finish' location on a trail. The map features several blue trails labeled 'Wynalda' and 'Wilderness'. A parking lot is marked with a 'P' and a bicycle icon. A building complex is shown in the upper left.

Enter from 10 Mile at the Plainfield Township Premier Park / Art Van Sports Complex. Park By Rock City BMX. Coaches will wear Coyotes gear and be near trail entrance.

Start / Finish

# Practice: Everything Else



## Schedule

Posted to the website (Google Calendar). For now, Thursday nights, 6:30pm




## Locations

Changes every week. Posted to the calendar. Location and trail info on website (/trails)

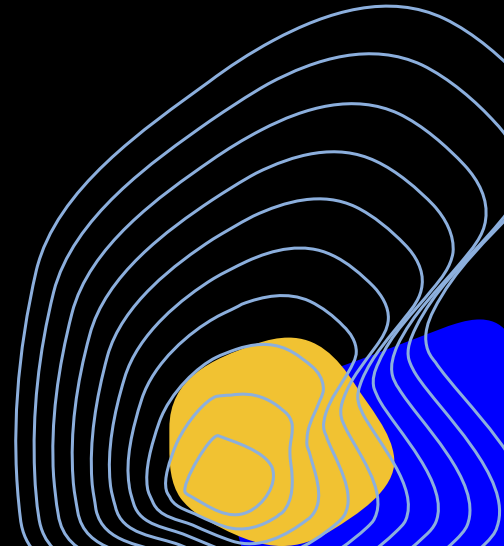


## What else?

Getting faster takes skill and fitness. We encourage all riders to ride at least 2 hours weekly on their own.



Questions?







04

# Racing

MiSCA. Categories. Race day.

# Michigan Interscholastic Cycling Association



- A statewide racing league for K-12 students.
- 6 races each year
- 2 in West Michigan for 2021 (Merrell & Cannonsburg Ski Area)



# Race Categories

## Elementary:

- Lower Elem. (K-3)
- Upper Elem. (4-5)
- Advanced

## Middle School

- Novice
- Advanced

## High School:

- Novice
- Junior Varsity
- Varsity

***Coaches assign in late July / early August***



# Race Day

1

## Pre Ride

Team pre-ride Friday or Saturday where feasible.

2

## Warm Up

Team warmup and stretching at the race (8am for Varsity, later for Novice)

3

## Race Plates

Kept in team trailer. Handed out at the race. Returned to trailer after the race.

4

## Races

All-day Sunday from 9am-2pm. Schedules provided in August.

5

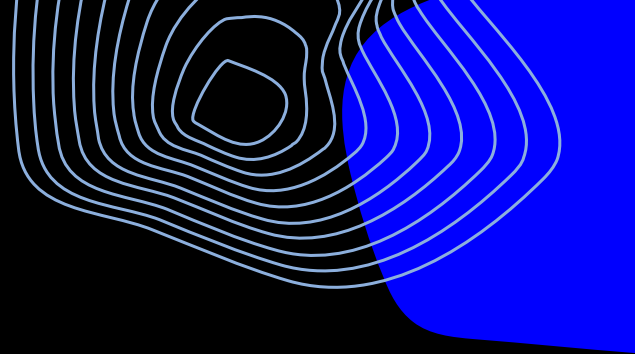
## Food

Team pot-luck before/during/after races (all day at the team tent). Sign-up Genius for volunteers.

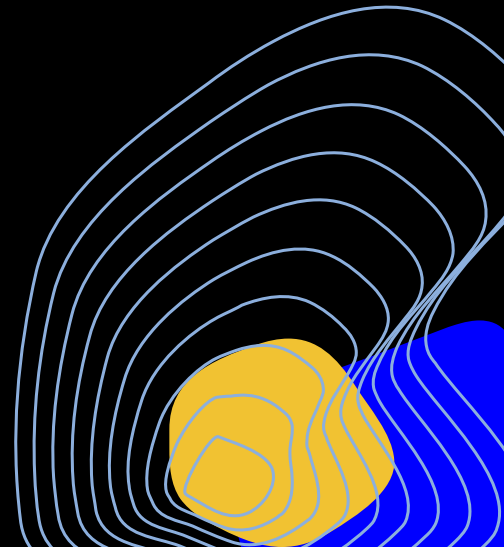
6

## Setup / Breakdown

We ask for help setting up (Varsity, 7:30am) and breakdown/cleanup (3pm) from parents and riders.



Questions?





05

# COVID-19 Regulations

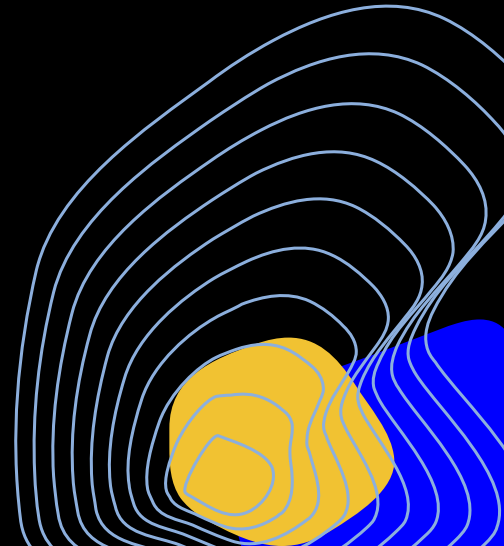
MDHHS & MiSCA

# COVID-19 Regulations

**Our Philosophy: MiSCA is our governing body. MDHHS informs their stance. We will follow their guidelines.**

**As of June 1st:**

- No mask requirements outdoors
- No social distancing requirements outdoors
- No real restrictions for athletes 12-and-under



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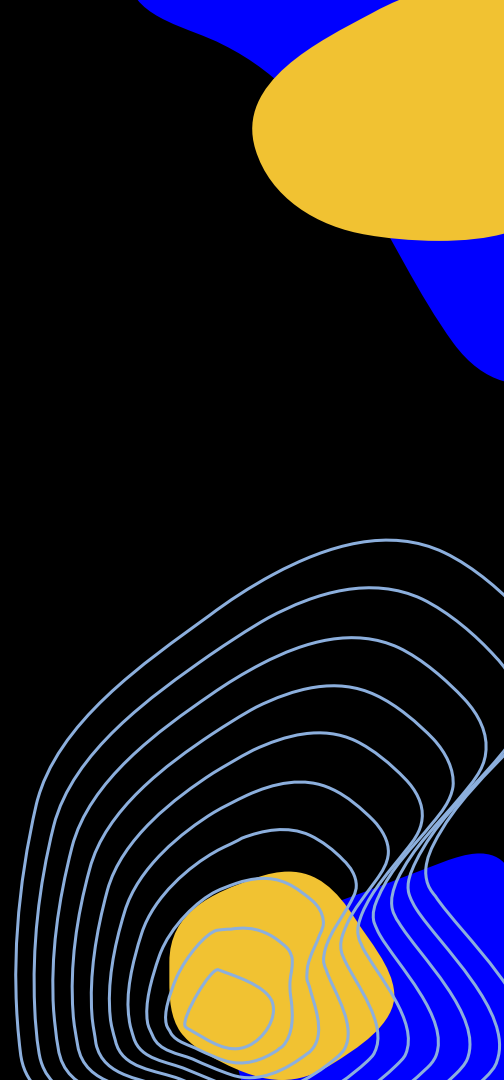
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**The tougher part (ages 13-19). Three options:**

1. Test every week
2. Proof of vaccination (vax card) or proof of infection (doctor note)
3. Sit out until this expires (July 1st? Hopefully?)





# Option 1: Weekly Testing

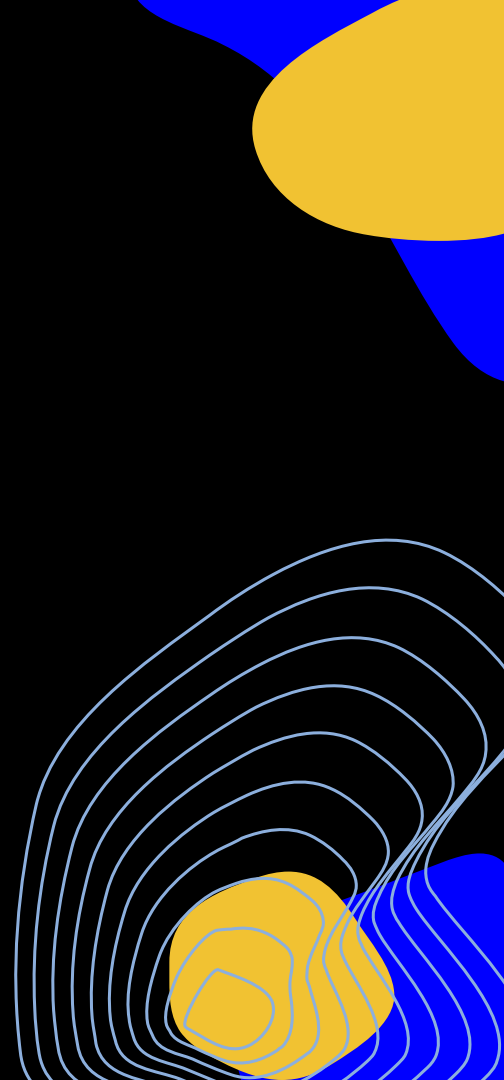
If you choose testing we will require:

1. A signed disclosure
2. A test each week, with a date and your name on it (photo).

Or

We have BiNax Now 15-minute self-tests you can use.

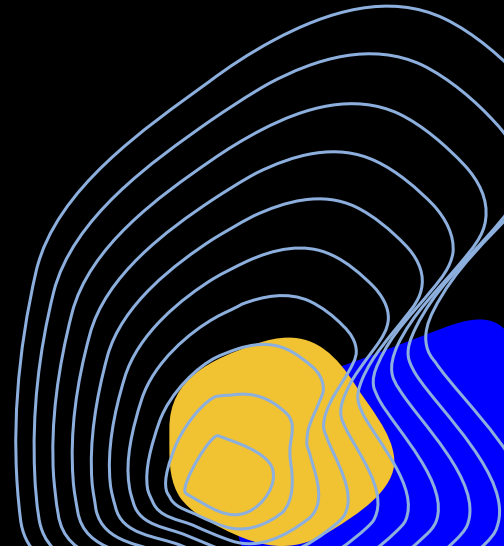
3. No test, no ride. Sorry.



# Option 2: Proof of Vaccination

If you choose vax proof we will require:

1. Your card, showing your name and the date of both shots (unless you have J&J 1-shot)
2. Two weeks have passed since final shot

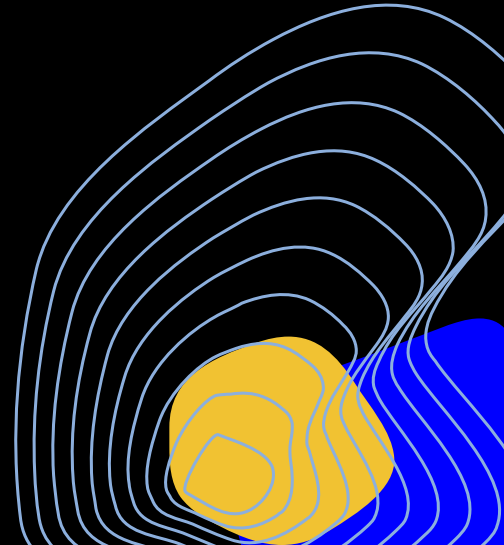


# Option 3: Await expiration of orders

This is supposed to expire on July 1st.

If it extended or altered, we will react accordingly.

When it expires we will welcome you back to the team.



Questions?

