



2023 BJC HANDBOOK

Red Squad

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CONTACTS:

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BJC Executive Director & Coach: Pete Webber

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WHAT YOU NEED TO KNOW

NORMAL PRACTICE DAYS & TIMES

Tuesday & Thursday: 4:30 – 6:30 pm

Summer Schedule: 8 - 11 am

PRACTICE LOCATIONS We meet for practice at various trailheads and locations throughout Boulder County. We rotate every practice to provide new terrain and to prevent overuse of trails by our group. BJC does not provide any transportation. The locations are announced each week. They are not announced in advance because trail conditions are always changing. So look for that regular weekly email and keep it handy. Here is a list of locations BJC uses for practices <https://boulderjuniorcycling.org/bjc-practice-locations/>

RIDING TO AND FROM PRACTICE It is up to each family to decide if their child may ride to and from practice. Riders riding to and from practice during the spring season **MUST** use front and rear lights. *BJC is not responsible for kids riding to or from practice.*

BAD WEATHER **We almost NEVER cancel practice due to bad weather. We ride in the rain and snow! Be ready.** Please dress for the conditions that day. This will range from very hot to very cold, and include rain, snow, wind, sleet, etc. In the case of *extreme weather* we will cancel practice, but it almost never happens. Here is a [quick video](#) on cold weather gear.

WHY WE DON'T CANCEL IN BAD WEATHER

- Riding in bad weather builds skills and grit that are highly valuable.
- The kids usually have the most fun when the weather is poor! (Think mud).
- Trying to predict the weather never works. The moment practice is canceled the sun comes out. It is far easier for staff and parents to stick with the schedule.
- Many families count on practice happening and have few options if it is canceled.
- There is no substitute for the lessons learned in bad weather.

COACHES: BJC provides a professional coaching staff that brings a high level of training and experience to the program. Our coaches include top-level racers, national champions, and veterans of the sport. All of them have a passion for junior cycling that fuels our success.

All of our coaches hold the following certifications:

- SafeSport
- Double Goal Coach (Positive Coaching Alliance)
- First Aid & CPR
- Concussion Training
- Background Check

BJC has been designated a “Center of Excellence” by USA Cycling every year since 2008. This designation is awarded to select junior development teams which excel in the development of young cycling athletes.

3rd PARTY COACHING: *Athletes should not hire outside private coaches.* BJC provides expert coaches who have the experience and skill needed to help athletes reach their goals. Most importantly, BJC coaches personally engage with the athletes every week. Using an outside coach can cause issues since their training plan may not be aligned with the BJC plan, the coaching philosophies may not be aligned, and outside coaches do not attend BJC practices. If you need more coaching advice, or you feel you are not getting the type of coaching you need, please talk to the coaches and we'll make sure you get the coaching you need.

PARTICIPATION IN OTHER TEAMS: *BJC athletes should not be members of other cycling teams or clubs during the current season.* (High School MTB teams are excluded). Our team culture and our development process work best when all the athletes are unified and working tightly together, month after month. We've found that when BJC members split their time between different teams, we miss the opportunity to provide consistent coaching, build team bonds, and to develop together as a team. Please reach out to our coaches with any questions.

COMMUNICATIONS

COMMUNICATING WITH COACHES We encourage athletes to talk directly to their coach whenever they have questions, concerns, or problems, *and that parents play a supporting role, not a leading role.* Our hope is that athletes will learn how to advocate for themselves and build a line of communication and trust with their coaches rather than parents taking on this role.

TEXTING & ELECTRONIC COMMUNICATIONS: Riders are encouraged to text the coaches whenever needed for advice, questions, and to stay in touch. Remember, one-on-one texting, email, and direct messaging is prohibited. Always copy a 3rd party such as another coach or adult.

COACH HOURS: *Please avoid calling or texting our coaches after 8:00 pm unless there is an important reason. This is a policy set by the U.S. Center for SafeSport.*

LOOK FOR THE WEEKLY EMAIL EACH WEEK It includes practice locations and important news. *BE SURE TO READ THE EMAIL.* "Log In To Your Account" at the foot of Teamsnap email messages to manage your contact info, add new email contacts, change your address, etc

EMAIL COMMUNICATIONS It is required that all riders use email, on both their laptop and phone. The coaches will send lots of important info via email and riders are required to check their email and read the BJC messages.

EMAIL ADDRESSES IN TEAM SNAP Make sure all athletes and parents have their individual email and phone numbers entered in TeamSnap. Many families have only entered a parent's email, the athlete email is missing. Please go into your account to edit this or the athlete will miss communications.

INSTALL THE TEAM SNAP APP ON YOUR PHONE (riders and parents) It's **mandatory** that athletes and parents install the TeamSnap app
<https://itunes.apple.com/gb/app/teamsnap-sports-team-management/id393048976?mt=8>

ATTENDANCE *Riders are required to attend all practices unless excused.* Our program follows a training plan and curriculum that is cumulative. We add skills, knowledge, fitness, and team spirit with each practice. We know that missing the occasional practice is unavoidable, but the expectation is that riders attend all practices. Please contact the coaches if you must miss a practice.

MARKING YOUR AVAILABILITY IN TEAM SNAP Marking your availability in TeamSnap is mandatory. The deadline is Sunday evening at 7:00 PM for the coming week. This can be accomplished in the TeamSnap App or on [Teamsnap.com](https://teamsnap.com) via web browser. If you do not mark your availability for each week by the deadline, you will not be placed in a group and will not be able to ride.

Go into the schedule on the app and mark your availability as far forward as you can. If you will miss a practice, please leave an 'availability note' by selecting the practice you'll be missing, pressing 'add' and then leaving an availability note explaining your absence. This helps coaches in their work with each athlete.

INSTALL THE GROUPME APP (riders) Riders and coaches use a group texting app called GroupMe. It is required that all riders install the app on their phone. Coaches will add you to the text group. Group texting is used for brief communications and reminders from the coaches to the riders, and also among the riders for things like carpools and meeting locations. Riders who do not have GroupMe on their phone will miss essential communications.

PRACTICE LOCATIONS We rotate among 6-8 locations to provide new terrain and to prevent overuse of the parks. **The locations are announced each week.** They are not announced in advance. The parks we use include:

Tantra Park: Hanover Avenue and S 46th St, Boulder, CO

Valmont Bike Park: We always meet on the south side by dog park. 5275 Valmont Rd, Boulder, CO 80301

Scott Carpenter Park: 30th & Arapahoe, Boulder, CO 80303

Parkside Park: 3466 26th St, Boulder, CO 80304

Wonderland Lake Park: 522 Poplar Ave, Boulder, CO 80304

Robson's: 6152 Hygiene Rd, Longmont CO 80503

PRACTICE START Practice starts promptly at 4:30. Please arrive promptly.

WHAT TO BRING TO PRACTICE

CLOTHING FOR PRACTICE Riders should arrive at practice ready to ride in cycling clothing appropriate for the weather, including rain and snow. You do not have to wear a BJC kit, but many riders do. Jeans, hoodies, etc are not appropriate. Don't forget a helmet.

ALWAYS BRING A BACKPACK It is mandatory that each rider bring a hydration pack. We recommend you leave it packed and ready to go all season.

This backpack should include:

- Jacket
- Extra clothing for the weather that day
- Snack
- Drink (water is enough)
- Inner tube that fits their bike
- Multi-tool, and pump or inflation device

SCHOOL BACKPACKS Athletes can stash extra gear and book bags in coaches' cars at the trailhead or meeting spot if needed.

WRITE YOUR NAME ON EVERYTHING! Including backpacks, water bottles, helmets, gloves, jackets, etc. DO THIS NOW.

ALWAYS BRING A JACKET It is mandatory that each rider bring a jacket to every practice.

LEG WARMERS Riders are required to wear leg warmers if the temperature is below 50.

FUELING, SNACKS & DRINKS It is mandatory that each rider eat a good meal to fuel before practice. Athletes should bring a snack and a water bottle (2 bottles or full pack in summer) to every practice.

PACKING TIPS

1. Plan for rain/storms in the afternoons. It may be sunny most of the day and then rain at 4 pm.

2. When you leave home in the morning, always pack for rain and cold weather just in case.
3. Temps can drop significantly between morning and evening.

YOUR BIKE:

The minimum bike requirement for Red Squad is a mountain bike with a suspension fork, built within the last 5 years. **A dropper post is required.**

Many athletes will also have a road bike, or a cyclocross bike fitted with smooth tires that they are using as a road bike. Contact us if you are on a budget and need to borrow a bike from BJC.

A bike that works as intended will lead to better practices. Coaches don't have the time and/or equipment to make repairs. Instead, make certain that the bike is working as intended. It is recommended that you bring your bike into your local shop before the first practice or during the first week to have it looked over, checking the chain for wear and lubing, ensuring tubeless sealant is present in the tires if running tubeless, and making sure all bolts are tight, shift cables are not worn, housing is fresh, and the gears shift properly and brakes are adjusted.

A few things you can do before practices to ensure they go smoothly:

1. A clean bike is always good. It has many benefits. It forces you to give the bike a good once over, allowing you to clearly see the state of the entire bike.
2. Brakes are the most important parts on a bike. Check that they are working correctly, as well as checking that the wheels and rotors are true.
3. Check tire pressure. Properly inflated tires minimize the risk of flats and also maximize traction.
4. Clean the chain and apply fresh lube on a weekly basis. Be sure to clean the chain before re-applying lube. If you apply lube to a dirty chain, it will only get dirtier as the weeks go on.

ROAD RACING: A core philosophy of the Red Squad program is that athletes should be well rounded and able to race a variety of disciplines, we've found they compliment each other nicely and this varied schedule helps reduce athlete burnout.

There are some beautiful local road rides and some excellent training opportunities. If you are hoping to bike race in college or at the u23 level, road racing is an essential skill. It's a dynamic discipline where you not only need to be strong, you also need to be smart.

What do you need?

- Rear daytime running light (designed purposely for daytime use) - The [bontrager flare](#) is ideal
- A road bike or cross bike with road tires
- Cross bikes with road tires are 100% fine for the training and racing we will do
- 2x spare tubes, Make sure they are not perished. If they've been in your saddle bag for a while, take them out, pump them up and check them.
- 2x CO2 inflators (or a working frame pump. Test it out first)
- New, durable, training tires. NO LIGHTWEIGHT RACE WHEELS OR LIGHTWEIGHT TIRES (save them for race day)
- A waterproof jacket

TIRES: Please use durable tires for training to prevent flats. Most training rides will include dirt roads. Contact us if you are on a budget and need to borrow some tires from BJC.

BIKE FIT A well fitting bike is a fast bike. We strongly encourage all athletes to get their bike properly fitted once per year. In our experience, most BJC athletes will start the season with the wrong saddle height and a poor body position on the bike

BJC members can get a basic fit from the Trek Store for \$65. (The regular price is \$129.) Athletes that are traveling out of state or aiming for podiums should get a more advanced bike fit.

TRAINING DETAILS

TRAINING PLANS: All athletes, regardless of their age and level, will receive training advice from the coaches in-person at practice. Once each athlete reaches an appropriate stage in their development, BJC coaches will provide a day-to-day training plan. This is accomplished in two ways: 1) online in the TrainingPeaks app, and 2) verbally at practice. Readiness for a day-to-day training plan will be determined by the coaches. **Parents should not provide training plans or training advice to the athletes.**

TRAINING PEAKS This is an app/website we use to provide a training plan and as a training diary. Using Training Peaks is optional, but highly recommended for everyone who wants to follow a training plan and learn how to train for racing. If you do not have an account, you will be asked to create an account (free) If you already have an account, you'll log into your existing account.

Follow this link:

<https://home.trainingpeaks.com/attachtocoach?sharedKey=ASR6I7NV2R2M4>

You can use Training Peaks on a desktop or on your phone. We recommend you set it up on both so you can use the app on your phone for quick updates and use your desktop when you want to see more information. Get the app here: <https://app.trainingpeaks.com/>.

RACING

RACING: This is a race focused program and we encourage athletes to train for and participate in a few races each season. We believe racing is a great way to have fun with your teammates and challenge yourself.

NEW TO RACING? We'll send an email prior to the first race which includes details about categories, rules, registration, etc. Coaches will teach kids everything they need to know to race, even first timers.

TEAM RACES BJC provides coaching and a dedicated base camp at about 10-12 races each season. Many families participate in additional races on their own.

RACE CALENDAR We'll provide details to upcoming races in our weekly emails. Racing will mostly consist of local colorado races listed here: <http://www.coloradocycling.org/>

WHAT IS COLORADO CYCLING? Colorado Cycling oversees the local racing and events. This is the source for details about each ROAD race. <http://www.coloradocycling.org/>

RACING LICENSE You must have both a National and a Colorado license to race. Most riders get annual versions, but a one day discount license (\$10) is available at the race for those who just want to try a race or two. If you plan to race regularly, do this now!
Details: <http://www.usacycling.org/buy-a-license.htm>

TEAM AFFILIATION Be sure you've selected BJC as your team on your racing license. Get it changed if needed by going here: <http://www.usacycling.org/club-membership-faqs.htm>

VOLUNTEERING BJC relies on volunteers and it helps build our community. Families are asked to volunteer several hours each season to help keep our programs running, and we'll announce different opportunities for those with a little or a lot of time to pitch in.

SPONSOR EQUIPMENT BJC has several sponsors that provide a very limited amount of free gear. Distribution of this equipment to athletes is determined by the coaches based on a variety of factors including race results, need, age, demonstrated commitment to the team, development level, cycling discipline, and other factors. Please contact the head coach with any questions.

LOANER EQUIPMENT BJC has some team-owned bikes and other gear. Please contact the head coach if you need loaner equipment.

TRAVEL

We are tentatively planning several optional travel races. Attendance on team trips are limited to coach selection and based upon the athlete's age, level of development, race results, and team logistics. Most out of state trips are focused on race age 17-18. Out of state travel with the team requires additional fees plus expenses. Typically parents do not travel with the team and this gives the riders a chance to be independent and to master the art of travel and racing away from home.

We will also take the van and trailer to select local events, generally we aim for everyone to do one trip in the van with coaches and teammates during the season.

TRAVEL RACE POLICY: Traveling to national-level races is an advanced step in an athlete's development that is not appropriate for all riders. Riders in the earlier stages of their development should first achieve high level results in local races before jumping up to the national-level events. An example is placing in the top 10 in the Open Category of a Colorado cyclocross race, or the equivalent in another high-level race.

Athletes should not skip steps in their development and we're fortunate to have a competitive local season across many categories with plenty of range for riders of different abilities. Traveling to national-level races before the athlete has made all the critical intermediate steps goes against best practices for youth sports. This philosophy extends to parents as well, since some parents become over-invested in their child's sport experience when travel racing is involved at too early a point of their development. An exception is Nationals where the event is designed for a developmentally appropriate experience for a wider range of athletes. But there are still only a limited number of athletes ready for that step.

BJC TEAM TRAVEL RACES: BJC coaches will select a team for each travel race. We'll announce teams for upcoming races via email. Attendance on team trips are limited to coach selection and based upon where each athlete is in their development path. Factors include the athlete's age, level of personal development, race results, and many other elements.

Athletes who are not selected for travel races are encouraged to NOT attend separately. We recommend these athletes concentrate on local racing to continue their development with low pressure and commitment, where results have less importance and the emphasis is on development, team building, and experience. We want athletes to master the fundamentals and learn how to succeed locally, and when the time comes their transition to UCI racing will be more successful.

This BJC position is based on input from all our veteran coaches, years of first hand experience, and the principles of long-term athlete development recommended by experts. Our goal is having the best possible athlete development process, for each individual athlete.

SAFESPORT & ATHLETE WELLNESS

Athlete Wellness and SafeSport is a high priority for BJC. We're proud to have earned Gold Level Certification, the highest level available.

Here are some ways we help support a positive and healthy team environment.

BJC ATHLETE WELLNESS PLAN BJC has implemented a plan that establishes best practices and guidelines to follow when addressing various athlete wellness issues that might include topics like Injury, Concussion, Mental Health, RED-S (Relative Energy Deficiency in Sports), Disordered Eating, and SafeSport issues.

BJC ATHLETE WELLNESS ADVOCATE BJC has appointed Meredith Miller to serve the role of Athlete Wellness Advocate and SafeSport Champion. Meredith is a former pro racer and a member of our board of directors. The Athlete Wellness Advocate serves the BJC community as a confidential and neutral resource for athlete wellness concerns. This can include any athlete health issues, both physical and mental, any SafeSport issues, or whenever an independent and experienced resource is needed. Members of our community can contact Meredith at any time via email. meredith.miller@boulderjuniorcycling.org

A wide range of USA Cycling Member Well-Being Resources [are here](#).

SAFESPORT SafeSport is a set of resources and policies to safeguard athletes from bullying, harassment, hazing, physical abuse, emotional abuse, sexual abuse, and sexual misconduct. BJC requires adults who have regular contact with or authority over minor athletes to follow the SafeSport policy. This includes coaches, board members, and chaperones.

[Read more details](#) about the USA Cycling SafeSport program.

SAFESPORT ONLINE COURSE IS REQUIRED - BOTH PARENTS AND ATHLETES

Instructions for taking SafeSport online courses:

Athlete Wellness and SafeSport is a high priority for BJC. We're proud to have earned Gold Level Certification in the USA Cycling SafeSport program, the highest level available.

SafeSport is a set of resources and policies to safeguard athletes from bullying, harassment, hazing, physical abuse, emotional abuse, sexual abuse, and sexual misconduct.

BJC requires all high-school aged athletes, parents, and coaches to take a basic-level online SafeSport course, and send our staff your certificate of completion.

Athletes and parents are required to take the course every 12 months (returning parents will take a refresher course).

There are several courses to choose from:

High School athletes (under 18) should take "SafeSport for High School Athletes" (15 mins)

Parents should take "Parents Guide to Misconduct in Sport" (30 mins)

Coaches and athletes who are 18+ must take a higher level course called "SafeSport Trained" (90 minutes)

Once you complete the course, please email us your certificate of completion so we can maintain a complete set of records.

How Do I Complete SafeSport Training?

If you are completing training for the first time, use this link:

<https://safesporttrained.org?KeyName=NGBUSAC-L2sCAP>

If you are renewing your training and have an account, use this link:

<https://safesporttrained.org>

The learning dashboard displays the courses, your completion status, and certificate download link.

There are two old websites that provided the training in past years. Do not use these.

<https://safesport.org> and <https://athletesafety.org>

Once you have completed your training, please download and send your certificate to

joe.lewis@boulderjuniorcycling.org

TO REPORT SAFESPORT CONCERNS: Contact the USA Center for SafeSport at

<https://uscenterforsafesport.org/report-a-concern/>

MINOR ATHLETE ABUSE PREVENTION POLICY Known as the MAAPP, it is a set of guidelines established by numerous sport organizations. The goal is to eliminate isolated, one-on-one interactions between children and adults. Establishing clear boundaries for one-on-one interactions reduces the risk of physical, sexual, and emotional misconduct as well as opportunities for bullying, harassment, and hazing. The majority of child sexual abuse is perpetrated in isolated, one-on-one situations. By reducing such interaction between children

and adults, programs reduce the risk of child sexual abuse. However, one-on-one time with trusted adults is also healthy and valuable for a child. Policies concerning one-on-one interactions protect children while allowing for these beneficial relationships.

[Read more details](#) about the USA Cycling Minor Athlete Abuse Prevention Policy

There are a host of guidelines, but the key ones cover: meetings, one-on-one coaching, car sharing, and electronic communications.

Meetings between adults and minor athletes: Must be observable and interruptible by another adult.

Individual training sessions: Must be observable and interruptible by another adult, unless agreed to in writing by the minor athlete's parent/legal guardian in advance. Please follow the link below to complete BJC's online permission form for Individual Training Sessions <https://waiver.smartwaiver.com/w/5f4828c59fb4f/web/>

Car sharing: Adults shall not ride in a vehicle alone with an unrelated minor athlete, unless agreed to in writing by the minor athlete's parent/legal guardian in advance. (Emergency circumstances excepted.) Transportation is allowed when at least two minor athletes or another adult are in the vehicle. Please follow the link below to complete a BJC online permission form for minor athlete to ride in a vehicle alone with unrelated adult <https://waiver.smartwaiver.com/w/5f481e58252ac/web/>

Electronic communications: one-on-one texting, email, and direct messaging between adults and minor athletes should be avoided. Electronic communications should include a 3rd party.

[Read more details](#) about the USA Cycling Minor Athlete Abuse Prevention Policy

TO REPORT MINOR ATHLETE ABUSE PREVENTION POLICY VIOLATIONS: Contact the USA Center for SafeSport at <https://uscenterforsafesport.org/report-a-concern/> You can also BJC's Athlete Wellness Advocate and SafeSport Champion Meredith Miller via email.

PARENT'S ROLE

BEING A GREAT SPORTS PARENT We want to help parents learn how to find that "sports parent sweet spot" where you support your kids and show your love, but avoid adding pressure or becoming too intense. We hope parents can allow kids to be independent and find their own level of sports success. But we know it's hard to find that "sports parent sweet spot" because we love our kids so much and want the best for them.

Parents should focus on the goal of using sports to teach life lessons, while leaving the goal of winning to the athletes and coaches. The best practice is: Release your child to the game. They need to feel that their sport is their thing. Let them “own it” even if they make mistakes.

Our suggestion for parents is to leave coaching and instruction to the coach. Parents who provide additional coaching can do more harm than good, especially as it may conflict with the coaches’ advice. This includes selecting races to attend: athletes should work with their coaches to select races to attend, and parents play a supporting role. Parents, if you have questions about the race schedule or the progression of the athlete, please contact the coaches.

Encourage the athlete to communicate with their coaches. We want to develop athletes who are independent and who can think and speak for themselves. When issues or problems arise, the first step is for the athlete to meet with the coach. It is the athlete who works with the coach on a daily basis and is a member of the team. Therefore, it is the athlete who should be having this conversation with the coach.

But please remember: parents are invited to contact the coaches whenever needed and we encourage an open line of communications at all times.

SHOULD PARENTS STAY AT PRACTICE OR RIDE WITH THE KIDS? BJC's policy is that parents may NOT participate or tag along during practice unless specifically requested by a coach to do so.

We like this quote: “Once you are confident that your child is in a safe environment, one of the greatest gifts you can give the young athletes in your house is to let them go and let their sports experience belong to them.”

Release Your Child to the Game! By the Changing the Game Project

“Once you are confident that your child is in a safe environment, one of the greatest gifts you can give the young athletes in your house is to let them go and let their sports experience belong to them.” Link: [Release Your Child to the Game!](#)

Boulder Junior Cycling Code of Conduct

1. Athletes shall treat themselves, coaches, and team members with respect and dignity and make a sincere effort to support the shared goals of the team.

2. Athletes shall not use any illegal drugs, including any and all performance enhancing drugs as defined by the United States Anti Doping Agency, nor shall any athlete consume alcohol, or use any form of tobacco.

3. Athletes shall not engage in any manner of criminal activity.

4. Athletes shall wear a helmet while riding.

5. Athletes shall not take inappropriate risks or willingly attempt anything which is beyond the scope of what is reasonable and appropriate.

6. Athletes shall ride responsibly and limit damage and erosion to trails and the environment.

7. Athletes will follow all traffic laws.

8. Athletes shall model and display courteous riding and behavior at all times.

Remember, you are responsible for all your actions and words while riding on the team. Your behavior reflects upon the team as well as sponsors and Boulder Junior Cycling itself. Think of yourselves as ambassadors for the team, the sport of cycling, and your community.