



KIDS OF MUD

Participant
Handbook



What is Kids of Mud?

Kids of Mud (KOM) is the official youth cycling program of the Manitoba Cycling Association (MCA) administered by a group of participating clubs. KOM is a learn-to-ride and learn-to-race program for kids 16 and younger covering the **Fundamentals, Learn to Train** and **Train to Train** stages of the Long Term Athlete Development pathway. Through the help of certified coaches and other volunteers, riders will learn the basics of off-road cycling with an opportunity to challenge their skill and fitness in any of the MCA mountain bike races open to age category racers.

Riders are registered with the MCA in one of these recognized youth cycling categories: under 17, under 15, under 13, under 11 and under 9 (based on their age as of December 31 of this year). The Kids of Mud training program is run by volunteer, NCCP-certified coaches in clubs located throughout Manitoba. Please check www.kidsofmud.ca to locate a club near you..

Why Join Kids of Mud?

Off road cycling is an ideal outdoor physical activity that combines the best of individual and team sport values offering both physical and mental challenges in a fun and supportive atmosphere. Each year the program starts in mid-April with training sessions twice a week until the end of June. Kids will be grouped with their peers and led by club coaches and volunteers. Parents are encouraged to participate. The club will take part in a multi-club race series with other Kids of Mud clubs. Focus is on fun, fitness and skill development.

Where and When is KOM?

Training typically takes place twice a week beginning mid/late April and wrapping up at the end of June. Most clubs ride on Tuesday and Thursdays evenings from the 3rd week in April to the end of June. Ask your club about their confirmed schedule.

How to register for KOM?

Registration for Kids of Mud programs generally begins in **late January/early February**. Clubs fill up fast! Contact the clubs about possible waiting lists. For specific registration dates contact your club of choice.

All KOM participants are required to purchase a Manitoba Cycling Association (MCA) membership in the form of a UCI/CCA U17 license. All participants will have the required insurance to attend races if they wish.

Parents wanting to participate in any rides will need to purchase a MCA **General Membership**. You can do this at the same time you purchase your child's license.

2017 Breakdown of Fees

1. KOM Participant fee – approximate cost is **\$60.00** per participant. Some variation of participant fees may exist between clubs. Please contact your club of choice to confirm.
2. UCI/CCA U17 (Age 16 and under/Multi-discipline) license **\$70.00** (walk in/manual membership fee \$85.00).

Club Coaching Requirements

Each club will have various levels of coaches in their group. For specific club information please contact your club's KOM Coordinator.

Coaches in the KOM program in Manitoba are required to meet the following standards.

1. MANITOBA CYCLING ASSOCIATION MEMBERSHIP
2. STANDARD OR EMERGENCY FIRST AID CERTIFICATION (completed every 3 years)
3. CRIMINAL RECORD CHECK (completed every 3 years)
4. CHILD ABUSE REGISTRY CHECK (completed every 1 year)
5. NCCP COACHING CERTIFICATION



NCCP Coaching Certification

Trained Let's Ride! Community Cycling Initiation Coach. Includes:

- Community Initiation (Let's Ride) – classroom session
- Basic Cycling Skills – on bike session

OR

Certified Ready to Race! Introduction to Competition Coach. Includes:

- Training Basics – classroom session
- Basic Cycling Skills – on bike session
- Two of three Skills and Tactics workshops – MTB, Road or BMX
- Training to Race – classroom session

OR

A minimum **Certified status Level I** (old NCCP) Mountain Bike (pre 2009). Includes:

- Technical skills course in either Road or Mountain
- Theory course or Multi-Sport competition A
- 1 year practical coaching and sign off by Provincial Sport Organization

PLUS

- NCCP Making Ethical Decisions
- Sport MB Respect in Sport

If you are interested in becoming a coach in the KOM Program, please talk to your KOM Coordinator or call the MCA office at 925-5686 for a full list of courses available.



What will you learn at KOM?

SAFETY, RULES AND ETIQUETTE

Helmet fit, Clothing, Road safety rules, Safety behavior, Food and hydration, Trail and road etiquette, Warm up

ABOUT YOUR BIKE

Laying down the bike, Cleaning our bike, Position (fit of the bike), Lube, Brakes (adjustment), Wheels (tires, spokes, hubs), Shifting, Chain, Derailleurs, Pedals and Cleats

SKILLS

Braking, Balance, Looking ahead, Choosing a line, Neutral position, Riding under obstacles, Falling, Weight distribution/Transfer, Group riding, Gear change, Mounting – Dismounting, Carrying bike, Sprinting – Accelerating, Climbing – Descending, Pedal stroke, Ratcheting, Cornering and switchbacks, Obstacles, Self-confidence, Goal setting, Making friends!

What to bring to KOM practice?

BIKE ~ In good working condition. *Pull off the Bike Checklist at the back of this booklet*

HELMET ~ approved cycling-specific. *Parents assisting or riding with the group MUST also wear a helmet.*

SHOES ~ close toed with grip. Runners are ideal!

GLOVES ~ for hand protection.

GLASSES ~ sunglasses or clear lens, something to protect your eyes.

WATER/SPORTS DRINK ~ in bottle or a hydration pack.

SNACKS ~ granola/energy bar, gel, raisins...

We also suggest:

CHANGE OF CLOTHES ~ you might work up a sweat while riding and we have been known to get muddy once in a while!

What to have for race day?

You need to bring everything that you would bring to a regular practice night PLUS:

- Your **Manitoba Cycling Association License** (this is needed at time of check in).

Your coach CAN NOT verify your category or that you are registered in the Kids of Mud program, your license does this.

- **Bike Plate** ~ securely fastened to your handle bar; in front of the brake cables (nothing should obscure the plate number).
- **Water/Sports drink** ~ you should be drinking water prior to, during and after each race.
- **Food** ~ make sure you don't have an empty stomach prior to a race, but keep in mind not to eat a heavy meal. Bring some snacks to eat after each race (chocolate milk, granola bar, veggies, fruit, bagel with cream cheese or tuna salad are all good choices).

What to expect on race day?

- All clubs will be present so there will be a lot of kids. Drive carefully into the parking lot.
- Find the registration table and register for the race 30 minutes prior to your start time
- Leave your bike and bring only your race license to the registration table.
- Look for your coach to do a pre-ride prior to the race. A pre-ride gets your heart rate up and introduces you to the course. It is the riders responsibility to know the course.
- There will be a staging area and a finish area. Know where you need to be before you need to be there.
- Race Officials (Commissaires) will do roll call at the start line. You must be ready to race and in or near the staging area 10 minutes prior to your race time.
- Race days can be very hectic, relax and go with the flow. After all it is still just about having FUN!

SOME FAQ's

What type of bike is required? A working well fitted bike (with hand brakes and gears is ideal). We will be able to make minor adjustments and repairs to your bikes at the events, however this will draw us away from our coaching responsibilities.

Do I need a helmet? A program requirement! Helmets must be worn at all events. They must be CSA certified and properly sized for your child's head. We can assist in fitting the helmets and setting up the straps.

Should I wear gloves or glasses? This is highly recommended for protection of hands and eyes. A lot of our riding is off road and there will be times where you might tip of your bike.

What type of footwear should I wear? Closed toed shoes are a program requirement! Sandals are not allowed for safety reasons.

Why should I pre-ride the race course? A pre-ride gets your heart rate up and introduces you to the course. It is the rider's responsibility to know the course.

How do I line up at races? There will be sections indicating Age Group Staging areas. The commissaire will indicate when staging will commence, your name will be called in attendance, by age group.

What is a Mass Start? All age groups will line up at the Start Line. Once the whistle blows, everyone in that age category will start at the same time. It is VERY important to be on time at the start line.



Winnipeg Clubs

Alter Ego Cycling Club	Moni Robertson mubouch@shaw.ca 204-261-3348	FAQs club website
Bikes & Beyond	Phil Roadley bikesandbeyond@shaw.ca 204-669-5590	Contact Phil for details
Flaming Cheetahs	Jamie Hilland kidsofmudcoach@gmail.com	Contact Jamie for details
Olympia Cycle & Ski (St. Mary's Rd)	Dale Madill madill@mymts.net 204-489-2331	FAQs
Wolseley Wheels	Charlene Geunter wolseleywheels@gmail.com	wolseleywheels.com

Eastman Region Clubs

Whiteshell Cycling Club (Pinawa)	Mark Tinant mtinant1@mymts.net	Contact Mark for details
Body Driven Club (Steinbach)	Jonathan Thompson bodydrivenKOM@mts.net 204-371-4943	Contact Jon for details

Westman Region Club

Prairie Mountain Cycling Dirt Squirts KOM (Minnedosa)	Tim Frykoda prairiemountaincyclist@gmail.com	Facebook
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Interlake Region Club

Stonewall KOM	Amanda Brown abrown.dvm@gmail.com	Contact Mark or Amanda
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Parkland Region Clubs

Dead Ox Trailblazers Sprockets (McCreary)	Pam Little deadoxtrails@gmail.com 204-835-2529	Facebook More info...
Tread The Thunder (Swan River)	Rob TerHorst rdterhorst@gmail.com	
Kids of Mud Russell	Michelle Horn Castle mhorncastle@mrbgov.com	
Kids of Mud Dauphin	Brett Smith canbsmith@hotmail.com	

Bike Check List

This checklist should be taken into your local bike shop. The bike shop should perform a safety check on the bike to ensure it is safe, and in proper working order. This check should minimize time spent on repairs, and optimize riding time. The bike check may be done at no extra charge; however there will be charges for necessary repairs.

This Bike check is meant to only be a preventative inspection. Neither the bike shop nor the MCA or the KOM program organizers are responsible for the state of each participant's bicycle. It is the full responsibility of participants to ensure that their bicycle is properly maintained and safe.

Participants Name: _____

Bike Make/model: _____

Pass	Fail	Repaired	
<input type="checkbox"/>	<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"/>	<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"/>	<input type="checkbox"/>	Brakes work properly, levers, cables and housing, pads in good working order and condition
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wheels are reasonably true with no broken or loose spokes.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Frame and fork are not bent, cracked, or otherwise seriously misaligned.
<input type="checkbox"/>	<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"/>	<input type="checkbox"/>	Tires are not seriously worn, torn, cracked, cut, or in need of replacement.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wheel nuts and/or quick releases are properly installed and operational
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Bar ends are intact, not worn with not metal showing

Mechanics comments: _____

Mechanic Signature: _____ **Shop Name:** _____ **Date:** _____

Please take your bicycle into the bike shop as soon as possible, as you may need to leave it there for a few days (bike shops tend to be busiest during nicer weather). This form **should** be returned completed **on or before** the first training day.