

# minionz mission

**We are dedicated to providing kids, adults and families a club in which they can enjoy nature through biking!**

A team for youth, adults and families to advance their biking skills to the next level and possibly even become the next "ELITE" Champion! This is an opportunity developed for kids with bike experience (can ride off-road, up & down hills, WITHOUT training wheels) to improve their bike handling skills, technique, safety, and passion for riding. This team will build confidence of all "Minionz" on the team so they can ride (SHRED!) terrain, enjoy nature, race, and maybe someday become one of the Muddy Bikes Elite! We welcome anyone who wishes to join the group, with rides based on skill level from novice-expert. Age is not something that we think should hold anyone back from getting out and enjoying all of the benefits biking has to offer physically, mentally and socially.

## objective

**Motivate all "Minionz" in a team environment where they can meet other kids, adults and families who love to ride.**

This will help each of them to develop skills faster as they will cheer each other on, help one another out, and challenge themselves as well. We want them to know what their limits are each time they ride, but always work to improve and give 100%. With biking and life, you can achieve anything you want as long as you believe and do not give up! (We all know when you are a kid that having friends around makes everything more fun than "Mom or Dad" does.)

Work with riders on various riding skills & knowledge that can be used in any form of biking such as;

- Basic essential bike skills
- Advanced Balance Drills
- Terrain Recognition and Line Choices
- Cornering at Low and High speed (Proper pedal placement & body position)
- Shifting & Gear Choices
- Braking Techniques & Downhill body position
- Overcoming Obstacles (rocks, tree branches, roots, holes, etc.)
- Bunny Hop, wheelie & Basic Jumping Skills (Will be based on riders ability)
- Trail Map & Trail Head Markings (Know what trail is right for you! Tell someone where you are going!)
- What to do if injured or there is an injury in your group
- Basic Bike Maintenance, Pre-Ride Check
- Riding Essentials (Water, Snacks, Map, Cell Phone, and of course Tools - Make Mom or Dad carry that!)
- Trail Etiquette & Respect for Nature and Other Riders!

**ADDITIONAL "MINIONZ" BENEFITS** - from the Youngest to Oldest and everyone in between!

- Physical and Mental strengthening through biking.
- Build inner confidence with a mind set to never give up. "You can do anything if you learn to believe in yourself and not let a failed attempt be your last."
- Gain new friends and grow socially.
- De-stress after a long day of school or work.

# skinny

For safety reasons, we will not allow any bike deemed unsafe to ride, training wheels, BMX or road bikes for these development team rides. All riders will have their bike checked prior to first ride and randomly throughout the season by a Minionz Mentor and must have a "Minionz" sticker to ride!

## Group 1. Advanced:

Fast group, covers all terrain, climbs and descents! You should have confidence in your bike skills for this group and remember to always ride in your comfort zone.

Frequently rides: Mucker, Sandhog, Hopper and Crusher

## Group 2. Intermediate:

Will take on some good climbs and downhill sections, good bike skills recommended for this group and you may have to hike & bike some of the climbs but will get stronger each week.

Frequently rides: Galloping Goose, Mucker and Hopper

(G2. & G3. May at times take the same ride for that day and should start the ride with G2. in front.)

## Group 3. Novice Plus:

Has good bike skills but maybe are New to Mountain Biking and the terrain involved. Rides will be a little less technical and tend to progress week to week. A group where you can learn how to safely ride single track at your own pace while learning to better your trail judgement, bike balance & riding skills.

Frequently rides: Galloping Goose

## Group 4. True Beginner:

This group is for those (kids to adults) who are new to biking or maybe just not very comfortable on a bike yet but want to get out and enjoy nature on a bike. Strider bikes for the little ones are welcome - but remember no training wheels allowed. Rides will involve some fun flowy dirt trails and paved trails.

For everyone's safety, each level will have a different color "MINIONZ" sticker and these will be determined by a MINIONZ Ride Mentor, based on shown biking abilities. A rider may ride with different levels week to week, though in order to move up a level you must be approved by a MINIONZ Mentor and have the correct color sticker!

This team group will ride off-road (Cuyuna) and or some asphalt trails depending on weather and rider ability. We will also work with individuals and try to group them so we can practice varying skill development helping them become more confident on their bike and enjoy biking to the fullest!

**TIME AND DATES:** At this time we are looking at Thursdays from 4:30 to 6pm to meet for group skill sessions and rides for our Team Day. Other ride dates and options may also be available depending on Mentor Support! We will be working on details for the schedule and will fill that in as the number of participants are enrolled and we get a better idea of skill levels and coaches required.

Riders of all ages and skill levels are welcome and we will do everything we can to make sure you have a fun, safe and enjoyable time on the trails.

**TEAM LEADERS AND COACHES: REGISTRATION:** Please let us know if you are interested in helping coach this team, or be available for team group rides with these young and upcoming riders!