



GRASSROOTS PROGRAM

Parent Information

CAPE MOUNTAIN BIKERS

MEELUP / SECRET WHICHER / MIDDLE EARTH

Dear Parents and Guardians

The Grassroots Program provides mountain bike skills coaching sessions and supervised/coached trail rides for children aged 6 to 15 years old, with sessions being offered in both Dunsborough and Busselton.

Session Times - Dunsborough

Skills coaching sessions (including some trail riding) are held at the Dunsborough Country Club fortnightly on Monday afternoons at 3.30pm (6 – 8 year olds/beginners) and 4.30pm (9 – 15 year olds/intermediate riders). There will also be occasional supervised trail rides held on weekends at various other trail networks throughout the south west, giving the kids a chance to test out their skills on different trails.

Session Times - Busselton

Skills coaching sessions are held at Cornerstone Christian College Busselton fortnightly on Tuesday afternoons at 4.30pm (8-14 year olds). Twice per term the sessions will be held at Dunsborough Country Club to enable participants to take the skills they have learned during the coaching sessions and test them out on the trails. There will also be occasional supervised trail rides held on weekends at various other trail networks throughout the south west, giving the kids a chance to test out their skills on different trails.

Coaching

The program is run by qualified MTBA Level 0 and PMBIA Level 1 coaches, trained to a level that will enable them to teach the basics of mountain biking up to an intermediate level. The club intends to further train their certified coaches to a standard which will encompass the ability to coach at a state and national level. With this in mind we have our sights set on entering our talented riders into state competition with support from the club.

Fees

Cost of the Grassroots Program is \$60 per term.

Please note that all riders must have a current MTBA (Mountain Bike Australia) membership and Cape Mountain Bikers membership. This is to ensure that riders are covered by insurance and public liability, as well as gaining official access to the Dunsborough Country Club Trail Network. Parents can join their children up for both memberships simultaneously for a total cost of \$41 per year. Simply go to the following MTBA web address to join (and nominate Cape Mountain Bikers as your club): www.mtba.asn.au/membership/

Parents are welcome to come along on the rides with their children at no cost, however they will also need to have a current MTBA membership and Cape Mountain Bikers membership. As above, both memberships can be obtained simultaneously, with the total cost for adults being \$61 per year. Please note parents joining the rides must also have met the equipment requirements specified below.

Equipment Requirements

BIKES:

To ensure the safety of all participants and the continued enjoyment of the sport, it is required that your child is fitted with a suitable bike. Minimum requirements for a bike include:

- Well functioning V-Brakes as a minimum, no back pedal brakes.
- Dirt specific tyres with a decent amount of tyre profile.
- Handlebar grips that ensure bar ends are not exposed.
- Saddle which is positioned at a height that allows your child to touch the ground with both feet at the same time.
- Gears are not necessary but highly recommended, we recommend a rapid fire based gear shift rather than gripshift, which can be very difficult for your child to utilise.
- A light frame is also highly recommended. The weight of a bike has a much greater effect on your child's ride enjoyment than it would for an adult so please keep this in mind.

The bike does not have to be mountain bike specific as long as it meets the brake, tyre, handlebar grip and seat requirements.

SAFETY EQUIPMENT:

It is also important that your child is protected adequately in case of a fall. Please ensure all safety equipment is in good working order. Your child will require:

- Helmet that meets Australian Standards and is well fitted.
- Gloves, not necessary but highly recommended.
- Knee pads, elbow pads, not necessary but highly recommended.
- Safety glasses/sunglasses.
- Water bottle.

Our program will cover bike equipment and safety at the beginning of each term. We do however strongly recommend that you take your child's bike to one of our local bike shops and allow them to do a full safety check and service. When doing so, ensure you let them know it is for the CMB Grassroots Program to receive a discount. Our two recommended bike shops are Bike Shed in Dunsborough and South West Cycles in Busselton. The guys at these shops are also more than happy to answer any questions you may have in regards to bikes and safety equipment.

If you'd like to ensure your child gets the most out of mountain biking, follow this [link](#) which will give you a good understanding of what is required.

How To Enrol

If you would like to enrol your child for the Grassroots Program please log on to our website at www.capemountainbikers.asn.au/grassroots and complete the online Grassroots Registration Form.

Payment must be made at the time of submitting your enrolment as per the payment methods specified during the registration process. Please note that places in the program are limited so early enrolment is recommended.