



## Spring 2024 Orientation Document

Welcome to the Cedar BMX League - created specifically for new BMX families!

The purpose of this document is to brief you on what to expect during our League sessions, and also how to prepare for the big day.

### **What Is BMX Racing?**

The fastest-growing family-centered sport in America, BMX Racing has been around since the late 1960s, giving kids the chance to express their competitive side in a safe environment, as they race their bicycle against peers, over obstacles on a dirt course.

Parents, grandparents, siblings and other family members are encouraged to come to the races to cheer-on their rider. When your friends ask what you guys are doing, and you say "BMX," it's always a good idea to say "BMX Racing," since most people may assume it is "flips and tricks" instead.

### **About Cedar BMX League**

BMX Racing has many levels of proficiency, and is one of the rare sports where those with little experience compete on the same day as those at the expert or even professional level. The Cedar BMX League is designed for beginning riders, and runs separate from our "Open Racing" program.

It is designed to bring families into the sport slowly and help riders learn the ropes gradually, with an emphasis on fun, then bringing them in to the next-level "Open Racing" program here at Cedar BMX. BMX Racing is about much more than winning; it's about how the riders' character, integrity and self-confidence develop through their time at the track.

### **League Session Dates and Times**

Our League's regularly scheduled days are FRIDAYS, for five sessions. Here are the exact dates and times:

*May 10 (6:00PM-8:30PM)*

*May 17 (6:00PM-8:30PM)*

*May 24 (6:00PM-8:30PM)*

*May 31 (6:00PM-8:30PM)*

*June 7 (6:00PM-8:30PM)*

### **Sessions Meet At:**

CEDAR BMX

Red Barn Village Rd

Clarks Summit, PA 18411

Event Day Phone: (570) 855-8191 (Candy)

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### **League Session Timeline**

5:50PM-6:05PM - Check-in and get-ready

6:10PM-6:20PM - Warm-Up Stretching/Warm-Up Open Ride\*

6:20PM-7:20PM - Instruction

7:20PM-7:30PM - Snack/Water Break

7:35PM- Report to Staging

7:45PM - Racing!

After Racing - "Open Ride" (if time permits)

*\*Note: The "Track Walk" will take the place of warm-up riding on session one. Also: this schedule may be adjusted at any point, if racing takes longer than expected.*

### **First Session Stuff**

\*Please arrive 15-mins early on the first day to handle paperwork and bike/helmet sizing\*

When you arrive at the track for the first session, here is what to expect:

- 1). The PAPERWORK TABLE is the first stop. ALL riders must stop at this table, to pick up a pre-filled USA BMX Membership Application for their parent/guardian to sign (front and back or page one and two).
- 2). Once your paperwork has been completed, head to the CHECK-IN table. Please hand your signed paperwork to one of the volunteers at the table. They will hand you your RIDER PACKET in return (Jersey and Number Plate).
- 3). If you are using a loaner bike or helmet, please proceed to the Loaner station, where a volunteer will help your rider into the proper size bike and/or helmet (volunteers will be present to direct you).

If you have a loaner helmet, please use the masking tape and markers on the check-in table to write your rider's bike number on it, so it can be easily found for the coming sessions.

If using a loaner bike, please leave the number plate on the bike, until the last session, again so it is easy to find, next session.

**\*\*Loaner Equipment is not to be removed from the premises\*\***

- 5). After you have your loaner equipment (or if you do not require loaner equipment), please park your bikes and find a seat in the bleachers until we start the session. The first order of business is to walk the track without bikes and helmets.

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### **First Order of Business...**

First thing we do on day one is a TRACK WALK--so parents and riders can become familiar with the layout of the course, and ask any questions they may have. This is done WITHOUT bikes and helmets. Once the track walk is complete, the instructor will ask riders to grab their bikes and helmets, and meet him/her by the check-in table.

### **As We Begin the Session...**

After the track walk, riders will strap-up their helmet, grab their bikes and, in an orderly fashion (as much-so as can be expected from a bunch of excited BMXers), proceed to the area the announcer directs riders to meet.

Our INSTRUCTION session will begin at this time, with our League instructor and on-track volunteers. This is a great time for sideline photos and video of the kids taking their first laps on the track.

Just before the mid-session break, one of our volunteers will gather parents to discuss the format of the racing portion of the day.

You may feel like a "fish out of water" at first, but remember that this is a BEGINNERS-ONLY program-- every question is welcomed and encouraged. By week two, families will know exactly what to do, and what is happening on the track.

## **After Day-One**

### **Weekly Email Briefing**

Sometime on the day before League, you will receive an email with that week's "briefing." The weekly briefing contains information specific to that week's session. Please read it carefully, and in full, as it often has information on schedule changes, and other critical info.

If you are one who does not check email often, we would recommend checking it at 8:00PM the day before, and again at 10:30AM on the morning-of. If you do not receive a briefing, please let us know immediately. We can add a second email address to your rider's profile, if needed.

### **Evening Practice and Racing (aka "Open Racing")**

During the five weeks the League is in session, League riders participate only in League instruction and racing, and hold off on participating in any regular open practice or racing at the track. The League program is structured differently than Open Racing, and we do not want to confuse the riders (and parents) with two formats. At the end of the five weeks, riders will get an introduction to open racing; that is the next step in your racer's progression, unless you want to participate in another League season.

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### What to Wear To the Sessions

After you receive your League jersey, be sure your rider wears it to the remaining sessions. If it gets lost or damaged, a replacement can be purchased at check-in. Also, riders should wear jeans and flat, closed-toe shoes with a soft, "grippy" sole.

**\*IMPORTANT\*** Riders should wear the League jersey, and jeans to each session. Special racing pants and jerseys are for "Open Racing," after the League program. Gloves are strongly recommended.

Your League rider should be dressed, more or less, like this for all League sessions (but we ask that your rider **TUCK-IN** their jersey, so it does not get hooked on their seat, when riding):



### What Riders Should Wear

- ✓ Long-sleeve League shirt (supplied on day one)
- ✓ Jeans (No warmups or sweats. Positively no Shorts)
- ✓ Athletic Shoes (no Crocs, slides or flip-flops)

*\* Some families do not have jeans for their riders, and that is fine. It isn't necessary to go buy new pants or withdraw from the league. Wear what you have, but if you have them, jeans are strongly recommended. We may have some jeans your rider's size in the "donation" box.*

**Riders will not be permitted to participate in short pants or short sleeves.**

### What to Bring To the Sessions

We recommend you bring a gallon jug of water (or whatever you deem appropriate for your rider), labeled with his/her name on it. Also, bring a snack for them to enjoy during our 10-minute mid-session break. Nothing too heavy--Fig Newtons, Fruit, Animal Crackers, PB&J sandwich, etc.

Our concession stand will be open for all League sessions, and serves a light menu (corn dogs, drinks and snacks), and is **CASH ONLY**. Please bring small bills.

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### **“What’s Next After League?”**

It’s a natural, and understandable question to ask “what’s next?” Trust us when we say that we have all the next steps in your BMX journey well-in-mind. We will start to bring you up-to-speed on that with the week FOUR briefing. At this point, it should be all about fun, family and new friends, so enjoy the Beginners-only experience that League provides for these-few weeks.

### **End-Of-Season Awards**

At the end of the five-week season, the top three riders in each age class (based on their finishes in the five race days) will receive “podium” awards for their accomplishment. All others will receive a “Personal Progression Award” to recognize their efforts and individual achievement over the five weeks.

It is NOT a “participation trophy!” It is an award that recognizes the true progression each individual rider earns over the five weeks of the League season. A rider must have points on the board to earn a trophy.

The awards will be handed out at a season-end “Pizza Party” which will immediately follow the last race of the season, at the track.

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## **Frequently Asked Questions**

### ***What if we have to miss a session?***

We recommend not missing sessions, if at all possible, since your rider accrues points for every lap they race, in every session. But if it is necessary, just pick back up where you left off and come back to the next scheduled session. No "make up" sessions can be provided.

### ***What Happens If/When it Rains?***

If we have notice before a session, that inclement weather is imminent for our League session time, we will send out an email, advising you that the session is OFF for that day.

That email will usually be sent out a minimum of two hours before the session time, so if you do not check email often, 4:15PM would be the time to check.

We always ask you to reply with a "Got It!" so we can mark you down as having replied. We want to avoid having you go all the way out to the track, only to find a locked gate, so your "Got it!" really helps.

Unstarted sessions which are called off due to weather or poor track conditions will be tacked-on to the end of the season. Your season will still be FIVE sessions.

Specific circumstances will dictate what happens if we have to call a session for rain once a session has begun (make it up over the remaining weeks, or do the whole session over...it largely depends on at what point the session needed to be called off).

### ***I have a friend who wants to join the League, can s/he join after the season starts?***

YES! We accept late season enrollments til 5PM Wednesday, following the first session. The tuition of \$149 is the same, but so's the fun. They can sign up at [cedarbmxleague.com](http://cedarbmxleague.com)

### ***I want to buy a new bike and/or helmet for my rider. Can you recommend one, and where to get it?***

Yes, we can give you advice and point you in the right direction on which size bike or helmet would be best for your rider.

### ***What if I have a question or concern between sessions? Who can I contact?***

Contact Cedar BMX League coordinator, Mike Carruth at 312-919-3637 or via email at [info@cedarbmxleague.com](mailto:info@cedarbmxleague.com).

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