

Brighton MTB Team Coach/Parent Meeting

May 12, 2026



Outline

1. The Team
 - Overall Stats
 - Leadership/Volunteering
 - Ride leaders/Coaches
 - PitZone ®
2. Practices/Team Communication/TeamSnap®
 - **Mark Attendance**
 - Ride Grouping
 - Messaging
3. Other
 - Training Peaks
 - Non-Profit status
 - NICA/Region Race Dates



Team Stats:

1. Riders/Athletes/Students (N=166)
 - a) Devo 62 (37 M, 25 F)
 - a) 22 7th graders 40 8th graders
 - b) HS 103 (68 M, 35 F)
 - a) 27 freshman 30 Sophomores 25 Juniors 21 seniors
2. Ride Leaders/Coaches
 1. coaches (52 licensed) (3.9 students: licensed 2+ coaches)
 2. Level 2+ 37 currently

Team Leadership



HS Coaches:
Mike Knapp &
Dave Kikkert

Devo Coaches:
Tom Romney &
Shane Swenson

Volunteer Leaders

Our team is **100%** run by volunteers!

- ★ Volunteer Operations, Team Mom: **Jen Adams**
- ★ Jr. Devo Program, Chief Volunteer Officer: **Heather Dance**
- ★ Environmental Stewardship Committee, Chief Planet Officer: **Jen Shah**
- ★ Team Party Committee, Chief Party Officer: **Ciara Bell**
- ★ GRiT (**G**irls **R**iding **I**together) Committee, Parent Advisor: **Liz Dewitz**
- ★ End-of-Year Awards Committee, Chief Celebration Officer: **Liz Dewitz**
- ★ Team Ride Groups, Chief Flow Officer: **Kyle Jensen**
- ★ Team Ride Leader Training & Development, Lead Coaches: **Jon Middlemiss & Eric Kircher**
- ★ Team Wildlife-in-the-Wild Photographer: **Daniel Lindhardt**
- ★ ILA PE Credit Advisor: **Dana Middlemiss**
- ★ Team Treasurer: **Stacy Noble**
- ★ Team Legend (most years helping the team): **David Van Dyck**

Volunteer with Us!

- Our team is 100% volunteer-run: coaches, coordinators, behind-the-scenes helpers.
- *We do **not** have any paid staff, and we're proud of it.*
- Team/community effort, and every family plays a vital role in making it all happen.

Parent **Participation** is Required

- We believe everyone should have a stake in the team's success. That's why *volunteering is a **requirement** for all parents.*
- Minimum 2 practice snacks assignments
- Minimum 2 races for the team
- Minimum 1 race for Utah NICA per athlete - the league tracks *all* volunteers, and the top teams win swag and cash!

FREE lunch for volunteers who sign up for two or more shifts and/or more than 4 hours at each race.

Team SignUps: brightonmtbteam.com/volunteer

Coaching-Ride Leading

Coaching-Ride Leading

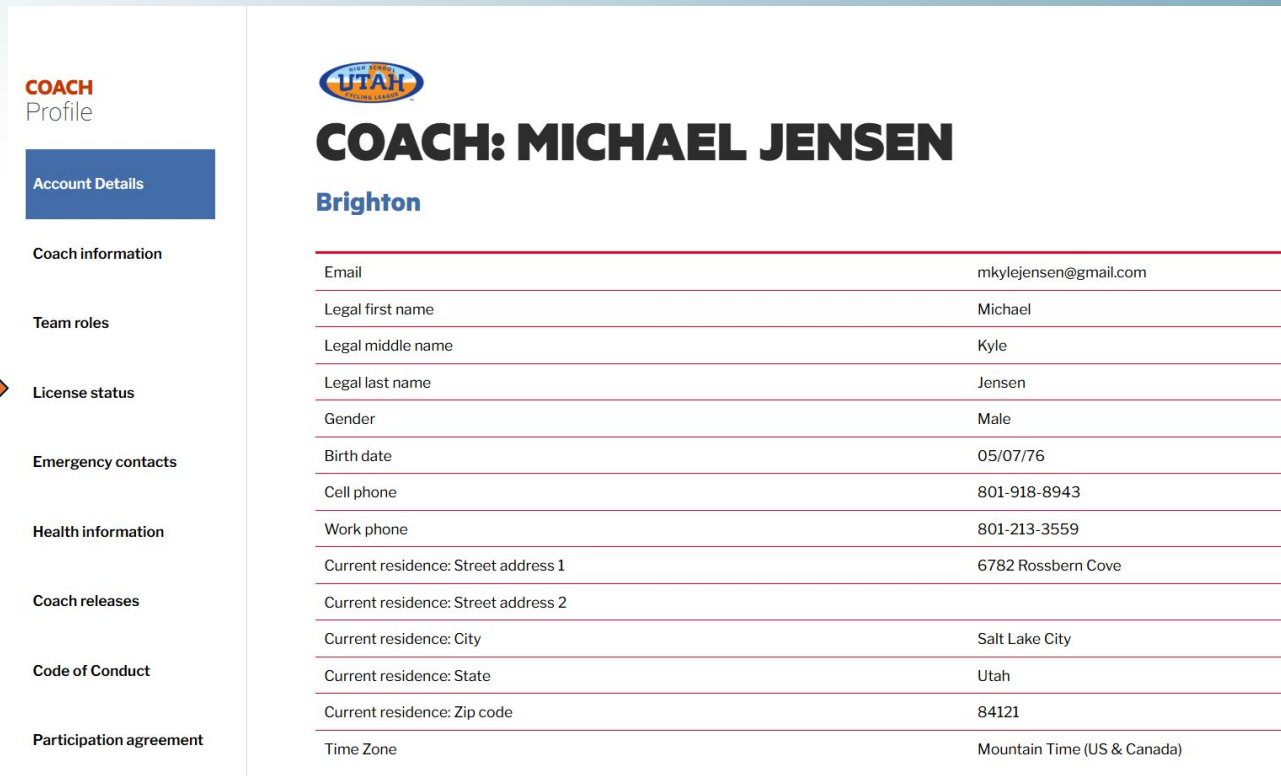
- Level 1 - Minimum to practice with team (outside of races)
- Level 2 - Can lead groups
- Level 3 - Must have at least one at each practice

- 2 coaches:8 student ratio (1 level 2+ and 1 level 1+)
- 1 coach:6 student ratio (level 2+)

- Always need more level 2 coaches
 - Special courses: OTB (On The Bike 101) and 1st Aid needed

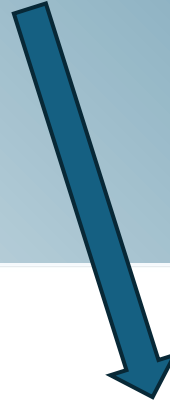
Pit Zone for coaches

- Coaches/Ride Leaders/Parents **must** be certified (level 1+ to ride with team at practices)
- Certification status found on Pit Zone: https://pitzone.nationalmtb.org/users/sign_in



Email	mkylejensen@gmail.com
Legal first name	Michael
Legal middle name	Kyle
Legal last name	Jensen
Gender	Male
Birth date	05/07/76
Cell phone	801-918-8943
Work phone	801-213-3559
Current residence: Street address 1	6782 Rossbern Cove
Current residence: Street address 2	
Current residence: City	Salt Lake City
Current residence: State	Utah
Current residence: Zip code	84121
Time Zone	Mountain Time (US & Canada)

Go for Green ✓



Profile

Account Details

Coach information

Team roles

License status

Emergency contacts

Health information

Coach releases

Code of Conduct

Participation agreement

Background check

COACH: MICHAEL JENSEN

Brighton

License level: 3

[Learn more about the Coaches License Program here.](#)

License requirement **highlight red** = Action required: Expired.
License requirement **highlight yellow** = Action required soon: Expiring this season.

License Requirement	Current Status	License Level: 1	License Level: 2	License Level: 3
Participation Agreement for 2026	Signed	✓	✓	✓
Coach license fee for 2026	Paid	✓	✓	✓
Background Check for 2026	Status: Pass Source: Sterling Volunteers Year 6	✓	✓	✓
Concussion Training	Expires on 11/17/26	✓	✓	✓
NICA Philosophy, Safety and Risk Management	Expires on 12/01/26	✓	✓	✓
Athlete Abuse Awareness Training	Expires on 12/01/27	✓	✓	✓

- Required courses

- Benefits-discounts

- Bikes (Trek, Specialized, etc.)

- Supplies/Tools/apparel

- Crankbrothers, feedback sports

- Bike racks/carriers: (Velocirax, Cache, Saris)

- Nutrition (Chargel, The Feed)

Pit Zone & Riders (students)

- Must register Student Riders in Pit Zone by 30 May
 - https://pitzone.nationalmtb.org/users/sign_in
- Not registered Student **can't** ride with the team
 - Parents not registered/certified can't ride with the team
- 30 May-7 June **late fee incurred**
- After 7 June-registration not allowed-will **NOT** be on the team

Practices

Practice Ride Groups

- Max of 8 riders/group
 - 103 HS riders = 13 groups minimum (26 ride leaders minimum with 8 person groups)
- 1 level 2+ coach can be alone w/ 6 riders
- 2 coaches (at least 1 level 2+) w/ 8 riders
 - 1 leads & 1 sweeps (stays behind)

Assignments for: 2025-09-09					
1-PINK 1			1-PINK 2		
Ride Leaders	Rider	Attending	Ride Leaders	Rider	Attending
Ken Cuddeback-	Brennan Dance	Yes	Logan Dance-2	Alexander Allgier	Yes
Mike Knapp-3	Crosby Kircher	Yes		Asher Howe	Yes
	Everett Lovett	Yes		Derek Gabler	Yes
	Hendrick Wussov	Yes		Easton Kircher	Yes
	Ivan Diana	Yes		Gavin York	No
	Jak Knapp	Yes		Joshua Adams	No
	John Hilverda	Yes		Matthew Jensen	Yes
	Reese Romney	Yes		Tyler Stevens	No
Total	8	8	Total	8	5
2-GREEN 1			2-GREEN 2		
Ride Leaders	Rider	Attending	Ride Leaders	Rider	Attending
Dana Middlemiss-3	Ava Kikkert	Yes	Brian Pugh-2	James Martin	Yes
	Elise Jensen	Yes	Ryan Moehle-2	Nathan Moehle	Yes
	Isa Adams	Yes		Nathan Brubaker	Yes
	Maya Sullivan	Yes		Parker Hunt	Yes
	Samara Shah	????		River Bell	Yes
	Sunny Kikkert	Yes		Sawyer Williams	Yes
	Tessa Stevens	Yes		Tevin Bate	Yes
Total	7	6	Total	8	7
				Calvin (Flash) Au	????
3-BLUE 1			3-BLUE 2		
Ride Leaders	Rider	Attending	Ride Leaders	Rider	Attending
Mike Hilverda-2	Blake Barker	No	David Van Dyck-3	Addie Evans	Yes
	Clark Romney	Yes		Eva Bleazard	No
	Jack Hoggan	Yes		Lily Davis	Yes
	Jude Mecham	Yes		Mia Davis	Yes
	Mitchell Weaver	????		Naomi Mecham	Yes
	Trey Wilkins	Yes		Sylvia Carrol	No
Total	6	4	Total	7	5
				Whitney Middlem	Yes
3-BLUE 3					
Ride Leaders	Rider	Attending			
Eric Kircher-2	Adam Borro	Yes			
Quin Bingham-1	Chase Noble	Yes			
	Ezra Evans	Yes			
	Henry Slabbert	Yes			
	Wyatt Bingham	Yes			
	Wyatt Smith	No			
	Johnny Crofts	Yes			
Total	7	6			

Groups are color “coded”

Pink-Green-Blue – Orange – Yellow – Red – Silver-Black

- Based on coach feedback, races, riders can request to move down, talk w/ coach to move up
- Dynamic
 - Ladder format-moving up/down to create equally balanced groups/dynamics
 - We prioritize climbing speed > descending speed ($\frac{3}{4}$ + time climbing & $\frac{1}{4}$ descending)
 - Strive to keep girls together
- Riding in a balanced group is more fun
 - Less stopping & waiting (if faster)
 - Not always trying to keep/catch up (if slower)



This works if ALL (Riders & coaches) MARK ATTENDANCE

Hence TeamSnap (the app)

- Mark at least 24 hours before-update if needed until 24 hrs before practice
- Groups and ride leaders are finalized





Desktop

Home Roster Schedule Availability Assignments Media Messages Preferences

Availability

Show All « Prev 1 2 3 ... 11 12 Next » Availability Preferences Export

	Coaches and Parents Meeting Tue, May 12, 2026 7:00 PM	GRiT Bike Maintenance Clinic (Girls Only) Wed, May 13, 2026 6:30 PM	OTB 101 Training - Required to Be a Level 2 Coach Thu, May 14, 2026 6:00 PM	Midweek Race (Not a Team Event but Recommended) Tue, May 19, 2026 6:00 PM	Bike Mechanics Workshop and Team Swap Meet Thu, May 21, 2026 6:30 PM
Players	11M/4W	1M/7W	1M/1W	2M/0W	8M/4W
Abigail (Ari) Luptak	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Abigail Felt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
AJ White	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Alexander Allgier	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amber (Kyle) Young	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Anika Andersen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Desktop

Create New Team

Viewing as Kyle

My Teams

Account

Navigation bar with icons for: Home, Roster, Schedule, Availability, Invoicing, Media, Messages, Preferences

Availability

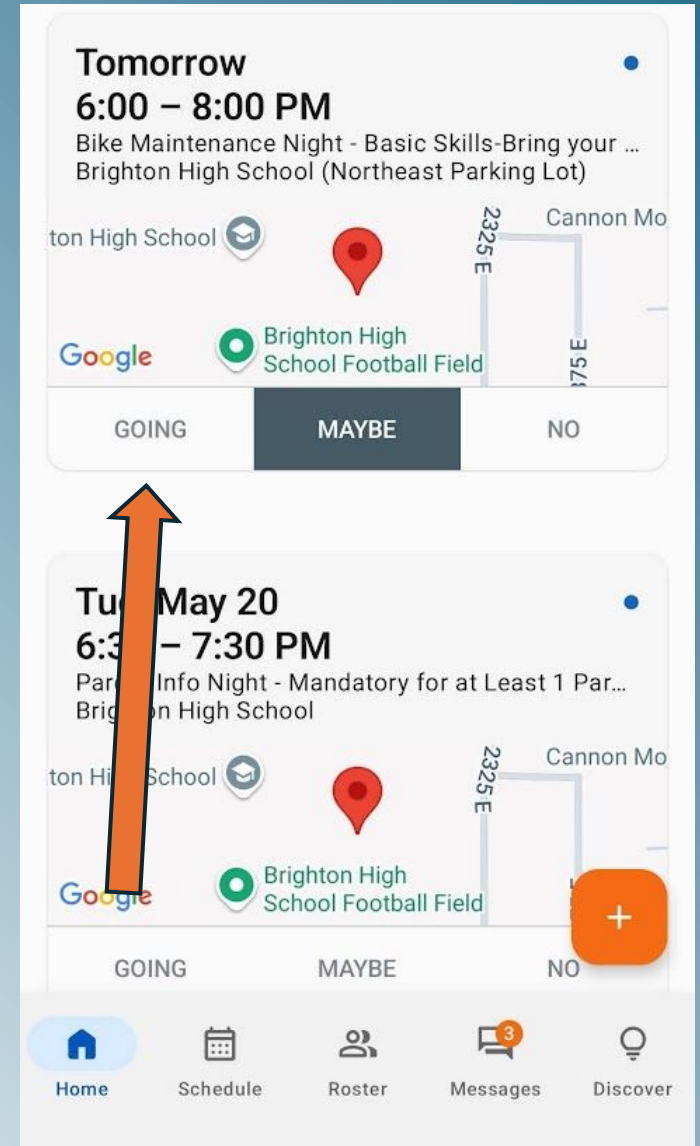
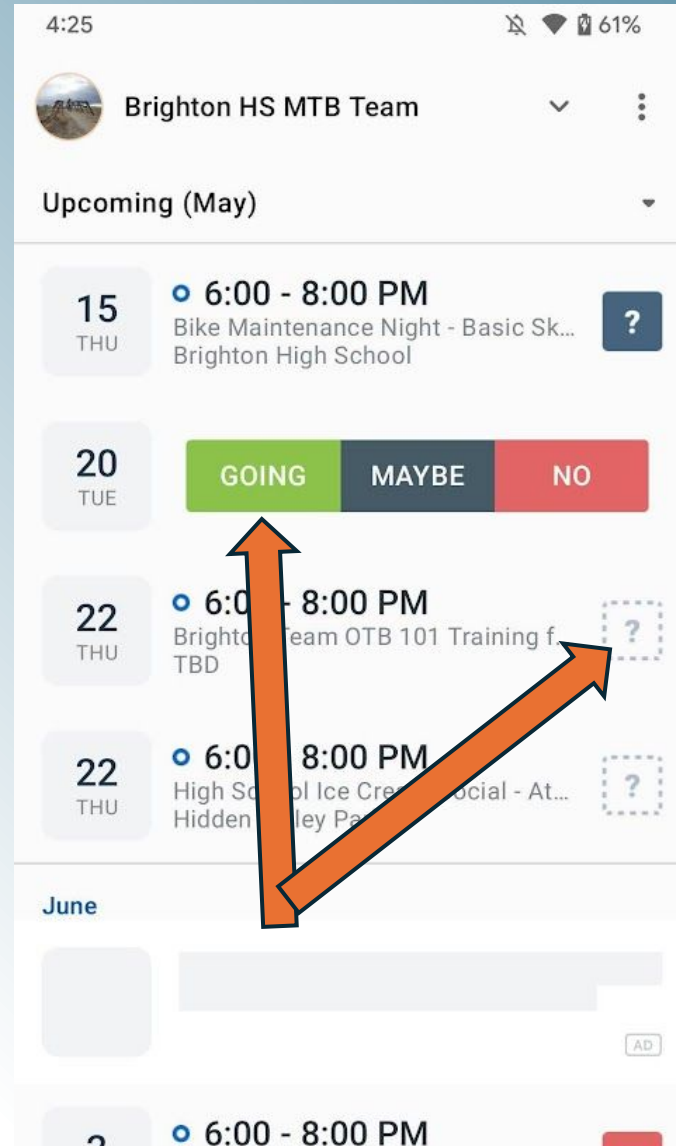
« Prev 1 2 3 ... 7 8 Next » Show All Availability Preferences Export

	Devo - Bike Maintenance Night- Bring Your Bike Thu, May 15, 2025 6:00 PM	Parent Info Night - Mandatory for at Least 1 Parent Tue, May 20, 2025 6:30 PM	OTB 101 Training for Level 1 Coaches Thu, May 22, 2025 6:00 PM	Devo - Kick-off Party Thu, May 22, 2025 6:00 PM	Devo - Practice Mon, Jun 2, 2025 6:00 PM
Players	8M/7W	3M/1W	1M/1W	5M/4W	2M/0W
Anna Auman	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ansel Theodore	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bridger Decker	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Briggs Fogg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carlo Martino	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Coben Jolley	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



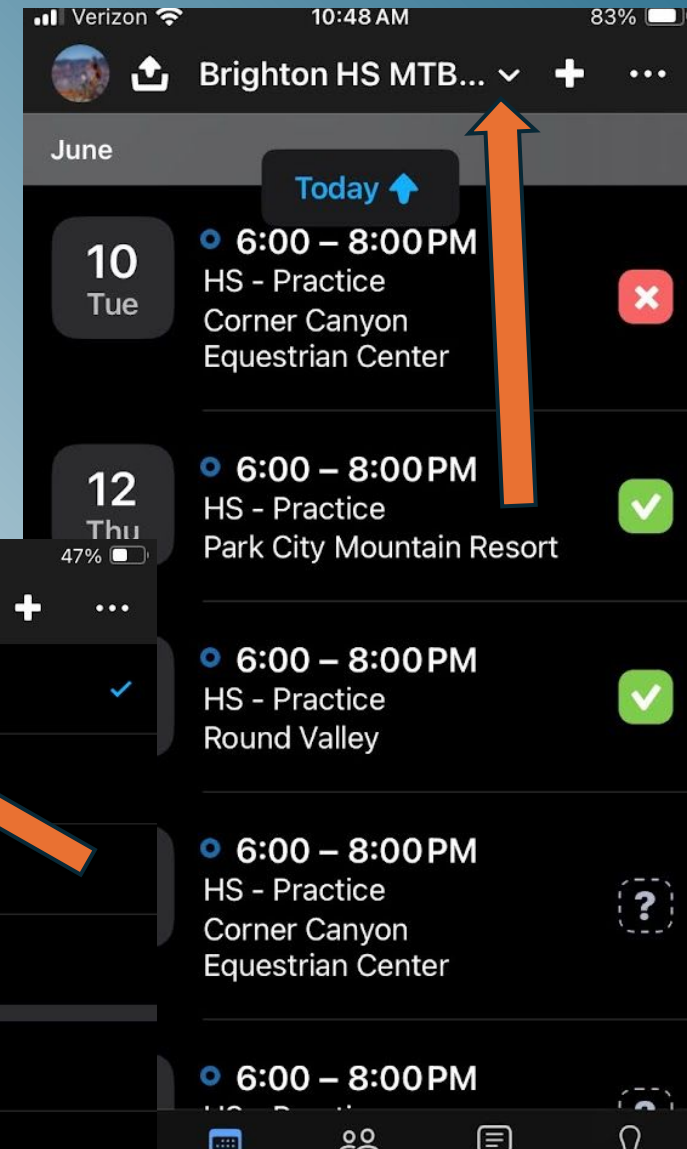
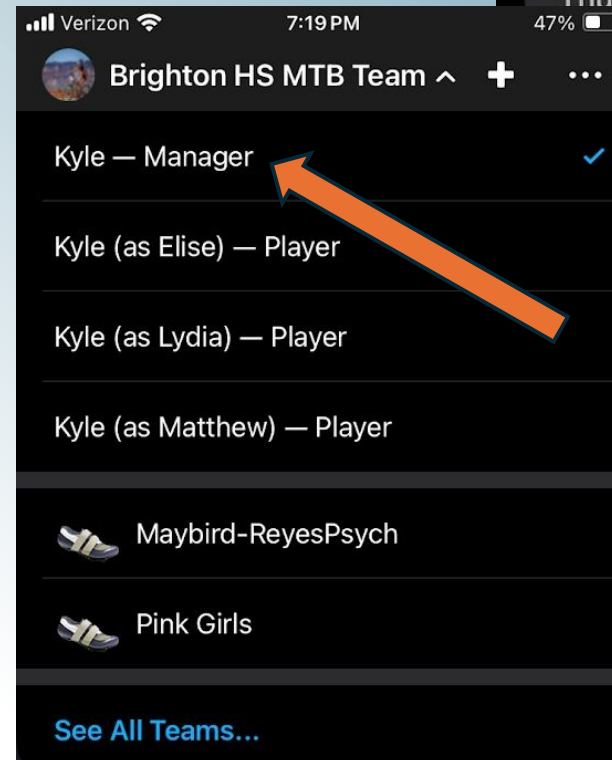
Attendance -Android

- “Maybe” doesn’t help

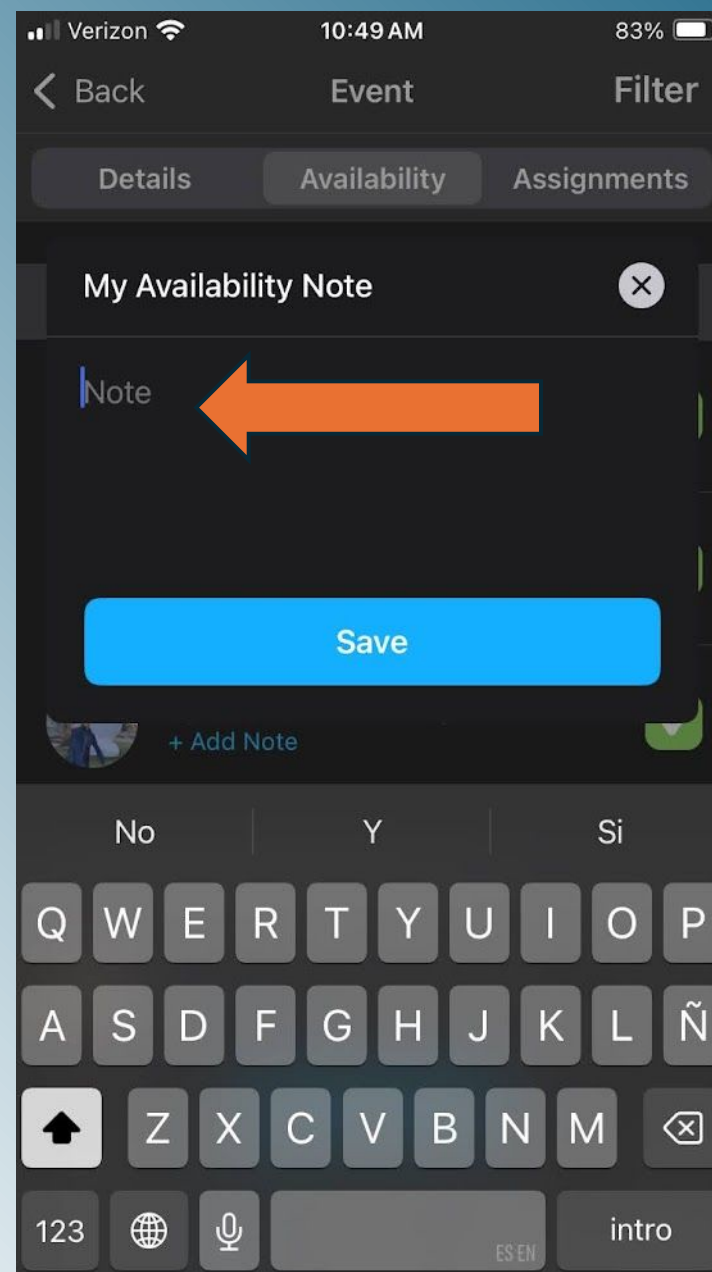
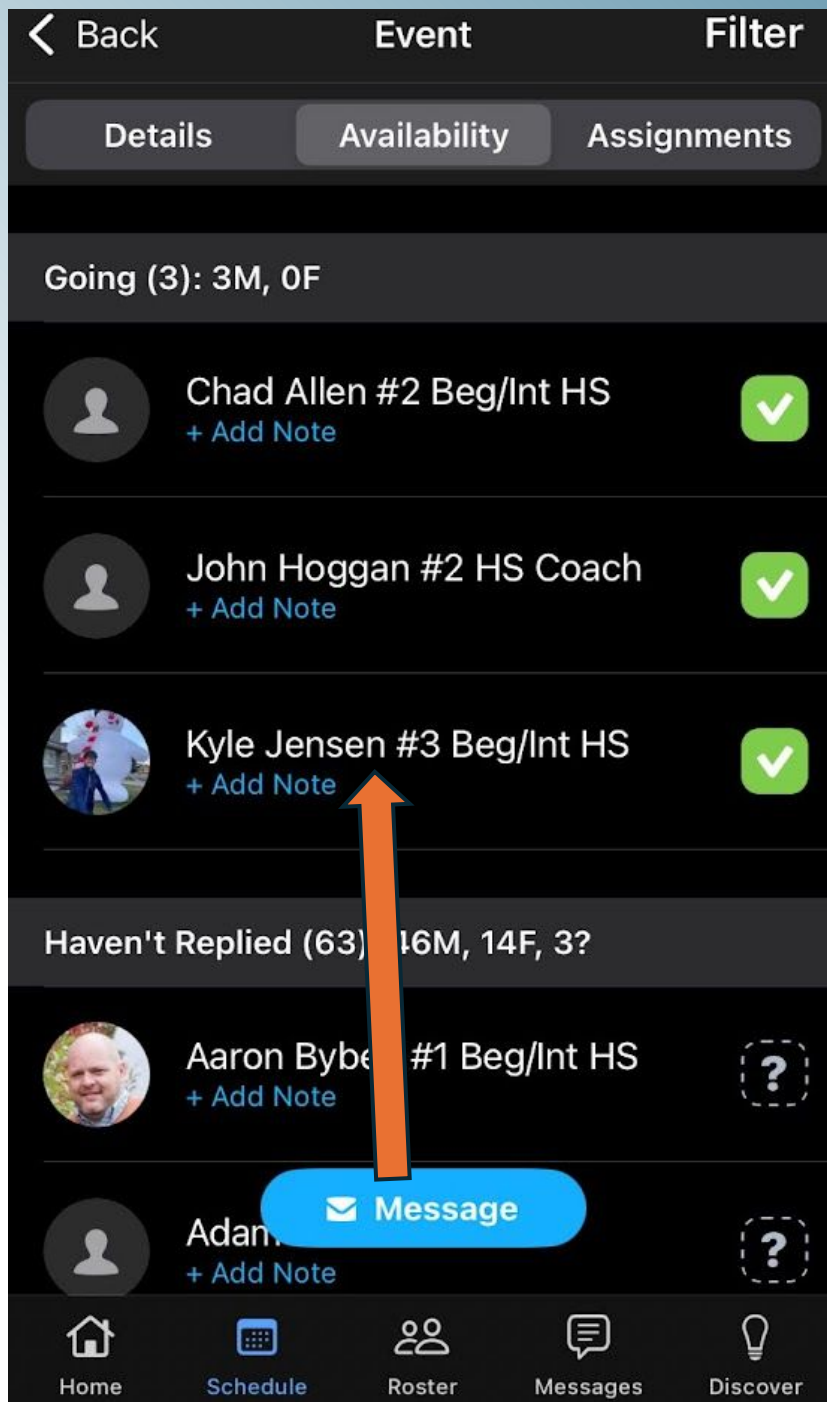


Attendance -iPhone

- Can mark for your kids
 - “trust but verify”



**Notes for
grouping (at
least 24
hours
before)**

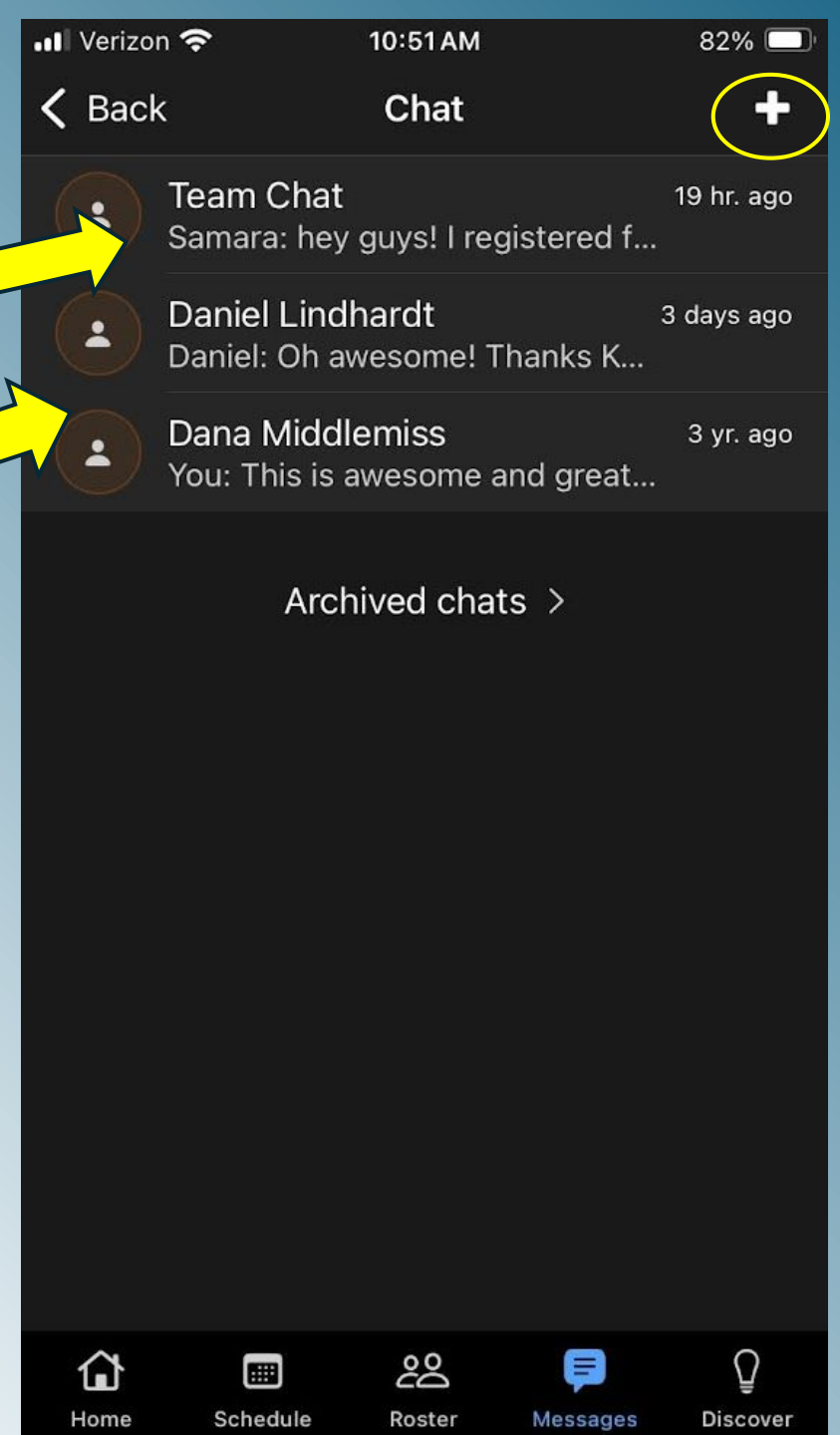


Rider "Can I ride down a group, I'm feeling tired..."

Coach- "can I lead a beginner group this week..., I have a race..."

Messages

- Can be to whole team
- Can be to individuals
- Avoid last minute messages:
 - Everyone's driving, prepping
 - DM ride leader if appropriate



Training Peaks ® Coach Whitney Pogue

Sign up with invite from initial registration- “Kyle Jensen BHS”

- Training program to guide workouts for optimal performance for OUR team and OUR races
- Covered by team fees-free for athletes/coaches
 - Individuals can update to “premium version”
- Helps ensure training in the best possible way
 - Lots of base, optimal intervals/efforts, GOOD RECOVERY and FUELING!
- Optimal for higher level groups, more motivated riders
 - Don't push intervals in the lower groups-ride for FUN!

The screenshot displays the Training Peaks calendar for May 2025, showing a weekly training schedule for Dave Kikkert. The interface includes a navigation bar with 'Home', 'Calendar', 'Dashboard', and 'ATP' options, along with an 'Upgrade' button and the user's name 'Dave Kikkert'. The calendar view shows days from Monday to Sunday, with the current day highlighted as 'Today 19'. The schedule includes workouts such as 'WEEK 20-2025 Pre Season Plan', 'RECOVERY WEEK', 'RECOVERY RIDE', 'Aerobic Base 60', 'Day off the bike today', 'OPTIONAL DAY OFF THE BIKE', 'Hill Intervals 6x8 min', and 'DAY OFF'. Each workout entry includes details like duration, TSS, and a brief description. A sidebar on the right shows 'Fitness' and 'Fatigue' metrics, a 'PREMIUM' upgrade button, and a summary of training metrics including 'Total Duration', 'Total TSS', and 'Bike Duration'.

Team Finances-Income (we're an official non-profit)

- Carry Over - \$16,575
 - Sponsorships - \$24,950 = \$150/athlete
 - Team Fees - \$23,825
-
- Total - \$65,350

2026 TEAM BUDGET - \$65,350

Carry Over 2027

15.1%

Opportunity Fund

1.8%

Team Gear

5.4%

Team Equipment

19.1%

Admin

5.4%

Athlete

6.8%

Party

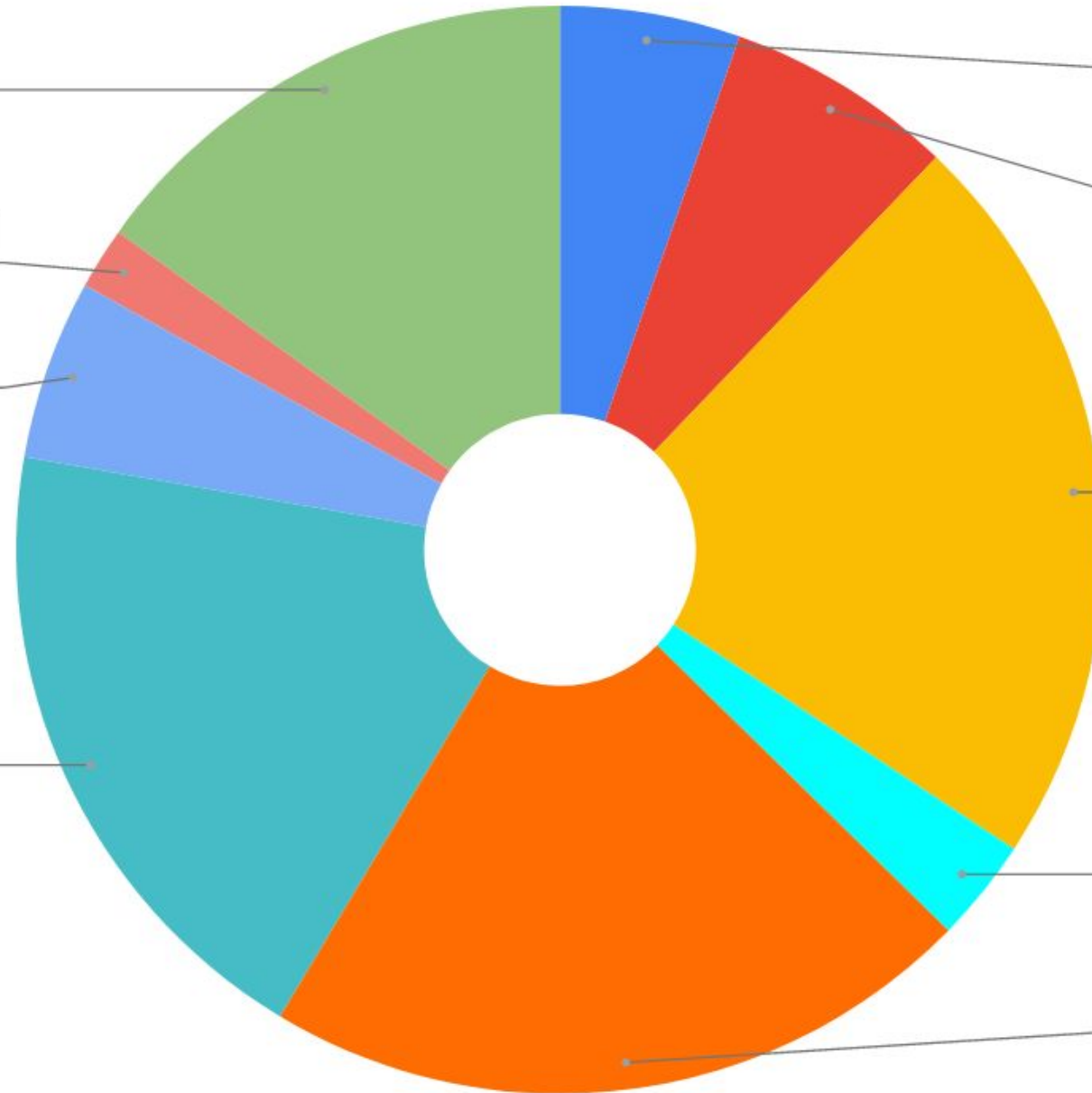
22.1%

Practice Snacks

3.1%

Race Food

21.3%



2026 Races-Region 3

BOOK ACCOMODATIONS IF YOU HAVEN'T!

- We are Region 3
- HS & JD – **Soldier Hollow- August 22**
- HS & JD - **Eagle Mountain - September 5**
- HS & JD - **Moab - September 26**
- HS Only Regional Champs – **Cedar City - October 10**
- HS State Champs - **TBD- October 23-24**
(Qualifying athletes only)





Questions?

My NICA "Why"



Environmental Stewardship

We will continue **recycling** as waste management efforts following the Wasatch Front Waste & Recycling guidelines.

We need **volunteers** to bring **recyclable items** to **recycling centers** after races.



RECYCLE/RECICLAJE



Please ONLY place the items outlined in green inside of your curbside recycle cans.

All items must be EMPTY, DRY, and UNBAGGED/Todos los artículos deben estar VACÍOS, SECOS y NO en bolsas!

Plastic Tubs, Jugs,
Botellas de Plástico
& **Plastic Containers**

Contenedores y tapas de plástico



Metal & Aluminum Cans
Metal y latas de aluminio
& **Empty Aerosol Cans**

Aerosoles Vacios



Cardboard, Mixed Paper
Cartón Papel Mixto

Paperboard, & Paper Bags
Cajas de Cartón Bolsas de Papel



*Clean Pizza Boxes ONLY

*Cajas de pizza limpias SOLAMENTE

NO Plastic Bags or Garbage Bags

NO Bolsas de Plástico

NO Food/Yard Waste

NO Desperdicios de Comida/Jardin

NO Plastic

Packaging/Styrofoam

Sin Paquetes de plástico o

Espuma de poliestireno/Unicel



Please regularly check www.wasatchfrontwaste.org for updates on what can be recycled or call us at (385) 468-6325.

Environmental Stewardship

We offer chocolate milk & energy drinks in bulk.
We choose caterers with low packaging of food.

We **minimize plastic waste** production by re-using metal cups & silverware, just as we do with plastic water bottles.

Volunteers take these items home, wash them & return them to the team trailer before the next race.

