



COCHRANE BMX ASSOCIATION

Commitment Community Competition

Welcome to Cochrane BMX Association

Our season runs May through September

MEMBERSHIP: Who Can Join? Anyone born in or before 2016 can become a riding member of Cochrane BMX for the 2020 season. Riders in our club range in age from 4 to 64. Racers must be turning 4 or older by December 31 of this year. All abilities are welcome.

Not quite 4 yet? An ABA license can not be purchased until the year a rider turns 4, but if you think your little 3 year old strider might like to try BMX, bring them out to the track for our strider events. A schedule has not been set for the 2020 season, but keep an eye on Facebook for updates.

COMMUNICATION

Important race day information will always be emailed out / posted on Facebook by 5:00 p.m. on race days. Weather can play a vital role on whether or not races will run, so last minute decisions will need to be made once in a while. We never want to cancel a race/training night, which means we will try to make the most accurate decision as late as possible. Thank you for understanding that decisions are always made in the best interest of rider and track safety.

Contact Us at www.cochranebmx.com or on Facebook for more information or email us at: cochranebmx@gmail.com

REGISTRATION & FEES

CLUB REGISTRATION: There are **two levels** of Cochrane BMX memberships.

The FULL RACING Membership is for people who want to **race** in the 2020 season. This membership also includes access to all open tracks at our track, all club events, and access to all coaching programs. The fee is \$90.00 (plus the FULL ABA racing license ~\$90-110).

The GENERAL (Non-Racing) Membership is for members who do NOT plan to race in the 2020 season and includes access to all open track sessions at our track only, all club social events and optional registration to our Grom 1 coaching session for beginners. The registration fee for this membership is \$80 (plus the general non-racing \$41 ABA license)

Volunteer Bond: Every family will be required to contribute a minimum of 20 hours of volunteer time or have your volunteer cheque of \$250 cashed in the fall.

BMX Licenses: To race on any BMX track in Alberta an ABA license is required (See www.albertabicycle.com).

If you plan to participate in races at Cochrane BMX (or any track) in the 2020 season, you must purchase the ABA FULL racing license. The \$90 UCI license (if you were born between 1999-2015) or the \$110 UCI license (if you were born in or before 1998) allows you to ride and race at any track in Alberta, including Provincial races and Nationals.

Those **who do not want to race**, but only ride at our track during open track, can purchase the \$41 ABA non-racing license.

COCHRANE BMX RIDING/RACING SCHEDULE

Open Track Monday & Wednesday 6:00 - 6:50 p.m. and occasional Saturday's as Board members are available to open the track (excluding long weekends and provincial race weekends).

Racing: Most Monday & Wednesday June-September at 7:00 - 8:30 p.m. (watch our calendar at cochranebmx.com)

Coaching Tuesday/ Thursday evenings, depending on age and skill level/experience

COACHING

Cochrane BMX will coordinate some coached training sessions through the season. Interested riders will be divided into age and skill level groups to work on various skill-developing techniques. Gates, corners, rhythm and tactics are just a few topics the riders will become familiar with over the course of the summer. Coaching sessions are scheduled on Tuesdays or Thursdays. There will also be some Coached camps offered at our track this season. All coaching is optional and comes at an additional costs. The schedule TBD

EQUIPMENT REQUIREMENTS

GEAR	BIKE	RECOMMENDED
Full face helmet	No front brake	Chest protector
Full fingered gloves	No pegs	Elbow pads
Long sleeved jersey	No chain guard	Shin Pads
Tear resistant pants	No reflectors	Neck brace
Closed toe footwear	No kickstand	

Where can you find ALL THE stuff? Looking for a bike, some protective gear or race clothes? Watch the Cochrane BMX Facebook page, Alberta BMX Buy and Sell Facebook page, Kijiji or Varage sale for used equipment and gear. There are also some great local stores that sell everything you need brand new. Please check out: Cafe Roubaix, Bike Bros and Bow Ridge Motorsports for everything from bikes, helmets, shoes gloves and pants and jerseys.

NUMBER PLATES

All racers must have a plate on their bike for racing. Plates and numbers can be purchased at the moto shed. Plate numbers are assigned by the ABA (Alberta Bicycle Association). Starting this season, riders can choose between any of their earned plate numbers or their UCI number for their plates.

Male racers all classes Yellow plate, black numbers

Female racers all classes Blue plate, white numbers

Cruisers Red plate, white numbers

Jr Elite racers Black plate, white numbers

Elite racers White plate, black numbers

RACE CLASS: Novice, Intermediate or Expert?

BMX uses 3 criteria to determine a racer's classification for competition—age, gender, and proficiency.. Everyone — boys and girls — begins in the NOVICE class. In other words, as beginners.

Whenever possible, Novice racers race other novice racers of the similar age. Depending on the racers registered each night, it may be necessary to mix classes in order to build moto's. Alberta BMX has set guidelines to assist the building of fair classes and races.

Male challenge class riders upgrade from novice to intermediate to expert as follows (UCI race licensed riders only)

- **Novice to Intermediate** After 10 wins
- **Intermediate to Expert** After an additional 20 wins

Female challenge class riders move from novice to expert as follows (UCI race licensed riders)

- **Novice to Expert** After 20 wins

All wins are lifetime wins. Wins transfer and accumulate across season and tracks. Please note, it is the parent's responsibility to keep track of your child wins and inform Alberta Bicycle when your racer reaches the wins needed for an upgrade.

HOW DO RACE NIGHT'S WORK?

Race Day Registration

All riders MUST register each race day for that evening's race.

- **Text Registration** Available all race day up until 5:30 p.m.
Text racer full name, age/class/gender, and plate number to 587-586-0707
- **On-Site Registration** Race day only from 6:00 p.m – 6:30 p.m. at the moto shed

Check In If you registered via text, you should check in at the moto board when you arrive at the track to ensure your text was received and all information was complete.

Warm-Up The track will be open for warm-up at 6:00 p.m. – 6:50 p.m. every race night to ensure the riders get appropriate time to warm up for the races.

Rider List Following the close of registration on each race night, a riders list will be posted at 6:30 p.m. It is the rider's responsibility to ensure that their registration was received and they are in the correct age and class grouping with correct plate number. If any information is incorrect, inform registration in the moto shed immediately.

Motos Moto in BMX is another word for "race" and refers to the order of the races for the night. Moto's will be posted as close to 7:00pm as possible. Beside each rider's name there will be a set of numbers. The first number represents the moto number (race number) and the second number represents their lane number. There will be a minimum of three moto's per rider.

Racing Ten minutes after moto's are posted racing will begin. Racers must be ready to race at that time. The announcer will call riders to the staging area, located behind corner two. Stagers will then load the racers in the staging lanes. It is the rider's responsibility to ensure they are in staging on time so they do not miss their race.

Main Events If there are more than 8 riders in any one class there will be a main event to determine the final ranking of the top 8 racers of the night. Main event races will take place at the conclusion of the scheduled night's motos, and decide the nights overall winner of that race class.

Results After races are completed, results will be tabulated and riders will receive a ribbon (available at the moto shed).

Points and Placement In each race, riders are assigned a point value for each place they finish:

1st place = 1 point 2nd place = 2 points 3rd place = 3 points 4th place = 4 points etc.

The rider with the lowest number of points after the three moto's receives first place for the evening, with others placing accordingly. If there is a tie between two riders, their placing in the third moto is the deciding factor. All riders will receive a ribbon regardless of where they finish that evening.

Injured Riders As in every sport, injuries sometimes occur. If a rider does fall during a race, it is very **important no one runs onto the track**. The flagger and parent volunteer will assess the situation and help the rider as need be. If a parent is needed, a track official will call them onto the track to their child. If additional support is needed at the track the emergency plan will take effect. Please follow directions of the announcer and track officials at that time. We wish to ensure the safety of all participants, spectators and volunteers.

VOLUNTEER REQUIREMENTS

We rely completely on volunteers in order to host a successful season. Rider's families are asked to write a \$250 postdated cheque, to be deposited if the volunteer requirements are not met by the end of the race season. We require 20 volunteer hours per family. With four events per week along with track maintenance it is easy to meet these requirements. This season we have TWO additional events that require significant volunteer power. We are hosting the Provincial Races 1 and 2 for all of Alberta BMX on June 26-28, as well as a Friday Night Lights race on June 5th. Both of these events will require the help of all of our families.

Track Volunteer Opportunities

1. **Flagger/Safety** assistance 4 positions for races and open track sessions. Flag volunteers raise their flags when a rider has fallen and ensures that other riders on the track are aware of the rider down so they can avoid a collision. Flaggers are required anytime there are rider's on the track.
2. **Lower Stager:** 2-3 positions for race nights. Positioned at the bottom of the start hill with a rider list. Lower stager is responsible for organizing the riders into their motos and lanes and sending them up the start hill as the gate drops.
3. **Upper Stager:** 1 position for race nights. Positioned at the top of the start hill, the upper stager confirms the correct riders are lined up in the correct lane position for the gate.

4. **Announcer** 1 position for race nights. The announcer will use the moto sheets provided and call the races as they happen and relay any important information to everyone that evening.
5. **Gate Operator** 1 position for race nights. The gate operator is responsible for the safe operation of the gate for the evening. It is important to be aware of what is happening on the track in order to correctly judge when to start the next moto or hold the gate for downed riders.
6. **Finish Line:** 4 positions for race nights. Finish line volunteers will record the finishing position for each rider in the moto as they cross the finish line. The records are collected for the registration team who tally the final results in the motoshed.
7. **Work Party** Throughout the season, we will have multiple work parties to assist with track maintenance. These will be called in advance and require many hands to ensure a safe and smooth track.

All positions are to be filled by signing up at the provided electronic link. Hours will be tracked and updated to families periodically.

There are often other volunteer opportunities during the season. There may be opportunities for some carpentry or electrical work at our track for example. If you have a special skill set, please feel free to let us know.

Fundraising

Cochrane BMX is awarded a casino night approximately every 36 months by AGLC and will rely heavily on its members to assist with the major fundraising initiative which helps keep the costs of BMX down so everyone can enjoy.

Cochrane BMX is always looking for unique ways to fundraise throughout the season. If you have any ideas or are able to help please contact the promotions director.

YEAR END CELEBRATION

We host a year-end party and potluck in September to celebrate the success of the season, our riders, and their families. It's a great day to hang out at the track, enjoy some great food and fun time on the track with our BMX friends. Every rider will receive a year end award at this event.

CODE OF CONDUCT

At Cochrane BMX we strive to foster a positive, fun and family friendly atmosphere.

If children are to grow and develop in their sport, a positive and respectful environment must exist. It is the intention of our club to promote positive behavior and respect for all participants in BMX. All athletes, parents, spectators and volunteers **must** adhere to the code of conduct in order to participate and must continue to observe the principles of True Sport and Fair Play.

Athletes, parents, volunteers and spectators are expected to adhere to the ABA Code of Conduct:

- Compete/participate in a spirit of fairplay and honesty.
- Compete/participate within the rules of the Alberta Bicycle/Cycling Canada/UCI
- Avoid the use, advocating, condoning, promotion and distribution of banned substances.
- Refrain from using profane, insulting, harassing, or otherwise offensive language.
- Address fellow athletes, coaches, officials, volunteers, spectators in a courteous and respectful manner.
- Act in a manner that will bring credit to the BMX community and yourself, both within and outside the competition area.
- Respect an individuals' dignity; verbal or physical behaviours that constitute harassment or abuse will not be tolerated.
- Ensure the safety of others when taking part in BMX.

Remember to:

- Display good sportsmanship
- Cheer good riding by all participants.
- Respect the rules, the competitors, the officials and the facility.
- Maintain your self-control at all times.

Users are reminded that participation in BMX events is a privilege not a right.

ANNUAL GENERAL MEETING

Our AGM will be held at the end of the season, and typically at the year-end celebration. We encourage everyone to attend and provide constructive feedback so we can continue to improve our club for future generations!

This is the opportunity to put your name forward as an Executive candidate and join a very rewarding volunteer opportunity. Voting will take place if more than one name is put forth by all eligible members.

Cochrane BMX 2020-21 Executive

President	Marcie Davis
Past President	Adam Ross
Vice president	Shawna Kerr-Smith
Treasurer	Sarah Hillson
Secretary	Laura Spruyt
Track Director	Jerold Hoshowatiuk
Track Operator	Rhonda Laurell
Promotions	Lucy Loveloc
Rider Development	Lindsey Danforth
Special Projects	Tyler Semmens Brent Gosselin
Members at Large	Kelly Bell Diana Rhys-Brown