



COCHRANE BMX ASSOCIATION

Commitment Community Competition

Welcome to Cochrane BMX Association

The BMX season runs May through September

Cochrane BMX is a family friendly community of people who love to ride bikes. The club supports all levels of riding and racing on our 400 meter track of rollers and obstacles, and promotes the development of bike skills and confidence in our riders.

If you can ride a pedal bike and are between the ages of 4 and 94, come on up to the track and check us out! We welcome new riders to try a one time free trial during open track sessions throughout the season. Come to the track, sign a waiver and get riding!

Who Can Join? Anyone born in or before 2019 can become a riding member of Cochrane BMX for the 2023 season. Riders in our club range in age from 4 to 64. Racers must be turning 4 or older by December 31 of the current year. All abilities are welcome.

Not 4 yet? An ABA license can not be purchased until the year a rider turns 4, but if you think your 3 year old strider might like to try BMX, sign them up for our Half Tracker membership and bring them out to the track for our half tracker events.

COCHRANE BMX RIDING/RACING/TRAINING SCHEDULE

Open Track Monday & Wednesday 5:45 - 7:00 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 7:00 - 8:30 p.m. (watch our calendar at cochranebmx.com and Facebook page for updated race schedule).

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

REGISTRATION & FEES

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

The FULL RACING Membership is for people who want to race at our club races and have full access to the track in the 2023 season. This membership includes access to all open tracks, all club events, and access to all coaching programs. The fee is \$90.00 (plus the FULL ABA racing license ~\$95-115).

The GENERAL (Non-Racing) Membership is for members who do NOT plan to participate in races and includes access to all open track sessions at our track only, all club social events and optional registration to our Grom 1 and 2 coaching session for beginners. The registration fee for this membership is \$80 (plus the general non-racing \$41 ABA license)

****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 the 2023 season, you must purchase the ABA FULL racing license. The \$95 UCI license (if you were born between 1999-2018) or the \$115 UCI license (if you were born in or before 1998) allows you to ride and district race at any track in Alberta, including Provincial races and Nationals.

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

Volunteer Bond: Every family will be required to volunteer a minimum of 15 hours **plus** a shift at a major event or have your volunteer bond of \$250 cashed in the fall.

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	Neck brace
Tear resistant pants	No reflectors	Shin Pads
Closed toe footwear	No kickstand	

Where can you find ALL THE stuff?

Looking for a bike, race clothes or protective gear? Watch the Cochrane BMX Facebook page and the Alberta BMX Buy and Sell Facebook page for used equipment and gear!

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: **Bow Ridge Motorsports, Big Hill Cycle, Bike Bros, The Bike Shop**, or Northstar Bicycle for everything from bikes, helmets, shoes, gloves and pants and jerseys.

RACE PLATES

All racers must have a number 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: Yellow plate, black numbers

Female racers: 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 seasons and tracks. Please note, it is the parent's responsibility to keep track of your rider's wins and reach out to the Alberta Bicycle Association (info@albertabicycle.ab.ca) when you believe your racer has reached the wins needed for an upgrade.

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

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

RACE DAY REGISTRATION: HOW DOES CLUB RACING WORK?

All riders MUST register for every race they want to participate in.

- Online Registration Register online before 5:00pm on race days at www.cochranebmx.com
- Text Registration Available race day between 5:00 - 6:15. Text racer full name, age/class/gender, and plate number to 403.333.5545
- On-Site Registration Race day only from 6:00 p.m – 6:15 p.m. at the moto shed

Check In If you registered online or via text, you should check the the riders list at www.our.sqorz.com (Canada West and Cochrane BMX) to ensure your registration was received and all information is complete and accurate (double check race category, age and plate number)

Warm-Up The track will be open for riding at 5:45 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 online on Sqorz by 6:15 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 7:00 pm 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 gate/lane number. There will be a minimum of three moto’s per rider.

Racing Ten minutes after motos 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 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.

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 solely on volunteers in order to host a successful season. Rider's families are asked to provide a \$250 volunteer bond at registration, which will be refunded at the end of the season if the volunteer requirements are met by the end of the race season. In order to provide a season of riding and races for our members, we require a minimum of 15 hours of regular season volunteering and 3 hours at one of our major events. With three events per week along with track maintenance it is easy to meet these requirements over our 5 month season. This season we have TWO additional events that require significant volunteer power. We are hosting a Friday Night Lights race for riders in the Rocky Mountain Series and will be assigned a Casino sometime in the 2023 season . Both of these events will require the help of our families.

Volunteer Opportunities

- 1. Flagger/Safety assistance** 4 positions for races and open track sessions. Flag volunteers raise a flag when a rider has fallen and ensures the safety of the rider and that other riders on the track are aware of the rider down to avoid a collision. Flaggers are required anytime there are riders on the track.
- 2. Lower Stager:** 2-3 positions for race nights. Positioned at the bottom of the start hill with a rider list, the 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 relay any important information to everyone that evening and use the moto sheets provided to call the races as they happen.
- 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 each moto as they cross the finish line. The records are collected and scored for the registration team who enter the final results in the motoshed.
- 7. Work Bee's** Throughout the season, we will have multiple work bees to assist with all important track maintenance. These will be planned in advance and require many hands to ensure a safe, smooth and fast riding track.

All positions are to be filled by signing up at the Sign Up Genius electronic link. Hours will be tracked and updated to families periodically through the season.

There are often additional 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.

Additional Volunteer Opportunities

For those who wish to get more involved in supporting our club and riders, there are director and coordinator positions that steer the direction of our track and activities. Please talk to any of our current directors if you are interested in helping out beyond the everyday support we need on and around the track.

Cochrane BMX 2022-23 Board of Directors

President	Marcie Davis
Vice president	Laura Spruyt
Treasurer	Sarah Hillson
Secretary	Dixie Robertson
Track Operator	Tanya Fernandez
Track Director	Chris Faupel
Promotions & Communications	Kelly Bell
Rider Development	Lindsay Danforth
Volunteer Director	Cindy Dowsett
Special Projects	Kevin Chubey & Brent Gosselin
Member at Large	Josh Cremers

2022-23 Cochrane BMX Volunteer Coordinator/Committee Positions

These positions support our Board of Directors, will have the volunteer bond waived at registration and do not have to attend board meetings.

Track Committee - 4-6 members working with the Track Director and in charge of taking care of the track, grounds and loaner bikes.

Concession Coordinator - fully in charge of the concession, ensuring the concession is organized, stocked and ready to sell items.

Grant & Sponsorship Coordinator - ensures any grants the Board decides fit are filled out and followed to completion and discuss sponsorship ideas with potential sponsors.

Half-Tracker Coordinator - in charge of organizing and running the Half-Tracker program and track sessions during open track.

Casino Coordinator - will support the board to communicate and organize our Casino fundraiser in the 2023 season

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 on the track with our BMX friends. Every rider will receive a year end award at this event.

ANNUAL GENERAL MEETING

Our AGM is held at the end of the season, and traditionally at the year-end celebration in the middle of September. This is the opportunity to put your name forward as a board candidate and join a great team and rewarding volunteer opportunity. Voting will take place if more than one name is put forth by all eligible members.

We encourage everyone to attend and provide constructive feedback so we can continue to improve our club for the future!

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.

SPONSORSHIP

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. 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, respect and honesty.
- Compete/participate within the rules of the Alberta Bicycle/Cycling Canada/UCI
- Ensure the safety of others when taking part in BMX.
- Maintain self control and refrain from using profane, insulting, harassing or otherwise offensive language/behavior
- 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 behaviors that constitute harassment or abuse will not be tolerated.
- Avoid the use, advocating, condoning, promotion and distribution of banned substances.

Always remember to:

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

Please remember that participation in BMX events is a privilege.