

This is the first year for the Mississippi Composite Mountain Bike Team. We are a mountain bike team comprised of members from across the state of Mississippi. We will be participating in the Alabama NICA (National Interscholastic Cycling Association) High School League as Mississippi does not currently have a high school league. The model is that each school will have a team which operates like any other sport at a high school. And as with any sport, joining the team is a serious commitment. Members must commit to three practices a week from early December through the first week of May, four races in the spring, and all team meetings.

Why commit? The Mississippi Composite Team has much to offer: as a team we learn skills quickly, receive valuable coaching, and drive each other to achieve. We set goals and work collaboratively to not only attain these goals, but to also develop a wide range of valuable skills. When you ride with a team, it makes training seem like fun instead of hard work, the improvement comes quickly and steadily and soon after that – your racing results vastly improve. What is important is that this team is about setting high goals, improving your skills, and achieving your personal best.

The Mississippi Composite Team is a cross-country mountain bike team, a specific form of cycling which is set apart from road riding, downhill racing, dual slalom, trials, BMX, cyclo-cross, and track racing. Cross-country mountain biking includes the broadest range of skills and team members often bring with them backgrounds and skills gained from the other sports. For the greater good of the team and high school racing, this team's activities are focused upon preparing for and racing at cross-country mountain biking events only.

The coaching staff's highest goal is to provide students that have the desire to mountain bike the direction and camaraderie that will help them achieve both competitive success and personal development in a safe and enjoyable manner.

The coaching staff and I welcome you to a new year and a new team, please read through all of the requirements and important dates. If you are not sure about the commitments or any of the requirements, please contact me directly so we can talk about your situation. Also, if you are in need of equipment or a bike, please let us know as soon as possible.

We are looking forward to the rides and to getting to know the new team members.

Happy riding,

Jayce Powell

Team Director, Head Coach