

ELGIN



BMX LEAGUE

Spring 2024 Orientation Document

Welcome to the Elgin 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 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 Elgin 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 pro level. The Elgin BMX League is designed to bring beginning riders and their families into the sport, learning the ropes gradually. The emphasis is on fun, and friendly competition. 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 BMX track.

We are an all-volunteer program, and could always use more hands and eyes on the track. If you'd like to help out, please speak to us at the check-in table.

League Session Dates and Times

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

Wednesday, April 24 – 5:30-8:00PM

Wednesday, May 1 – 5:30-8:00PM

Wednesday, May 8 – 5:30-8:00PM

Wednesday, May 15 – 5:30-8:00PM

Wednesday, May 22 – 5:30-8:00PM

Sessions Meet At

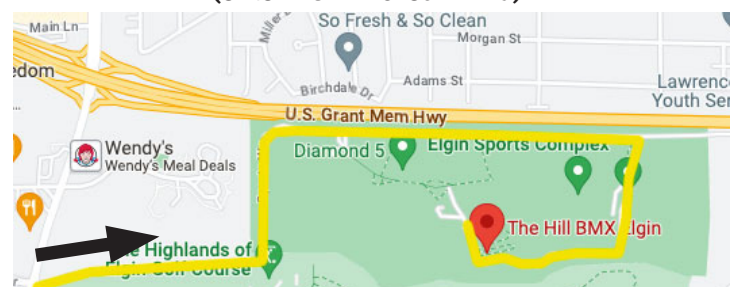
The Hill BMX

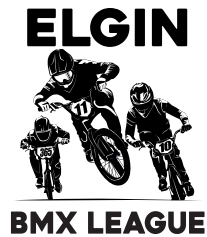
709 Sports Way

Elgin IL, 60123

Race Day Phone: 312-919-3637 (Mike)

Map of where to go, once in the Elgin Sports Complex (enter from McLean Blvd)





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League Session Timeline

****FIRST DAY: Please Arrive 15 Minutes Early for Paperwork****

5:15PM-5:30PM - Check-in and get-ready

5:30PM-5:40PM - Warm-Up Riding

5:45PM-6:45PM - Instruction

6:45PM-6:55PM - Mid-Session Break

7:00PM - RACING!

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

**First session works a little differently, in terms of the timeline, but we'll end by 8:00PM.*

What Riders Should Wear To the Sessions

After receiving their League jersey, be sure your rider wears it to the remaining sessions. If it gets lost or damaged, a replacement can be purchased for \$25 at check-in. Also, riders should wear jeans and flat "gym" shoes.

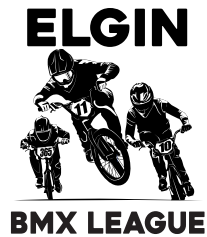
IMPORTANT Riders should wear the League jersey, and jeans to each session. Special racing pants and jerseys are for "Open Racing," after the league program. Gloves are strongly recommended. We have cloth "Grippy Gloves" at check-in for \$3/pr.

No shorts, sweat pants, warm-up pants or flip-flop/Croc-style shoes.

Your League rider should be dressed, more or less, like this for all League sessions:



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What to Bring To the Sessions

We recommend you bring bottled water (or whatever you deem appropriate for your rider). Also, bring a snack for them to enjoy during our mid-session break. Nothing too heavy--Fig Newtons, Fruit, Animal Crackers, PB&J sandwich, etc. Our concession stand will be open, as well, so no-pressure to bring items, if you'd like to visit concessions.

Track Concession Stand

Our concession stand serves light snacks, as well as hot & cold beverages (cash-only). As an all-volunteer, non-profit organization, our concession stand is one of the ways we are able to continue to fund track operations, improvements to the track and facilities, and fund important things like regularly-serviced porta-potties.

First Session Stuff

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

- 1). Come to the check-in window at the registration building. A volunteer will give you a clipboard with some paperwork on it for each rider (this may look similar to paperwork you have previously filled out, but it is different).
- 2). Sign the form, and hand back to the volunteer.
- 3). Upon handing in your form, you will receive your RIDER PACKET. This will include your rider's jersey and number plate.
- 4). If you have your own bike and helmet, a volunteer will give you further instructions on where to gather prior to session start.

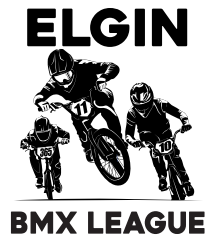
- If you requested a loaner bike when you signed up, you can proceed to the bike sizing station. Please leave your number plate on your loaner bike between sessions, so you can find it next session.

- If you need a loaner helmet, step over to the helmet station to be fitted for a helmet. Please place your rider's number on a piece of tape (from the check-in table) on the TOP of your rider's loaner helmet

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

- 5). Once you receive your loaner bike and/or helmet, proceed to the "gathering place," as directed by one of our volunteers. Parents can go find a place to sit, then join their rider.

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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 coach will ask riders to grab their bikes and helmets, and meet him/her by the check-in table.

As We Begin Instruction...

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

Just before the mid-session break, a volunteer 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 session two, families will know exactly what to do, and what is happening on the track.

After Day-One

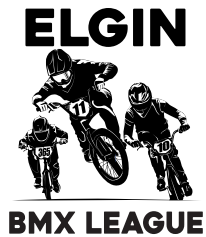
Email Briefing

Each session, on the day before League, you will receive an email with that session's "briefing." The briefing contains information specific to that 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 7:00PM on the day before, and again at 10:30AM on the morning-of. If you do not receive a briefing email, please let us know immediately. We can also add a second email address to your rider's profile if more than one parent/guardian would like to receive the briefing.

"Regular" Practice and Racing (aka "Open Racing")

While 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 League, 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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Session 3: Photo Day

Professional-quality photos are an important keepsake for your family's time at the BMX track. Trust us when we say that you will be looking at these images in 20 or 30 years and reliving the great times you had racing BMX. We do it all the time with our photos from the 80s and 90s!

On session three of each League season, our League Photographer is in the house for photo day.

Packages are \$45 and include high resolution digital downloads of your images, or \$65 for downloads and prints. The package includes a rider racing/action shot, an individual shot of the rider and their bike, a photo of the rider and their family, and a group shot of the rider with their racing age group.

RIDER PHOTO PACKAGE (DIGITAL) - \$45



ACTION



FAMILY



RIDER

The \$45 package includes all images shown above. There will be more info on Photo Day, including additional examples of the images for you to review and where to order, in the session two briefing.

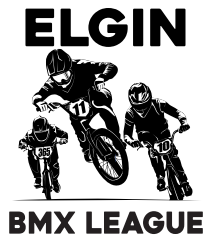
League Points

In each lap the riders race, they accrue points toward a season-end award for their age group. Starting with session two, the points will be posted on the "moto boards" (more on that on day one).

And while it IS exciting for riders to see their name on the points list, you also need to explain to them that this is more about FUN than it is where they stand in the points. Even those down the points list are making gains every session-- against how they, themselves, did the previous session.

Don't let them feel bad about less-than-stellar race results, or standing in the points. This is a BEGINNER program, and It's more about FUN than points or standing.

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End-Of-Season Awards

At the end of the five-session 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 sessions. It is NOT a "Participation Trophy," as riders must have racing points on the board to earn their Progression Award.

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.

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 When it Rains?

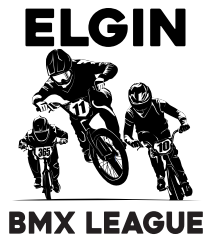
If we have notice before a session that inclement weather is imminent for our league session time, we will send out an email advising you that the session is OFF for that day.

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. Sometimes, if time is short, we will also send a text message (and again, ask for a "Got It" in reply).

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 the session has begun (make it up over the remaining sessions, or do the whole session over...it largely depends on at what point the session needed to be called off).

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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 FRIDAY, following the first session. The tuition of \$149 is the same, but so's the fun! They can sign up at elginbmx.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. See us at check-in for more info.

Our League website for purchasing bikes, helmets and other gear is at:
<http://bmxracingstore.com>

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

Contact Elgin BMX League coordinator, Mike Carruth at 312-919-3637 or via email at info@elginbmx.com.

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