

## **Stone Temple High School Mountain Camp Young Adult Leader Requirements**

Thank you for offering to donate your time to work with youth mountain bikers. We think you will find volunteering is more fun than attending the camp. Our goal is to make the camp a safe and fun experience for students and volunteers alike. We want to make sure we are clear on our expectations of young adult leaders. We had an excellent experience with the young adult leaders in the past and are excited to expand on this success.

- 1 The camp is set-up using NICA principles and we expect everyone to follow the NICA rules, students and adults alike. If there is a problem with students during the camp, please let Rich and/or Todd know. They will deal with the issue; you are here to mentor the students.
- 2 You are volunteering as an adult leader. You are welcome to spend as much time as you like with the students, but you must set the example and adhere to the rules (no exceptions). We understand it can be a challenge to work with students when you are only year or two removed from the camp, but the students look up to you and will follow your example.
- 3 You are expected to assist in running the camp during the day.
  - \* We want you at the base area ready to go by 8 AM and stay until the ride sessions end at approximately 5 PM. Adults and students will need to be flexible, since plans are subject to change often through circumstances beyond our control.
  - \* As most of you know, we will generally break into 5-8 groups of riders depending on a number of factors. We want no less than two adult riders with each group. Your task will be to help manage the group. You will need to keep track of each student during ride and skill sessions (i.e., if you take 7 students out we expect you to bring 7 back).
  - \* Ensure the students are taking care of themselves while they are out (i.e., do they have their safety gear on, are they using sun screen, are they eating and drinking properly, etc.).
  - \* You will need to monitor the weather. You will have a radio and need to stay in contact with your group and other groups. You may need to escort a student to the lodge (i.e., they have a mechanical, are too tired to ride, injured, etc.).
  - \* You need to be able to work with the students on their mountain biking skills and riding technique (please make sure you are encouraging and have fun with the students). Be prepared to evaluate the students in your group (i.e., are there skills or techniques they need to work on, do they seem to be progressing at the same pace as other students, do they fit the group dynamics, are they in the correct group, etc.).
  - \* You will also need to attend the evening coach's meeting and provide input on your group and how to place students for the next day. Be prepared to evaluate the students in your group.

4. We use the NICA manual *Teaching Mountain Bike Skills* by Lee McCormack as a guideline for our instruction methods. *Mastering Mountain Skills* by Brian Lopes and Lee McCormack, is also an excellent resource. Riding at Gowdy is a little different than what is described in these books so they are guidelines, not scripture. We want you to put your own personal slant on riding and what works for you. In general, we want leaders to teach by the following process:
  - \* Explain what and why you want the student to do;
  - \* Demonstrate what you want the student to do;
  - \* Provide a safe environment to practice the skill;
  - \* Provide encouragement, try to point out what they are doing correct as well as incorrect;
  - \* Use a progression of skills if the student is struggling;
  - \* Do not continue to session the same feature, if a student or students are not getting it;
  - \* Provide encouragement, but do not force anyone to do something if they are not feeling it.
5. You are welcome to have meals with the group or eat on your own. In the evenings, you are welcome to hang with the group or spend time on your own. You are welcome to camp anywhere you want on the park. If you leave the camp area in the evening, please let at a minimum 1 other camp leader (preferably Todd or Rich) that you leaving, generally where you're going, and when we can expect your return. If you're riding on your own, please do so with at least one other adult. If you would like to take time off during the day, please let us know at the coaches meeting the evening before (or sooner, if possible).
6. Each female young adult leader will spend at least one night in the lodge (downstairs) and each male young adult leader should plan on camping in the base area for at least one night.

Our primary goal is to have fun and get the students excited about being outdoors on their bikes. We need you to come with a great attitude and have fun.