



## Fall 2023 Orientation Document

Welcome to the East Moline 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 East Moline 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 East Moline BMX League is designed to bring beginning riders and their families into the sport, learning the ropes gradually. The emphasis is on family, 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 make the League run as smoothly as possible, please speak to us at the check-in table.

### League Session Dates and Times

Our league's regularly scheduled days are Monday and Wednesday evenings, for five sessions:

Monday, October 2 – 5:00PM-7:30PM

Wednesday, October 4 – 5:00PM-7:30PM

(SKIP) Monday, October 9

Wednesday, October 11 – 5:00PM-7:30PM

Monday, October 16 – 5:00PM-7:30PM

Wednesday, October 18 – 5:00PM-7:30PM

Rain Date: Monday, October 23 – 5:00PM-7:30PM

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### **Sessions Meet At:**

East Moline BMX Speedway  
1900 Avenue of the Cities (Behind Kunes Ford)  
East Moline, IL 61244  
League Info Line: (309) 791-1670

### **League Session Timeline**

**\*\*FIRST DAY: Arrive at 4:45PM for Paperwork\*\***

5:00PM-5:15PM - Riding / warm-up on the track

5:20PM-6:20PM - Instruction

6:20PM-6:30PM - Snack/Water Break

6:35PM - Report to Staging

6:45PM - Racing!

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

### **What Should Riders 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 shoes with a soft, "grippy" sole.

**\*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. Standard work gloves are fine. 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 serves light snacks, as well as hot & cold beverages (small bills appreciated).

Please bring chairs for each member of your party. We may not have bleacher space for all.

### **First Session Stuff**

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

- 1). The check-in table will be in front of the "tower" building, and 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). Complete both parts of the form, and hand to the volunteer at the check-in WINDOW.
- 3). Upon handing in your form, you will receive your rider's number plate. Then, show that number plate to the volunteer at the next position, and they will give you your rider's jersey.
- 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. You will need the round key tag from your rider packet in order to get a loaner bike. You can then attach your number plate to the handlebars.
  - If you need a loaner helmet, step over to the helmet station to be fitted for a helmet. Please put a piece of masking tape (available on the check-in table) with your rider's bike number on the BACK of the helmet.

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

- 5). Once you receive your loaner bike and/or helmet, return to your "pit" area and we will make an announcement just before the session gets underway.

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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 near the starting gate.

### **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 "staging area." Then, our INSTRUCTION session will begin. This is a great time for photos and video of the kids taking their first laps on the track. These are irreplaceable family memories, so be ready!

Just before the mid-session break, our League Coordinator 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**

### **Session Briefings**

Sometime on the day before, or the morning of League, you will receive an email with that session's "briefing." The briefings contain information specific to that session. Please read them carefully, and in full, as it often has information on schedule or location changes, and other critical info. If you are one who does not check email often, we would recommend checking it at 5:00PM the day before, and again at 10:30AM on the morning-of (NOTE: weather alerts are usually sent out 90 mins before the session). If you do not receive a briefing email, please let us know immediately.

### **"Regular" Evening Practice and Racing (aka "Open Racing")**

During the time the League season is active, 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 five sessions, 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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## **League Points**

In each lap the riders race, they accrue points toward a season-end award for their age group. Starting with session 2, 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 place or standing.

## **End-Of-Season Awards**

At the end of the 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. 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 take "late season" enrollments up to Tuesday afternoon at 5PM, after League start. The tuition is the same, at \$149 They can sign up at <http://eastmolinebmx.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 coach Paul for information on League-specific discounts.

***I want to purchase the loaner bike and/or helmet my rider is using at the League.***

We do sell the loaner equipment, and it is a great way for your rider to stick with the bike or helmet with which they are most comfortable. Please see Paul for pricing on your specific bike/helmet.

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

Contact East Moline BMX League coordinator, Mike Carruth at 312-919-3637 or via email at [info@EastMolinebmx.com](mailto:info@EastMolinebmx.com).

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