

2019 Registration

2018 riders have until January 14, 2019 to confirm to kliss@shaw.ca if they will be back in 2018 and to register using the provided Zone4 private URL.

Starting on January 15, 2019 we will start accepting requests for new riders. Email kliss@shaw.ca indicating name, age and gender. Requests will be accepted in the order of receipt until the program is full. A waiting list will then be maintained. Messages received prior to January 15 will be ignored.

Once the program is full, confirmed participants will be provided instructions on how to register and pay via the Zone4 website.

Please contact Kim Liss (kliss@shaw.ca) with any questions.

Hardcore Kids 2019

Hardcore Kids is entering its 8th year! We are focused on the development and application of mountain biking skills and fitness for children aged 7 – 15. We ride the Edmonton river valley trails, include a lesson at the Devon Bike Park and try to schedule extra day trips to Hinton and Kananaskis.

We first focus on the basic skills of balance, gear shifting, braking, climbing, descending and cornering and basic mechanical skills. We then work to develop more advanced skills such as wheel lifts, bunny hop, manual, drops, jumps, etc. These skills are practiced to gain confidence and then progressively applied on the technical and single track trails in the river valley. We also structure the rides to ensure that riding strength and endurance improves over the course of the program.

A basic program goal is to have all participants able to comfortably ride any trail in the Edmonton River Valley.

The program does not cover track, road, cyclocross or BMX riding/racing.

Three levels of classes will be held on Saturdays. The first is targeted at beginner cyclists aged 7 – 9 years. The second is targeted at riders aged 10 -12 with some riding experience. The third class consists of experienced, confident and strong riders. A second intermediate level class (with preference given to female riders) will be on Sundays. Each class will be approximately 2.5hr long.

The Coaches reserves the right to move a child from one class to another based on their strength and skill level compared to the group.

Classes are capped at 10 (8 for the youngest group) to ensure safety and provide ample opportunity for teaching and learning.

Leadership

The program is led by **Kim Liss**. Qualifications include:

- Nine (9) years' experience coaching and leadership of children's cycling development programs including starting Hardcore Kids in 2012
- Attended Summer Gravity Camp (SGC) in Whistler (2014)
- Certified by *Endless Biking* as a Level 2 Mountain Bike Instructor in 2013 (recertified as a PMBI Level I Intermediate Instructor in 2016)
- Attended PMBI Level 2 Advanced Instructor Course in October 2017
- Certified Standard First Aid – Level C CPR and AED (2013); recertified in 2018
- Completed the "Intro to Coaching Cycling Skills" 2 day clinic offered by the ABA in April 2009
- Lifelong rider with extensive riding experience across western Canada (Kananaskis, Kamloops, Okanagan, Golden, Fernie, Revelstoke, Nelson, Silverstar, Whistler, Valemount, etc.)

Gord Brenner will coach an Intermediate group and an experienced group.

- Coached with Hardcore Kids since 2014 (4 years)
- Ride leader with the Hardcore Club adult rides
- Has coached children's soccer
- Certified basic first aid, 2018
- Obtained his PMBI Level 1 Instructor certification in 2018

Quinn Flater will coach the youngest, beginner level riders.

- Has three years coaching experience with Hardcore Kids
- Quinn is an avid Cyclocross racer, participating in the local weeknight and provincial ABA race series.
- Certified basic first aid, 2018
- Obtained her PMBI Level 1 Instructor certification in 2018

Denis Robinson will also coach in intermediate group and assist with the experienced riders.

- Going into second year with Hardcore Kids; several years experience prior with another children's cycling program
- Has basic first aid certification and is a certified PMBI Level 1 instructor

Cost

- The cost is \$200 per child to cover ABA insurance, club membership and program expenses and development.
- ABA regulations require any parent rider to also have ABA insurance (additional \$40).

When

- April 22 – June 22
- No class the May long weekend
- Saturday classes will start at 0830 and 1115
- Sunday class will start at 0830
- One class in June will be at the Devon Bike Park (weather dependent)
- An optional Sunday (in June) day trip to the Hinton Bike Park will be organized (also weather dependent)

Where

- **Edmonton Huskies clubhouse** parking lot by the Kinsmen Sports Centre. Follow the road past the Kinsmen Field House, drive along the river's edge until you are almost under the High Level Bridge. On your left, by the tennis courts, is the Huskies clubhouse.

Equipment Requirements

- Must wear a helmet
- Must have a multi-gear mountain bike (MTB). BMX, cruiser or other bicycle types are unsuitable.
 - Youngest riders must have an MTB with wheels sized 20 inches or larger
 - The intermediate and older riders must have an MTB with wheels sized 24 inches or larger
- Gloves, weather appropriate clothes, a water bottle, snacks, and a small pack to carry these items

Additional Classes and Private Instruction:

- Additional small group sessions or private lessons may be available on request. Please contact Kim Liss to discuss details, scheduling and cost.

Lead Coach and Key Contact:

- Please contact Kim Liss at kliss@shaw.ca with any enquiries or questions.