

SPRINGFIELD



BMX LEAGUE

Spring 2024 Orientation Document

Welcome to the Springfield 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 Springfield 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 Springfield 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 MONDAYS, from 6:00-8:30PM. The exact dates are as follows:

May 20 – 6:00PM to 8:30PM
(Skip May 27, for Memorial Day)
June 3 – 6:00PM to 8:30PM
June 10 – 6:00PM to 8:30PM
June 17 – 6:00PM to 8:30PM
June 24 – 6:00PM to 8:30PM

Sessions Meet At

Springfield BMX Raceway
4115 Sandhill Rd
Springfield, IL 62702
Event Day Phone Number: 217-801-2352 (Talon)
Non-Event Day Phone Number: 312-919-3637 (Mike)

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SPRINGFIELD



BMX LEAGUE

-Page 2-

League Session Timeline

****FIRST DAY: Please Arrive at 5:45 for Paperwork****

6:00PM-6:10PM - Check-in and get-ready

6:15PM-7:30PM - Instruction

7:30PM-7:40PM - Snack/Water Break

7:45PM - Report to Staging

7:50PM - Racing!

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

If you are bringing your own bike, any pegs and kickstands must be removed. If you do not have the tools to do it, please ask at the check-in table and we will help you.

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 ordered for \$25. 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:



What Riders Should Wear

- ✓ **Long-sleeve League shirt (elbows covered)**
- ✓ **Jeans (No warmups or sweats. Positively no Shorts)**
- ✓ **Athletic Shoes (no Crocs, slides or flip-flops)**

** Some families do not have jeans for their riders, and that is fine. It isn't necessary to go buy new pants or withdraw from the league. Wear what you have, but if you have them, jeans are strongly recommended. We may have some jeans your rider's size in the "donation" box.*

Riders will not be permitted to participate in short pants or short sleeves.

-continued-

SPRINGFIELD



BMX LEAGUE

-Page 3-

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.

Please bring chairs for each member of your party. We may or may-not have bleachers in place.

We recommend parents and siblings bundle-up with layers of clothing...it can get windy at the track.

Our concession stand serves light food, as well as hot & cold beverages (small bills appreciated).

First Session Stuff

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

- 1). The PAPERWORK table will be on a picnic table, near the registration 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 sides/pages of the form, and hand to the volunteer at the CHECK-IN table.
- 3). Upon handing in your form, you will receive a TEMPORARY number plate for tonight. Next session, your rider will receive their permanent League number plate and jersey. Punch holes in the plate with the provided punchers, and use the "fuzzy ties" provided to put it on your rider's handlebars.
- 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 you number plate to the handlebars (remove it and take it with you after each session).
 - If you need a loaner helmet, and have a card in your rider pack, step over to the helmet station to be fitted for a helmet. Hand the volunteer the numbered card in your packet, and they will affix that card to your loaner helmet, to ensure you have the same one each session.

****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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SPRINGFIELD



BMX LEAGUE

-Page 4-

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 by the check-in table.

As We Begin Instruction...

After the track walk, our INSTRUCTION session will begin, with your coach and the 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 week two, families will know exactly what to do, and what is happening on the track.

After Day-One

Weekly Email Briefing

Sometime on the day-before, or the morning-of the session, 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, and other critical info.

If you are one who does not check email often, we would recommend checking it at 7:00PM on Sunday evenings and Noon on Monday. If you do not receive a weekly briefing, please let us know immediately at mike@bmxleague.com.

Weather Alerts

If it is necessary for us to postpone a session due to weather, we will send out an email about two hours from our session time alerting you to the change. We will ALWAYS ask for a reply with "got it," acknowledging that you are aware of the change.

We track these replies for every participant, because we do not want anyone showing up to an empty track. If you do not reply by email, we will send a text message to the number on file, again asking for a "got it!" If you do not reply to that, we will try to call you. If you don't reply after those three attempts... well...it's kind-of on you at that point. :)

Postponed sessions will be tacked-on to the end of the season.

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SPRINGFIELD



BMX LEAGUE

-Page 5-

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 3, our League Photographer will be in the house for photo day.

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

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 next 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 where they stand in the points. Even those down the points list are making gains every week-- against how they did the previous week. 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 four 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.

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SPRINGFIELD



BMX LEAGUE

-Page 6-

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.

I have a friend who wants to join the League, can s/he join after the season starts?

Yes...til Wednesday at Noon, following Session One. Enroll at springfieldbmxleague.com.

I want to buy a new bike and/or helmet for my rider. Can you recommend one, and where to get it?

Springfield BMX has a decades-long relationship with Ace Bike Shop on MacArthur Blvd. They are our trusted source for new and gently-used bikes, and we strongly recommend them for your needs.

Ace Bike Shop
2500 S MacArthur Blvd
Springfield, IL 62704
(217) 523-0188

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

Contact Springfield BMX League coordinator, Mike Carruth at 312-919-3637 or Talon Tapscott at 217-801-2352, or via email at info@springfieldbmxleague.com.

#end#