

2025 Season Info Meeting: New Families





Key Contacts - School Based Teams

athletes that attend either Abington or Cheltenham School Districts or live in those districts and are home schooled



Team Director: Sara Peters
Head Coach: Joe Peters



Team Director: Regina Altemus



Key Contacts - Composite Teams



Team Director: Regina Altemus

Hatboro-Horsham, Upper/Lower Moreland and Jenkintown school district or go to Abington-based private school



Head Coach: Heidi Levin

Team Director: Lara Magge

Wissahickon, Springfield & Upper Dublin townships or in Cheltenham-based private school



Team Director: Dan Maialetti

Head Coach: Matt Braden

Assistant Team Director: Heidi Levin

Northwest Philadelphia



Head Coach/Team Director - Matt Regan

Northeast Philadelphia



Other Key Contacts

John Raisch: Team Founder/ IYC Director

Jason Schadel and John Altemus: Trail Work

Sara Peters and Lara Magge: Communications

What's important to us



Adventure

We believe the journey is just as important as the destination



Excitement

We believe no one should sit the bench in youth sports



Friendship

We believe friendships are just as important as the ride



Fitness

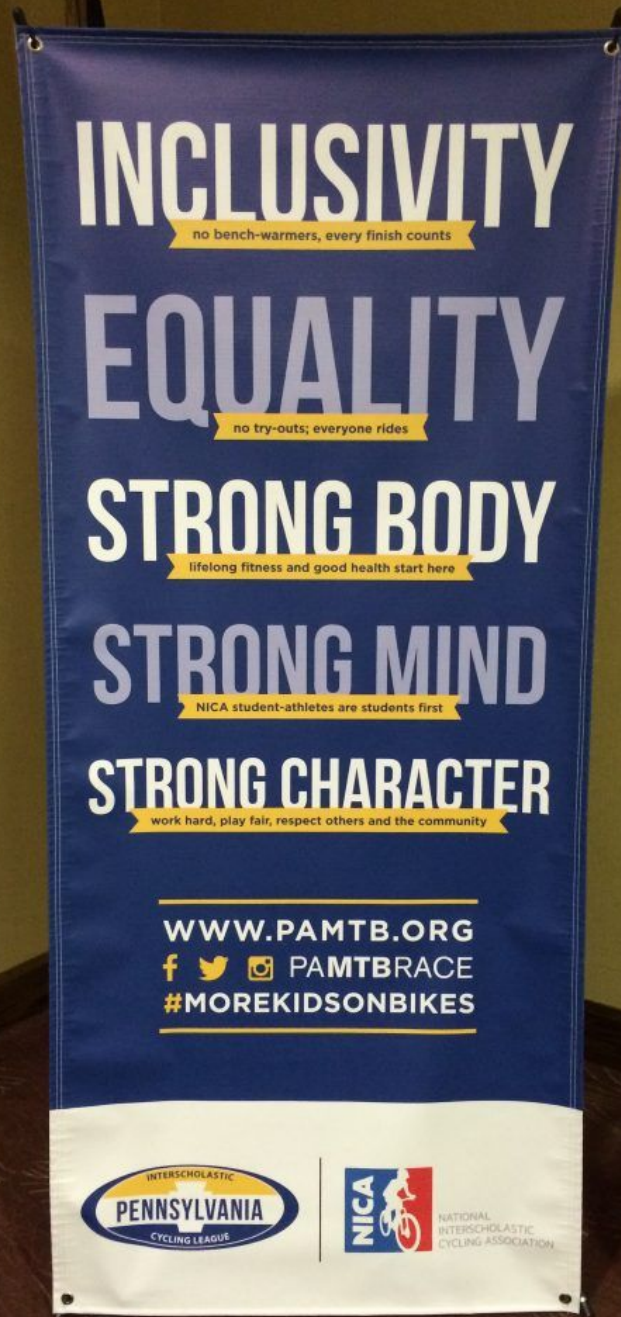
We believe in strong mental, social and physical health

What we teach

Skills - Ride Readiness - Strength & Endurance - Trail Stewardship

What those acronyms mean...

National	NICA	National Interscholastic Cycling Association: the national governing body that oversees PICL and other state leagues. Pronounced “ny-ka.”
Regional/State	PICL	Pennsylvania Interscholastic Cycling League: the state-wide mountain bike league we operate under. Pronounced “pickle.”
Local	IYC	Independence Youth Cycling: 501(c)3 non-profit administrative “parent” for the SoMont and PhillyWiss teams.
Neighborhood		SoMont Abington SoMont Cheltenham East Composite West Composite Philly Wiss Philly Pennypack



On average...

65

student
athletes

70

adult
coaches

30

individual
schools

11

school
districts

48

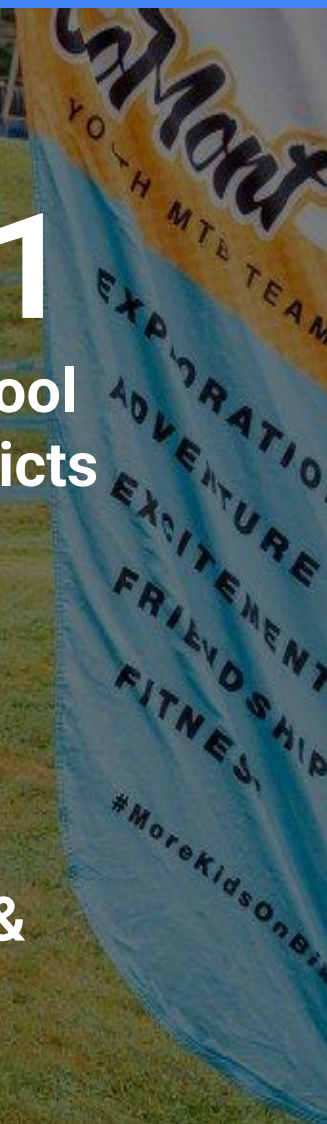
team
practices

2400

practice
hours

+20

sponsors &
donors



2025 Season Overview

- April/May/June
 - Pre-season events
 - Try-it rides
 - Registration open
- Registration closes **June 1st**
- Welcome BBQ and jersey fitting **June 9th**
- Practice starts **July 8th**
- Local Dirt events start in August- TBA
- League events Sept-October
- Season finale team celebration in October



2025 SCHEDULE



CONFERENCES

EVENT	WEST	CENTRAL	EAST GOLD	EAST BLUE
AUGUST 23: ADVENTURE WEEKEND	✓	✓	✓	✓
SEPTEMBER 6 - 7: STATE EVENT #1	✓	✓	✓	✓
SEPTEMBER 13 - 14: STATE EVENT #2	✓	✓	✓	✓
SEPTEMBER 20: CONFERENCE EVENTS	✓	OFF	✓	OFF
SEPTEMBER 21: CONFERENCE EVENTS	OFF	OFF	OFF	✓
SEPTEMBER 27: CONFERENCE EVENTS	✓	✓	OFF	OFF
OCTOBER 4: CONFERENCE EVENTS	OFF	✓	OFF	✓
OCTOBER 5: CONFERENCE EVENTS	OFF	OFF	✓	OFF
OCTOBER 11 - 12: STATE CHAMPIONSHIPS	✓	✓	✓	✓
OCTOBER 18 - 19: RAIN DATE FOR STATE CHAMPS	✓	✓	✓	✓
OCTOBER 25 - 26: ADVENTURE WEEKEND & SEASON AWARDS @ RAYSTOWN	✓	✓	✓	✓

What does your Student-Athlete Need?

MUST HAVES

- A mountain bike (gears and suspension) - we have loaners available
- a helmet
- water bottles or a hydration pack
- bike light

WE REALLY LIKE IF YOU ALSO HAVE..

- a pump
- spare tube
- tire levers
- multi tool

Practice

When?

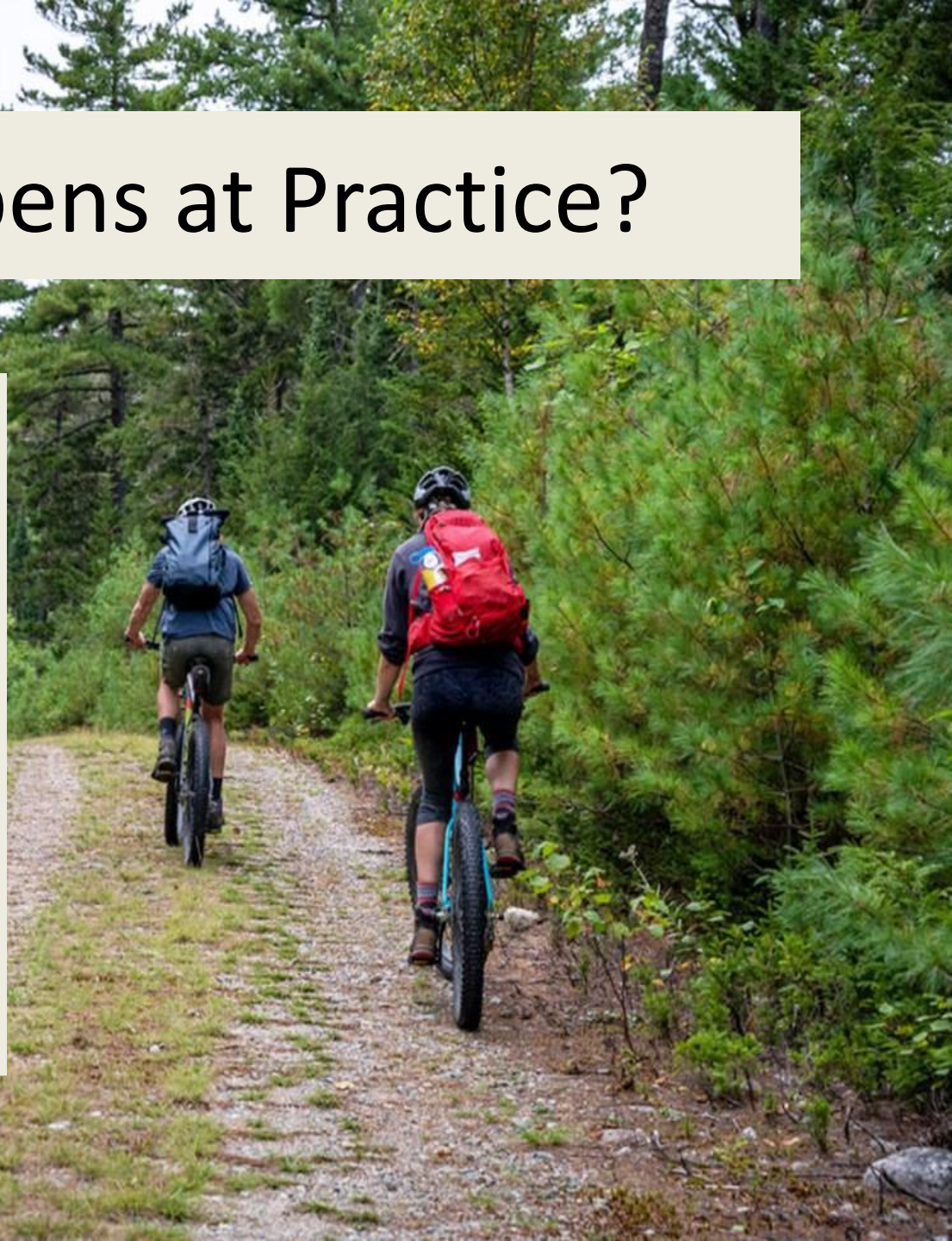
- Tuesdays and Thursdays from 6-8 pm
- Some Saturdays in July and August

Where?

- Lorimer Park/Pennypack (homebase for Cheltenham, Abington, East, Philly Pennypack)
- Twining Valley/Upper Dublin
- Wiss/Forbidden Drive (homebase for West and Philly Wiss)
- Cresheim Trail
- Special Trips to Nockamixon and Core Creek

What Happens at Practice?

- 1) Skills Instruction
- 2) Games
- 3) Mock Races
- 4) Rail trail rides
- 5) Singletrack rides
- 6) Sessioning sections of trail
- 7) Building team culture and friendship



How Can Parents/Guardians Be Involved?

COACH WITH US

For parent/guardians who already ride and would like to join practices/events



JOIN OUR PIT CREW

For non-riding parents/guardians who would like to help support our operations



2025 Registration & Costs

- Step 1: 2025 SoMont/PhillyWiss team cost is \$100 per athlete via TeamSnap
 - Covers admin costs (TeamSnap, website, etc.), supplies, team gear, fun stuff (water ice!), and more (Link has been emailed to you)
- Step 2: 2025 student state/national season base fee is \$250 (We will send you a PitZone invite AFTER you register in Team Snap, check your spam)
 - Includes all PICL costs **except** races
- Race fee(s) are paid separately
 - All-in Option: \$85 season pass covers all races and events (available now through July 31st). Best deal!
 - Or, pay \$45 per event a la carte. Opens August 1st and closes the Tuesday prior to each event.

Two Registration Sites

Pitzone	TeamSnap
League portal for registration, race registration & fees	IYC and Local teams' tool for communication/scheduling practices & events, tracking RSVPs for those events, announcements and cancellations.
You'll use this to register your student athlete for the season up front, coaches use it to manage their certifications	You'll use this to manage practice and race attendance
https://pitzone.nationalmtb.org	https://go.teamsnap.com/ download the app!

2025 Registration and Costs

- Team jersey is required; cost is additional (you'll get more info on this)
- Get fitted for a jersey at our BBQ June 9th.
- Please download TeamSnap to your phone! We use this to communicate about events throughout the season.
- Registration closes June 1st (for those who attended the Try-It Ride; otherwise you can “try it” on July 8th or 10th Please let your head coach/team director know if you are planning to do this.
- Financial Help: PICL and SoMont/and the Philly teams are happy to work with families who may have financial challenges to provide some level of financial assistance

Open Q&A

Also check out the comprehensive FAQ online at:

www.somontcycling.org/p/frequently-asked-questions.html