

Husky Racing Meeting – 02/11/03

- If you have not seen it yet, the web page has been updated and should start to function as a useful team communications tool. I will be posting vital information there and it should eventually be a place where you can go and have common questions answered. Please us and enjoy it, and feel free to offer suggestions!
- It's time to start building A, B, and C teams. I would like to see these teams fall together and start maximizing your ride time together so you are familiar with your teammates riding style and habits before the race season starts. It will make it a lot easier to work together during races. If the B's and C's can manage to work well together you will have a huge advantage over other teams that tend to not do this. Usually these races, along with cat 4/5 races, are an individual free for all and very little is practiced in the form of team tactics.
- There are only 4 weekends left before our first race so it will be increasingly important to come to the weekend rides and try to ride with your team mates during the week. Even if you can only get out for an hour, do it. LWB
- Next Training camp – Feb 22/23.
We will be leaving at 6:30 pm on Friday the 21st from my house (6205 1st AVE NE). We have a house to stay at in Mount Vernon with lots of floor space (bring sleeping bags and ground pads).
- USCF Licensing! Get your USCF license NOW!!
If you do not yet have your USCF license you need to get it as soon as possible. If you already have one, make sure it does not expire in the middle of the season. You need a USCF license for ALL road, track and cross races in the PNW; excluding Oregon (they use ORBA). Download the USCF form from the husky web page or the USCF web page, fill it out and mail it in.
- Clothing is almost ready for distribution. You need to pay for your clothing before you receive it so check the form and make sure you are up to date (the form is also on the web page). Along with receiving your clothing comes the advice to be nice when you are in your Husky gear. You are expected to conduct yourself professionally and maturely at all times when you are in your gear. Ride as aggressively as you want when you are in plain clothes, but remember that we are easily identifiable and angry motorists and pedestrians will not hesitate to call the University and bitch about us.
- Ride attentively! There are very simple things you can do on the bike that will help you build trust between your teammates. COMMUNICATE!!
- Here is a little advice on team dynamics:
 - The need to function as a team is going to become increasingly important as we get closer to the race season. We are a diverse team of people with different lifestyles, opinions and values. While it is important for all of us to respect the individuality of others, we need to function as a collective on the road.

- Cycling is a team sport and we are all here to support every other athlete on the team. Without this, the season won't be fun. As soon as it stops being fun, then it's time to stop – period. So, our ultimate goal should be to have fun, while at the same time, striving for excellence on the bike and encouraging our team members to push the envelope and achieve peak mental and physical performance (ask me about the time Tye made my lungs bleed...)
- Take advice from your team mates! We all have varying degrees of experience, yet NO ONE is the ultimate authority on any aspect of cycling. It is important to listen to team members that have race experience regardless of their age (there are some very young, very experienced riders on the team – this means listen to the women you guys...). If you think their advice can help you, fine. If not, then that's fine too. But try not to argue about your beliefs – this is not religion. Also remember, if you are the one giving advice, remember that not all things work for all people – this is not rocket science...