

2022-2023 CYCLING SEASON

Frank Assorgi Head Coach



Eligibility

All athletes must have

- current registration/medical form
- COVID waiver - if current medical form was completed before April 2021
- Athlete Code of Conduct
- Online permission form completed

Practice dates and times

Weekday practices will run from 5:00 - 6:00 pm

Thursday December 8, 2022

Thursday December 15, 2022

Thursday January 5, 2023

Thursday January 12, 2023

Thursday January 19, 2023

Thursday January 26, 2023

Thursday February 2, 2023

Thursday February 9, 2023

MONDAY February 13, 2023

Practice dates and times continued

Weekend practices will run from 1:00 - 2:00 pm

Saturday January 14, 2023

Saturday January 28, 2022

Practice Location

Bee Cave Middle School
8th grade parking lot

5400 Vail Divide

[MAP](#)

Only SO athletes will be allowed to use the cycling track

Pets are not allowed on LT properties





Competition

Cycling will be part of Winter Games State Competition

February 17-19, 2023

Please note this is during a student holiday

Location in the Lake Travis area, exact location to be determined

If this is an all day event, we will have a potluck lunch

Official Events

Athletes can participate in two events

1km Time Trial

1km Modified Bicycle Time Trial

5km Modified Bicycle Time Trial

5km Road Race

5km Time Trial

10km Road Race

10km Time Trial

25km Road Race

500m Modified Bicycle Time Trial

500m Time Trial

15k Road Race

Honest Effort Rule

Starting January 2021, SOTX replaced the **Rabbit Rule** with the **Honest Effort Rule** which states:

Athletes, partners and coaches, who do not participate honestly and with maximum effort in all events, or in a sportsmanlike manner, will be disqualified from current and possibly future events.

All athletes need to put forth full effort during practices so coaches can take the truest times and distances for competition entries.

Expectations

Be on time & remain for entire practice. Attend at least 5 to compete.

Be dressed appropriately for cycling

- Parents provide the athlete's bike and protective helmet for practice and competition. Helmets must be worn when athlete is on the bike – no exceptions
- Bikes can be stored at BCMS, parents are responsible for transporting it to and from BCMS

Try your best. We are taking data for entry forms

Compete and represent Lake Travis ISD. Treat SO volunteers kindly. Bring any concerns to Marisa

Have fun!

Contact Information

Coach Frank

assorgif@ltisdschools.org



Coach Marisa's Remind

Send text message @ltisd to 81010 or go to rmd.at/ltisd using a smartphone or computer

Remind will be the only form of communication prior to practices in case of changes or cancellations



Call for Pictures

Photos from practices and competitions are used, with your permission, for:

LTISD Special Olympics website and social media
End of the year banquet slideshow

Feel free to forward photos to Marisa throughout the season. Please be aware that not every parent wants their child's picture taken.

See you December 8th!

