



2019 CYCLING SEASON
FRANK ASSORGI, COACH



2019 Season

Practice Days:

- *Monday February 4*
- *Tuesday February 5*
- *Monday February 11*
- *Wednesday February 20*
- *Monday February 25*
- *Monday March 4,*
- *Monday March 11*
- *Monday March 25, 2019*
- *No practice during the week of March 18-22, 2019*

Practice Location: Lake Travis Middle School

- *4932 Bee Creek Road, Spicewood 78669 [Map](#)*
- *The track will be closed to the general public*
- *Only SO athletes will be allowed to cycle on the track*
- *Pets are not allowed on LT campuses*

2019 Season continued

Practice Times: 6:00 – 7:00 p.m.

Competition:

- ***Saturday March 30th***

 - Circuit of the Americas parking lot “A”**

- *Transportation will be available for competitions*
- *All day event – will have a pot luck lunch*

Official 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

Athletes can participate in two events



Rabbit Rule

When an athlete's competition score is a pre-determined percentage greater than their entry score, they may rabbit. When this happens, the athlete will be dually awarded their medal.



Expectations

- Be there for practice. Attend at least 6 to compete in Area competition
- 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 LTMS, parents are responsible for transporting it to and from the school.*
- Try your best – taking data to submit to Area 13
- Compete and represent Lake Travis ISD. Treat SO volunteers kindly.
- Have fun!



Contact Information

Coach Assorgi

- 317-691-7543
- assorgif@ltidschools.org



Coach Marisa's Remind

Send text message @ltisd to 81010

or

Go to rmd.at/ltisd using a smart phone or computer

This is the class code for Coach Marisa's Special Olympics Account. Personal information is not shared.



Call for Pictures

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

- LTISD Special Olympics website
- End of the year banquet slide show

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 February 4th!

