



Welcome to the GROM ARMY! Information for parents and riders.

Our program focuses on developing rider skills through drills, trail riding, and fun! Our 2025 season will be 8 sessions during May and June. Sessions 1-4 will be skill and drill focussed. Sessions 5-8 will be skill themed trail rides. This year there will be a Monday session offered with limited groups and spots available. Our main program will continue to be offered on Tuesday nights. This year's fee will be \$160. The fee includes instruction, HeadWinds membership, Alberta Bicycling Association insurance, and GROM ARMY Trucker hat.

Groupings for the first four sessions will be by age and instructor knowledge of each rider's riding history with the club. After the first four sessions instructors will meet and re-group riders if necessary. The aim being to create fun, safe, and developmentally appropriate groups for sessions 5-8. We strive to balance age, social connections, and rider ability when making groups. This can be a challenging process at times and we appreciate your understanding and support with the grouping process.

**Drop-Off, Bike Checks, & Equipment!** Our drop-off and drop zones can be chaotic at times. We will review meet zones on the first night with riders and parents this season. Please don't let riders ride on roadways when they arrive. These roads are open to traffic, even the parking lots. They are not controlled or closed to us.

**All riders will need a safe and tuned bike, a properly fitting cycling helmet, and water for all sessions and events. If bikes do not meet safety standards riders will not be able to participate in the session or event. Helmets need to be less than three years old and fit the rider. This is the responsibility of the parent and rider.**

**All parents are expected to stay on-site and complete the group bike check with their rider.** Parents of all riders 12 and under will have to stay for every session's bike check. Parents of 13 and older riders will have the option of staying after the first session but please don't go far until bike checks have been completed.

Parents do not ride with groups, unless invited by the instructor. We may offer parent sessions this season if an instructor is available. Alternating between a beginner and intermediate group. More information to come on this.

We will have a short parent meeting after bike checks on your riders first night to review the program and answer any questions.

Thank You

GROM ARMY