



# SINGLE TRACK TIMES



ALL THE DIRT THAT'S FIT TO PRINT

2021

## Hello Missouri NICA Community!

It's FINALLY here! We are less than one week away from our inaugural NICA race event in Missouri!! This is the moment we have all been waiting for and working toward since we received that magical call on December 13th, 2018 that Missouri had been accepted into NICA.

Student athletes have been training hard and honing their on-the-bike skills. Coaches have been busy organizing and leading practices and helping kids achieve their goals. The race staff have been working hard finalizing logistics and wrapping up their respective training.

We are ALL ready to blast off!

### RACE #1 - Indian Camp Creek Park Prologue

August 28 & 29th

Location: 2679 Dietrich Rd, Foristell, MO 63348

Hope to see you this weekend for the *Throwdown at Indian Camp Creek!*

Annie, Chris & Kerri  
Associate League Directors  
Missouri Interscholastic Cycling League

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### REGISTRATION UPDATE: 4 WEEKS TO RACE 1!

Is your rider Practice Ready?

All riders need to be Practice-Ready to participate in team practices. This means that the rider profile is complete, the electronic waivers have been signed, and the NICA and Missouri League fees have been paid. If you plan to race, make sure your race fees are paid online before the online



registration deadline. If you have not received your Pit Zone invite, check with your coach to make sure you were invited or to have the invite re-sent.

Once a rider is Practice Ready they can access their rider license as well as NICA Student-Athlete Benefits. Rider licenses are located on the family dashboard. Just sign into the NICA Pit Zone and click the Download License Document button. A link to NICA Benefits is listed on the Rider License.

Parent of Elmur Fudd: [Scooby Doos Rider](#)

✓ 2021 season registration is complete and payment has been received.

6th Grade  
6th grade Boys  
Race Plate #100  
Practice Ready: Yes

Event #	Event Name	Date	Allowed Riders	Status
7	Sunday Funday!	TBD	Combined	open
300	Summer Camp	07/21/2020	Combined	closed

[Download License Document](#)  
[Rider Profile](#)  
[Register Elmur Fudd for Events](#)



### Calling All Volunteers: We Need Your Help!

We could not do this without you and appreciate you showing up to help make our race weekends a success.

[HERE](#) you will find a summary of the volunteer positions, as well as brief (4 minutes or less) videos describing what you will do on race day. Please take time to watch your respective video. Not only will it prepare you for the day, but it will get you pumped up! Also, you can sign your [online participation waiver](#) prior to save time at volunteer check-in. Save your emailed copy to show to your Volunteer Coordinator. If you are interested in helping please sign up today! Questions? Please email [chris@missourimtb.org](mailto:chris@missourimtb.org)

**Thank you in advance!**

**REGISTER TO VOLUNTEER**

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*Photo Credit: TC Screen  
Printing and Apparel*



## **The Missouri NICA Store is **NOW OPEN!****

Need the latest League gear for the upcoming race season? Looking to buy a gift for that special someone? If so, we have you covered! Shop today to get the latest t-shirts, hats, sweatshirts, stickers and patches.

**But hurry, the store closes at midnight on Thursday, August 5th!**

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## **We All Contribute to NICA Safety Reporting**

**Did you know minimizing the potential for injuries is our #1 safety goal in NICA?**

To help achieve this goal, the entire NICA Community and the University of Utah

Department of Sports Medicine has partnered to establish NICA Safety Reporting. In tracking the activities and injuries of over 900 NICA teams, NICA Safety Reporting contributes to the largest single-sport injury study in the world.

To learn more about safety reporting and when to notify your team's coaches about injuries, please take a moment to review the [Safety-Reporting Student-Athlete and Parent Brochure](#).

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## **NICA Handbook - Coach, Parent & Guardian Rules - Chapter 3**

### **A FANTASTIC RACE DAY FOR ALL: NICA CODE OF CONDUCT**

#### **RULES REMINDER:**

Coaches and parents are the motivating force that encourages NICA student-athletes to do their very best to attain their race goals at every race. They also serve as ambassadors and role models and are expected to abide by the NICA Coach Code of Conduct. Here are some of the Coach, Parent and Guardian Rules as outlined in the NICA Handbook:

#### **3.1 HELMETS**

All coaches, parents, guardians, and team assistants must comply with all helmet rules at all team practices, team events, and League races. In the event a parent, coach or other assistant is seen riding without a helmet, a 25-point penalty will be applied to his or her team's score at the race where the infraction occurred.

#### **3.2 POSITIVE SPORTING BEHAVIOR**

3.2.A It is required that all coaches, parents, and guardians demonstrate respect for and deference to the person and the decisions of the League officials as it relates to sporting behavior of student-athletes, themselves, and other League officials. A failure to exhibit respectful behavior may result in restrictions imposed on the coach, the parent, or a student-athlete's participation in the League. League officials have complete and total discretion for the implementation of the rules, especially in regard to sporting behavior.

3.2.B Coaches, parents, and guardians will also display mature and positive behavior during every event and in all interactions at all times with student-athletes, other parents, other coaches, and League officials. Coaches, parents, and guardians are role models to student-athletes, and must demonstrate a fair and calm response in the face of protests, complaints, conflicts, or emergencies. Coaches, parents, and guardians are expected to be focused on helping student-athletes develop positive character traits, learn life lessons, and grow into healthy young adults.

### **3.4 RIDING AND SUPPORT ON THE COURSE**

3.4.A For purposes of safety and fairness to the participants, the following rules must be observed by all parents, coaches and all other persons in attendance, other than racers during their race:

No riding on the course.

No running or riding alongside the course or alongside a student while they are racing.

No providing food, water, or support outside of the feed zones.

3.4.B A violation of this rule will result in an orange level penalty against the team that the League Director determines to be the intended beneficiary of such action.

First Offense: 25 point penalty deducted from team score on race day

Second Offense: 50 point penalty deducted from team score on race day

Third Offense: 100 point penalty deducted from team score on race day

### **5.3 COACH REGISTRATION AND REQUIREMENTS**

5.3.A All coaches must register with the League in order to be covered by League insurance. This registration for coaches at all levels carries a membership fee.

Coaches are not fully insured until they are registered (Level 1 license at minimum).

Registration is conducted online through the NICA Pit Zone.

5.3.B All adults participating in team rides must be at least 18 years of age, have a NICA coach license, and have undergone an annual background check. Adults who switch leagues will need to repeat the background check before participating in the new league

5.3.C Coaches have a duty of care to their student-athletes at every event. This duty of care begins at the time designated by the team for student-athlete arrival and it ends at the conclusion of the event. The Head Coach, or someone acting as interim head coach, must remain at the venue until the last student-athlete from his/her team has departed, except in the case that any remaining student is in the care of a parent or legal guardian.

5.3.D A Head Coach must attend each race. If the Head Coach cannot attend a race, an interim Head Coach shall be appointed and the League Director must be notified as to who is serving as interim Head Coach.

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*Photo Credit: Eric Frazier*

## Missouri's 2021 Trek Raffle

### Purchase Your Tickets TODAY!!

Who will be the lucky winner this year? The 2021 **GRAND PRIZE** is a Trek Top Fuel 9.8 GX Mountain Bike valued over \$6000! Tickets are \$10 each; 6 for \$50 or a sheet of 12 tickets for \$100.

Don't delay! Reach out to your local team or student athlete or email [info@missourimtb.org](mailto:info@missourimtb.org) to get your tickets!

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**We will continue to update everyone on COVID-19 Federal, State and Local Health Department restrictions, recommendations, and guidelines that may impact our events**

### **MO COVID-19 Guidelines**

As we start to see light at the end of a pandemic, we are hopeful that by fall we will be in a place where we can all be comfortable being outside, together, and without masks. As we move forward in this process, we understand that everyone will do this in their own way, and at their own speed. For that reason, we recommend that teams continue to follow the NICA COVID-19 guidelines.



## NICA COVID-19 Coach Safety Message

### **Keep clear**

If you or anyone in your home have any symptoms of COVID or any similar symptoms in the past 14 days, do not come to practice. If you develop symptoms at practice or any time, let your coach know.

### **Keep away**

Practice physical distancing- stay 6 feet away from coaches and teammates. Give plenty of room when passing or allowing others to pass. Plan ahead for stopping areas to maintain distance.

### **Keep it chill**

On the trail, stay within your limits. Have fun but save the gnar for another time. Get rad later.

### **Keep covered**

If they ask, wear a mask.

### **Keep it to yourself**

Be prepared, you will not be able to share equipment-- make sure your bike is working properly, bring all the water, tools, pumps, tubes, snacks and anything else you need to be self-sufficient on the trail.

### **Keep it quick**

If you need to use a public restroom or other public facilities, be quick.

### **Keep it clean**

Wash your hands, use hand sanitizer often, avoid touching your face, keep your bike and other equipment clean and sanitized.

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## **NICA** NICA-wide COVID-19 Recommendations

Be mindful of exposure risks to yourself or your family members in a group gathering and consider potential impacts

Check yourself or have your family members monitor you for COVID-19 symptoms\* and stay home for 14 days if you or a family member has symptoms

### Be prepared with:

- Personal water (common water sources are often not available)
- Personal face-covering in case of an emergency requiring close proximity
- Personal ride nutrition, clothing, and gear to be self-sufficient
- Personal hand sanitizer to clean hands frequently and especially before eating

### Maintain awareness of physical distancing

Always position yourself with a minimum of 6-foot spacing

### When rolling maintain spacing between the rider in front of you to :

- Anticipate more frequent “social distancing stops”
- Reduce the chance of transmission when riding behind other riders
- Be aware of things you touch. Unless cleaned or disinfected, do not touch other people’s bikes, gear, clothing, tools, etc.
- Avoid ride-sharing or otherwise gathering in indoor spaces

## See You at Indian Camp Creek!

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