



## See Ya 2020... Welcome 2021!



*Hayden Lett of the McDonald Mustangs*

Dear Missouri Coaches and Team Leaders -

Happy New Year! What a crazy 2020 that was huh? Reflecting back on our first Missouri NICA season, several things stood out to me: the resilience, strength and energy of our Missouri communities; and the joy, excitement, and smiles that mountain biking brought to each of us, our teams, and our student athletes.

Even though we weren't able to hold a race series this season, the MICL brought together an awesome community of 18 teams, 262 student athletes (23.3% girls), 147 coaches (37.6% female), and a league staff over 30 volunteers strong! 2020 presented us with new challenges, but left us with new experiences, new adventures, and new friendships. Through it all, the Missouri Interscholastic Cycling League became one strong, unified family!

We have BIG goals for 2021: 24-26 teams (including 1-2 teams from Illinois), 450 student athletes and 200+ coaches! However our biggest goal of 2021 is to create even more FUN and trail camaraderie as we look forward to hosting our first race series and 8 total events in all!

NICA's leagues and teams are needed now more than ever and often have been the only outlet for students athletes and coaches alike to be outside and active. I can't begin to thank you all enough for your tireless work during our inaugural season and your continued energy, enthusiasm and support of NICA, the Missouri Interscholastic Cycling League, and our mission to build strong minds, bodies, character and communities through cycling.

Thanks for reading -  
Chris

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## Tentative 2021 League Calendar

Save the dates and get **PUMPED!**

3/1 --- Pit Zone Opens for Team, Coach, and Student Athlete Registration  
4/1 --- Preseason Team Activities Begin  
4/17-18 --- Coach and Leadership Summit (Columbia)  
5/14-16 --- NICA Race Training Weekend @ Broemmelsiek Park (Defiance)  
6/26-27 --- MO/AR Adventure Weekend (Neosho or Springfield)  
7/1 --- Regular Season Team Training Begins  
8/28-29 --- Race #1 (Foristell - Indian Camp Creek Park)  
9/18-19 --- Race #2 (Warsaw - Truman Lake Mountain Bike Park)  
10/2-3 --- Race #3 (Nixa - Two Rivers)  
10/23-24 --- Race #4 (KC - Hodge Park)  
10/30-31 --- Race #5 (Jefferson City - Binder Lake)

*\* All race dates, locations, and venues subject to change*



Missouri NICA GRIT

## NICA Online Leaders Summit Schedule

The NICA Coach Licensing Staff is offering another round of live, online leader summit sessions so that you can get the necessary core requirements for your level 3 coach license or the continuing education units needed to maintain your current coach license. These sessions will be offered in January and February at varying dates and times to accommodate busy schedules.

- Online leader summits will be held live via Zoom video conference.
- Sessions will be presented by NICA Coach Licensing staff.
- They will consist of the 5 Core Required sessions to get your Coach License Level 3 or count as CEUs to maintain your current license level 2 or 3.
- Sessions will be offered in

- 5  
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once.

Click on the following google calendar to see the full schedule of sessions and to register:

## NICA Online Leader Summit Sessions Schedule

- Pre-registration is required to attend each online leader summit session
- Registration opened Dec 4th so HURRY!
- Registration links are available as a link in each session on the google calendar
- Please register for each session individually. If you register for a Monday session at the beginning of the week, you are

NOT  
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enrolled  
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rest  
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NICA  
Coach

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number  
of  
sessions  
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attended.

Please  
email  
Mike  
McGarry  
at  
[mike@nationalmtb.org](mailto:mike@nationalmtb.org)

when  
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finished  
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*certificate  
with  
3  
CEUs  
for  
you  
to  
upload  
in  
PitZone.*

Please direct all questions regarding this program to Jon Casson at  
[jon@nationalmtb.org](mailto:jon@nationalmtb.org)

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## Off Season Reading List

A common question I've received from coaches since the end of the season is what they can do to keep improving their coaching skillset. How about reading a good book (or three) on coaching and leadership? Here is a list of favorites from the NICA Coach Licensing Department:

- *Vital  
Connections,  
Harnessing  
the  
Power  
of  
Relationship  
to  
Impact  
the  
Lives  
of  
Young  
People  
by  
Lou  
Bergholz*
- *Helping  
People  
Change:  
Coaching  
with  
Compassion  
for  
Lifelong  
Learning  
and  
Growth  
by*

Richard  
Boyatzis,  
Melvin  
Smith,  
and  
Ellen  
Van  
Oosten

- *Every  
Moment  
Matters*  
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John  
O'Sullivan
- *The  
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Way*  
by  
Ryan  
Holiday
- *Coaching  
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Season*  
by  
Wade  
Gilbert
- *Daring  
Greatly.  
Dare  
to  
Lead*  
by  
Brene  
Brown
- *Extreme  
Ownership*  
by  
Jocko  
Willink
- *Grit:  
The  
Power  
of  
Passion  
and  
Perseverance*  
by  
Angela  
Duckworth
- *Mindset:  
The*

*New  
Psychology  
of  
Success  
by  
Carol  
Dweck*

- *The  
Coaching  
Habit:  
Say  
Less,  
Ask  
More  
&  
Change  
the  
Way  
Way  
You  
Lead  
Forever  
by  
Michael  
Bungay  
Stanier*
- *The  
Confidence  
Code  
for  
Girls:  
Taking  
Risks,  
Messing  
Up,  
and  
Becoming  
Your  
Amazingly  
Imperfect,  
Totally  
Powerful  
Self  
by  
Katty  
Kay  
and  
Claire  
Shipman*
- *The  
Soul  
of  
a  
Team:*

- A  
Modern-  
Day  
Fable  
for  
Winning  
Teamwork  
by  
Tony  
Dungy*
- *Inside  
Out  
Coaching  
by  
Joe  
Ehrmann*
  - *Culture  
Code  
by  
Dan  
Coyle*
  - *Bike  
Racing  
for  
Juniors:  
A  
Guide  
for  
Riders,  
Parents,  
and  
Coaches  
by  
Kristen  
Dieffenbach  
and  
Steve  
McCauley*

Great coaches never stop learning. A great book can rejuvenate your passion for coaching and give you new ideas.

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*Missouri Coach  
Supporter Training*

## Coach Development for COVID Restricted Seasons

If we learned anything during our inaugural season, it was that great coach development was essential if teams wanted to continue to offer great mountain bike programming. In 2021, teams will need more highly trained level 2 and 3 coaches to meet the needs that arise from COVID restrictions. Don't be afraid to level up or ask other coaches on your team to level up to ensure that all student-athletes that want to be a part of your program can be a part of your program.

In addition to level 2 and 3 coaches, you'll need more level 1 coaches. Reach out to parents and caregivers. Let them know that if they value your NICA program that you need them to step up and help coach as a level 1.

When allowed, most teams will need to practice in small groups. These small pods of student-athletes and well trained coaches will provide a great experience for athletes and coaches while limiting social circles. Coaches are able to identify student-athletes goals and adapt practices and season plans to meet their groups needs. Coaches are able to more accurately observe and track progress in small and consistent groups. The relationships between coaches and student-athletes and student-athletes with each other are able to develop fully in small groups.

Recruit great coaches and give them the tools to succeed!

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## First Aid Training

Another important thing coaches and team leaders can do this off-season is to get their First Aid and CPR training completed. Mountain biking is a sport of inherent risks and injuries can happen away from municipal emergency medical services. NICA's license program meets industry standards for first aid training to ensure their student-athletes (and fellow coaches and volunteers) receive appropriate care and response when emergencies occur.

The CPR requirement is straightforward. It is the same training and requirement for Level 2 and 3 coaches regardless of the areas your NICA team practices.

Geography of your practice areas is the primary factor used in choosing which First Aid course is appropriate for you and other coaches on your team. The key definition to reference is "time to definitive care." Time to definitive care means approximately long it would take for Emergency Medical Services to reach, evacuate and deliver a critically injured patient to a hospital. NICA defines practice areas that are within 1-hour of definitive care as "front country or urban," and areas that are beyond 1-hour of definitive care as "wilderness."

Coaching Level 1 Appropriate Courses: Level 1 has been assessed as not needing first aid training as they are either leading practices in a city park with rapid EMS response OR are assisting level 2 or level 3 coaches if riding on any trails.

Coaching Level 2 Appropriate Courses: Basic First Aid (4+ hours) OR NICA Approved First Aid (8 hours) coaches practicing within one hour of definitive care and Wilderness First Aid (16 hours) for any coaches practicing further than 1 hour from definitive care.

Coaching Level 3 Appropriate Courses: NICA Approved First Aid (8 hours) for coaches practicing within one hour of definitive care and Wilderness First Aid (16 hours) for any coaches practicing further than 1 hour from definitive care.

During the 2021 season, Missouri NICA will hold 4-5 statewide First Aid/CPR courses (dates/locations TBD) - including at our Coach and Leadership Summit. The Missouri league has once again selected the Expedition School as it's preferred CPR/AED and First Aid Provider for the upcoming season. The Expedition School has just posted its Spring 2021 CPR/AED, NICA First Aid and Wilderness First Aid Certification Courses. You can find them here:

#### [Expedition School Spring 2021 Courses](#)

For questions, reach out to League Director Chris Mileski [chris@missourimtb.org](mailto:chris@missourimtb.org) or League Medical Coordinators Brittania Phillips [brittania@missourimtb.org](mailto:brittania@missourimtb.org) or Elena Friedman [elena@missourimtb.org](mailto:elena@missourimtb.org)



*Rockwood Composite Mountain Lions*

## **Reminder about Online First Aid and CPR during the COVID-19 Pandemic**

As noted above, many of you are using this extra time to take care of your coach licensing requirements for the year. Thanks! Your teams, leagues, and communities appreciate you. There are a couple of coach licensing requirements that are impossible to complete at this time. The first aid and CPR requirements must include an in-person portion of the course. NICA doesn't recognize any online-only first aid or CPR courses. This is based on the direction of the American Heart Association, American Red Cross and numerous NICA Approved First Aid Providers.

Important also to note is the American Heart Association, American Red Cross, SOLO and many other first aid training organizations have extended expiring certifications. Coaches pursuing recertification should check with their provider to see if they may receive a certification extension before attending a class. If the provider is willing to offer this extension, coaches just need a letter or documentation from the provider plus the original certification to upload in Pit Zone.

Here are some examples of what the major first aid companies are doing:

WMI - 12 month extension

SOLO - 6 month

WMA - 6 month with online class

Red Cross - 120 day



If looking to attend a class in the short-term, we want coaches to be aware of “hybrid” or “blended learning” courses that include online instruction with in-person skills training and assessments. Coaches can get started on the online portion of these following courses; however, your requirement will not be met until you have completed the in-person components.

For hybrid or blended learning courses the in-person skills and assessment duration should be no less than:

CPR - 60 minutes in person

Basic First Aid and CPR - 90 minutes in person

NICA Approved First Aid - 8 hour total with 2 hours in person

Wilderness First Aid -16 hour total with 4 hours in person

For more information, please see the [First Aid Requirements Webpage](#)

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## Trek Raffle

One of the bright spots of 2020 was the Missouri NICA Trek Raffle. The final numbers are in and I'm proud to announce that the MICL and its 14 participating teams made **\$38,410!** A big thanks to all our coaches, volunteers and student athletes for making our inaugural season raffle such an overwhelming success. Hopefully we can do it again in 2021!

A big congratulations goes out to South City Composite Head Coach Eric Frazier for winning the grand prize mountain bike from Trek Bicycle Corporation! Enjoy the new machine Eric - we are all jealous!

Top team sales goes to Rockwood Composite. Rockwood took in nearly \$7000 in ticket sales! For their hard work, the team earned an additional \$250 for a 2021 team party and a FREE skills clinic from MICL Coach Supporter Cody Jones and his Wheels Up company! Congratulations Rockwood and thanks Cody for providing this awesome opportunity for the winning team.

Top individual sales goes out to 8th grader Lucy Dirnberger from South City Composite. Lucy sold an incredible 198 tickets for her team and earned a \$100 gift card from The Bike Center and a \$100 credit in the soon-to-be launched MO NICA

League Store! Congratulations Lucy!



*The South City Composite*

## **Request to Fill Race Staff and Other Volunteer Positions**

As we head toward the start of the 2021 season, the Missouri league has a few open race staff positions we still need to fill.

Please share these open positions with your teams and on your social media channels. They are perfect roles for parents and caregivers who will be attending our fall events. We would love to see more volunteers from Kansas City, Springfield, Columbia, Jefferson City, Cape Girardeau, and other Missouri communities join our team. Most of these positions don't require much of a time commitment but are vitally important to the league!

Note: we staff TWO or more people for each position so we don't stretch volunteer bandwidth. Here's a list of open positions:

- 1 x Teen Trail Corps Coordinator
- 1 x Medical Coordinator
- 1 x Chief of Scoring
- 1 x Chief Race Official
- 1 x Chief Course Setter

1-2 Volunteer Coordinators  
1 x Registration Manager  
1-2 Race Announcers  
1-2 Weather Managers  
1-2 Parking Managers  
1-2 Merchandise Managers  
1-2 Pit Zone Managers  
2-3 Photographers and Videographers

Experience: None required. We provide the training!

Salary: Free rad league gear!

Benefits: You get to join an awesome team, have FUN, and help get

#morekidsonbikes!

If interested, contact League Director Chris Mileski [chris@missourimtb.org](mailto:chris@missourimtb.org)

## Upcoming League Call Schedule

Missouri NICA Medical Coordinators --- Wednesday, January 13th @ 7pm

Missouri NICA Diversity, Equity, and Inclusion --- Tuesday, January 19th @ 10am

Missouri NICA Coaches --- Wednesday, January 20th @ 7pm

Missouri NICA Coach Supporters --- Wednesday, January 27th @ 7pm

Missouri NICA GRiT --- TBD

Zoom links for these calls will be posted 24-48 hours in advance on the Missouri NICA Coaches Facebook Page.

**#moreMOkidsonbikes**



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