

Like

SINGLE TRACK TIMES



2022

ALL THE DIRT THAT'S FIT TO PRINT

The 2022 Season is Just Around the Corner!

Happy New Year (can we still say that?)! Now that the calendar has flipped to our third season, we are officially 20 days away from team and coach registration; 51 days away from student athlete registration; 142 days away from the start of the regular season; and 200 days away from our first race! League coaches are starting to think about the upcoming season and are busy organizing practice plans. The Missouri race staff have been designing podium jerseys, medals, team awards, and finalizing venue selection while working through the permitting process. Be on the lookout for a final 2022 venue announcement soon!

As the new Missouri NICA season approaches, keep up with all the latest league news by following us on [Facebook](#) and [Instagram](#). Also be sure to subscribe to our [YouTube](#) channel since we are planning to be more active on that platform this season! If you have any specific questions, do not hesitate to reach out by email: info@missourimtb.org

Thanks for helping us get more kids on bikes!

Cheers,

Annie, Kerri & Chris

Associate League Directors

Missouri Interscholastic Cycling League



Photo Credit: Kerri Mileski

Save The Dates and Go Crazy Folks!

Coach and Leadership Retreat- **June 3rd-5th (Bass River Resort)**

Event #1 - **August 27th-28th**

Event #2 - **September 10th-11th**

Event #3 - **September 24th-25th**

Event #4 - **October 8th-9th**

Event #5 - **October 22nd-23rd**

Rain Date - **TBD**



Photo Credit: Alex Noguera

Interested in Coaching or Starting a Team in 2022?

Skilled and dedicated Missouri NICA volunteers are the most important aspect of our interscholastic mountain bike teams. A Missouri NICA volunteer puts the safety and overall well-being of their student-athletes as the first priority. Missouri NICA coaches are role models and teachers who are open to learning the best practices of youth mountain bike coaching and actively work to hone their leadership skills. To learn more: [Become a Missouri NICA Coach](#)

Maybe you want to form an interscholastic mountain bike team or club in your community? Starting and managing an interscholastic mountain bike team is no small task – but it's incredibly rewarding work! To get started and to ensure your effort is a success, click here: [Starting a Missouri NICA Team](#)

For questions or additional information: info@missourimtb.org



*Photo Credit: The South City
Composite Otters*

Have an Interested Student Athlete or Want to Help Coach an Existing Team?

To find your local team: [Missouri League Teams](#)

Central Missouri Composite Lumberjacks

Location: Jefferson City, MO

Team Contact: Stoney Cranmer – [Email HERE](#)

COMO Composite Raptors

Location: Columbia, MO

Team Contact: Benedict Nagy – [Email HERE](#)

Social Media: Click [HERE!](#)

Jefferson County Composite Billy Goats

Location: Arnold, MO

Team Contact: Kurt Bedow – [Email HERE](#)

Lee's Summit Composite Sharks

Location: Lee's Summit, MO

Team Contact: Scott MacDonald - [Email HERE](#)

Social Media: Click [HERE!](#)

McDonald County Schools Mustangs

Location: Neosho, MO

Team Contact: Adam Lett – [Email HERE](#)

Metro East Composite Phoenix

Location: Edwardsville, IL

Team Contact: Justin Allen – [Email HERE](#)

Social Media: Click [HERE!](#)

Mid County Composite Flow

Location: Webster Groves, MO

Team Contact: Brett Westerbeck – [Email HERE](#)

Social Media: Click [HERE!](#)

Park Hill Composite

Location: North Kansas City, MO

Team Contact: Ryan Moore – [Email HERE](#)

Raymore MTB Team

Location: Raymore, MO

Team Contact: Chris Scott – [Email HERE](#)

Rockwood Composite Vipers

Location: Wildwood, MO

Team Contact: Matt Yates – [Email HERE](#)

Social Media: Click [HERE!](#)

SEMO Composite Mudcats

Location: Cape Girardeau, MO

Team Contact: Mike Higgins – [Email HERE](#)

Social Media: Click [HERE!](#)

The South City Composite Otters

Location: St. Louis, MO

Team Contact: Eric Frazier – [Email HERE](#)

Social Media: Click [HERE!](#)

Springfield Composite Mountain Goats

Location: Springfield, MO

Team Contact: Minor Baker – [Email HERE](#)

Social Media: Click [HERE!](#)

St. Charles Composite Bears

Location: St. Charles, MO

Team Contact: Chris Cooper – [Email HERE](#)

Social Media: Click [HERE!](#)

St. Joseph Composite Nighthawks

Location: St. Joseph, MO

Team Contact: Madison Davis – [Email HERE](#)

Social Media: Click [HERE!](#)

SWMo Composite Goats

Location: Neosho, MO

Team Contact: James Alumbaugh – [Email HERE](#)

Social Media: Click [HERE!](#)

Tri Lakes Composite Rollers

Location: Forsyth, MO

Team Contact: Jon Sullivan – [Email HERE](#)

Social Media: Click [HERE!](#)

Warren County Composite Warriors

Location: Warrenton, MO

Team Contact: Corey Tobias – [Email HERE](#)

Social Media: Click [HERE!](#)

Warsaw Wildcats

Location: Warsaw, MO

Team Contact: Mac Vorce – [Email HERE](#)

West Plains Composite Dirt Dobbers

Location: West Plains, MO

Team Contact: Michael Hullinger – [Email HERE](#)

Social Media: Click [HERE!](#)



Trek NICA Pathfinders Scholarship

Trek has partnered with the National Interscholastic Cycling Association (NICA) to grow diversity in the sport of cycling and provide better access for people of color . The Trek NICA Pathfinders Scholarship will again provide selected student-athletes with a Trek Marlin mountain bike, helmet, shoes, accessories, team clothing, as well as a stipend for NICA league and race entry fees for the season.

An application can be filed on behalf of a student-athlete by a Missouri League Director, coach, parent, or the student-athlete for the fall 2022 season. To qualify, applicants must commit to scholarships going to POC. Current Pathfinders scholars are encouraged to apply. For full application criteria and to apply, click:

[NICA Pathfinders Scholarship](#)

BIEA NICA Bicycle Technician Scholarship

Attention current seniors!

Do you love working on bikes and want to become a Certified Bicycle Technician? The application deadline has been extended! This scholarship covers tuition and other expenses up to \$6000 to attend Northwest Arkansas Technical College or Minneapolis Community and Technical College.

For complete details and to apply:

[BIEA Scholarship](#)



Missouri NICA Partners with The Expedition School

Looking for a Seamless Way to Complete Your Basic First Aid, CPR, NICA 8 Hour, or Wilderness First Aid Certification?

The Expedition School is back this year and offering several medical certification opportunities for Missouri NICA coaches. The Expedition School hybrid courses offer a combination of online training with an in-person skills assessment by an Expedition School certified instructor. Both components must be completed in order to receive a certificate for the course.

Expedition School programs are designed to teach individuals how to deal with emergency situations by using first aid skills in a delayed-help environment. For the 2022 season, The Expedition School is offering Missouri NICA coaches a **20% discount** for one of their medical certification courses. Email info@missourimtb.org today to get your Expedition School discount code!

And if that's not enough, the Expedition School has just launched a Student Expedition Field First Aid course designed for student athletes who mountain bike, climb, paddle, ski, snowboard, hike, surf or any other outdoor activity! This is a 4 hour online course taught by Expedition School faculty. The cost of the course is \$99 (no discounts available).

2022 Course Schedule:

Expedition School Schedule of Events

League Website Facelift

Have you visited the Missouri NICA website recently? We are giving it a proper scrubbing updating photos, providing new content, and adding new resources to improve the user experience. Be sure to check it out today!

Missouri NICA Website!

See You on the Trails!

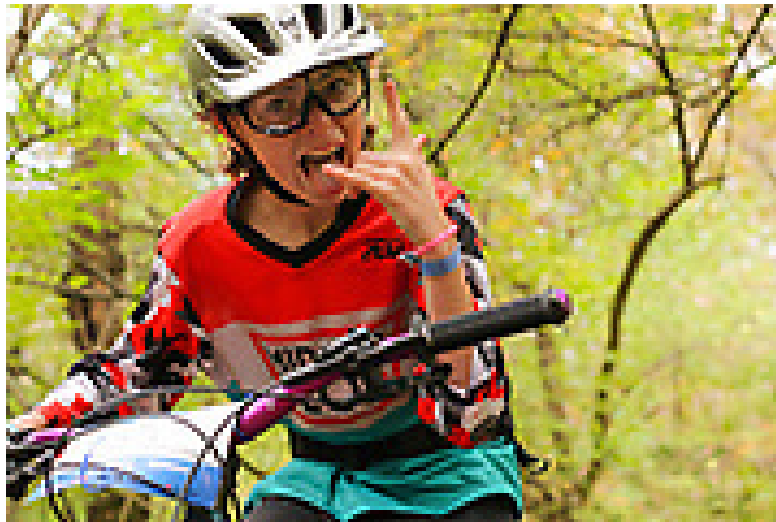


Photo Credit: Ryan Weaver

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