COACHES NEWS MISSOURI





2022 RESOURCES & SUPPORT FOR EFFECTIVE COACHING

The 2022 Season Is Almost Here!

Dear Coaches.

We cannot believe how much FUN we had last season and it's all thanks to your amazing efforts bringing together teams from all over Missouri. I think it's safe to say we have the best NICA league in the whole country! We can't wait to make 2022 even bigger and better. We have been busy planning an all new coach and leadership retreat for June 4th and 5th and bringing in more coach supporters to help expand our in-person coach training sessions. Stay tuned for new on-the-bike practice simulation and games sessions for coaches! Our goal for 2022 is to make coaching and running a team the most fun and seamless experience possible. Some of you have now been coaching for 2+ years and have a wealth of expertise to share with all of us. The theme of our coaching retreat and coaching calls will be coaches sharing their experiences with other coaches. We hope that working together will translate to an even better league experience for everyone. The rest of this newsletter will summarize the team and coaching changes that we will be implementing for the 2022 season. Thanks for reading!

As always, 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 plan 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

See you on the trails!

Cheers.

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



Photo Credit: Kerri Mileski

2022 Schedule

Spring 2022 Registration:

March 1, 2022 - Team Registration Opens

April 1, 2022 - Student Registration Opens

April 1, 2022 - Preseason Begins League Preseason Policies

June 4-5, 2022 - **Coach and Leadership Retreat** at Bass's River Resort, Steelville, MO

July 1, 2022 - Regular Season Begins

Race Schedule

August 27-28, 2022 - Race #1

September 10-11, 2022 - Race #2

September 24-25, 2022 - Race #3

October 8-9, 2022 - Race #4

October 22-23, 2022 - Race #5

November 5-6, 2022 - Tentative Rain Date



Photo Credit: Ryan Weaver

Coach Training Updates

Get a head start on your online coach training!

By popular demand - NICA's online coach licensing is now available year round! Login to your Pitzone account and select Access Coach Courses.

Online Leader's Summits

These are strongly recommended for Level 2 coaches advancing to Level 3! Schedule can be found here

2022 Coach and Leadership Retreat - June 4-5 at Bass's River Resort in Steelville, MO

Coaches are responsible for their own lodging. Call 573-786-8517 to make reservations. We have reserved a block of cabins or a variety of campsites are available. Food and all programming will be provided by the league. More details soon!

SKILLS!

The schedule of **OTB101's** (Level 2 requirement), **OTB201's** (5 CEU's), local **CPR/FA** checkoffs, and our new Practice Simulation and Games course will be released in April. Check out the Expedition School to get started on your First Aid requirements. Email info@missourimtb.org to receive a 20% discount off all classes.



Photo Credit: Ryan Weaver

Coach Spotlight: Minor Baker

Camper extraordinaire and Head Coach of the 2021 1st Place Overall Team Springfield Youth Cycling Club! We asked Minor to share his secret sauce for coaching and running a NICA team.

Here are his tips:

Get

as

many

parents

as

possible

to

be

coaches

(we

promise

coaches

that

we

won't

use

them

every

week

and

there

will

be

lots

of

weeks

where

they

can

just come and ride while their kids are at practice). We worked really hard to show coaches that we are not а typical youth sports commitment meaning it isn't allencompassing. Outside of а small group of us (Level 2+3 Coaches) we are super flexible with your time commitments. We also have

had great

GRiT coordinators (Angela Jackson Sharon Gullett) they are committed creating space where female studentathletes feel valued and unique. TeamSnap: We use it all the time to communicate about team related events, but our student athletes also use to regularly communicate when they are going to ride and seeing if

anybody else wants to join them. Our studentathletes really do love to ride bikes.....and they like riding together. Get a Race-Weekend Organizer: We have Elliot Boehm. She doesn't ride а bike, but she is the most important part of race weekends. She coordinates everything that occurs in the pitzone (food, drink, student wellness

(cooling or staying warm), race board with race start times) and allows Jason, myself, and all the other coaches just to focus on studentathletes. We would be lost without

her.



2022 Student Racing Category Placement

We are SO thankful that we were able to have a full 2021 race season despite seemingly endless weather and pandemic-related hurdles. This year, we are not planning to hold a time trial for Race #1 to sort students into appropriate race categories. We will instead use the race results from 2021 and your input to place students into their mass start categories. Our category placement table will be posted soon on the NICA website. The description of each category and the placement criteria will be included in the 2022 NICA Handbook and can also be found here.

We are planning to use this only as a starting point for our 2022 categories and will need to rely on all of you, our coaches, to help place students into the most appropriate racing categories. Same as last year, if you wish to move a student to a new ability level (A/B/C) within their grade level, just email us your changes.

We were only able to include riders with 2021 results, so for any new riders, we ask that you please observe them for the first few weeks of practice and decide where they might belong by comparing them to your returning student placements. Riders will default into the lowest ability category for their grade level unless you tell us otherwise. If you are unsure, riders can race in the default category for the first race and then move to a different category for the remainder of the races. This will not impact their series overall points since we will again drop their lowest scoring race.

All 6th graders will be new to NICA racing so they will be randomly assigned to waves for race #1 and they will all race 1 lap. The finish times from the 6th grade boys will be used to assign A/B/C categories for race #2.

If you have any questions about category placements, we will cover this topic in our upcoming coaching calls or feel free to reach out via email info@missourimtb.org.

2022 Team Audits

A quick heads up as you are planning your 2022 apparel orders...

In 2022, the MICL will begin enforcing NICA's team size regulations. This will make our team competition as fair as possible.

1. Teams
with
>11
high
school
students
will
be
scored

in

Division (new for 2022) 2. Composite teams with 5 or more students from the same high school will broken up into а school team, which is scored separately from the composite team. They may still practice with their composite team but will need different matching jerseys/tops for races. We won't enforce the jersey rule for

the 2022 season but if your team is buying new apparel, please start designing new jerseys for any high school spinoff teams associated with your composite

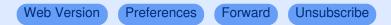
team.



Happy Trails and We Can't Wait to Ride in 2022!



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