

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
a
typical
youth
sports
commitment
-
meaning
it
isn't
all-
encompassing.
Outside
of
a
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
to
creating
a
space
where
female
student-
athletes
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
to
communicate
when
they
are
going
to
ride
and
seeing
if

anybody
else
wants
to
join
them.
Our
student-
athletes
really
do
love
to
ride
bikes.....and
they
like
riding
together.

- **Get
a
Race-
Weekend
Organizer:**

We
have
Elliot
Boehm.
She
doesn't
ride
a
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
student-
athletes.
We
would
be
lost
without
her.



Photo credit: Flannery Allison

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
1
(new
for
2022)

2. Composite teams with 5 or more students from the same high school will be broken up into a 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.



Photo Credit: Alex Noguera

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

LEAGUE SPONSORS



NICA NATIONAL SPONSORS

LEAD SPONSOR

TREK

PLATINUM SPONSORS

SHIMANO SPECIALIZED

SRAM. ROCKSHOX. Salva

GOLD SPONSORS

GIRO podiumstar

SILVER SPONSORS

MAXXIS. REI. people-bikes. GU. CANYON. Continental's. USA

BRONZE SPONSORS

STRIKE. FEEDBACK SPORTS. eprah. CR. Blackburn. Velociz. BOSCH

NICA NATIONAL FOUNDATION PARTNERS

WALTON FAMILY FOUNDATION. Rapha. WELLS FARGO. NICA

©2022 Missouri Interscholastic Cycling League | PO Box 661 | Grover, Missouri | 63040

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by [Mad Mimi®](#)
A GoDaddy® company