

Like

SINGLE TRACK TIMES



2022

ALL THE DIRT THAT'S FIT TO PRINT

The Missouri Mountain Bike Energy is Building!

Has anyone seen the weather forecast this week? Lots of sunshine and 60-70 degree temps = dry trails! Just in time too since the Missouri NICA season is rapidly approaching- and we couldn't be more excited!

The 2022 season is really beginning to take shape: team and coach registration opened on March 1; student-athlete registration kicks off on Friday, April 1; the coach and leadership retreat is scheduled for June 3rd-5th; and we are planning several coaching clinics and first aid/CPR opportunities this preseason!

The Missouri Interscholastic Cycling League is still looking to add teams for our 2022 campaign. The league is looking to expand into communities where we don't have existing teams. If you live in Farmington, Hannibal, Ironton, Kirksville, Lebanon, Sedalia, or Quincy, Illinois- reach out to us today and let's get #morekidsonbikes in your community!

Enjoy the read!

Cheers,

Annie, Kerri & Chris

Associate League Directors

Missouri Interscholastic Cycling League



Photo Credit: Kerri Mileski

Take a Tour of Our Freshly Renovated Website!

Have you visited the Missouri NICA website recently? Whether you're a coach, volunteer, parent, student-athlete or internet surfer, the Missouri NICA website contains all the information you need to navigate the season! Be sure to check it out today and throughout the season for the most up-to-date information about MICL news and events.

[Missouri NICA Website!](#)



Interested in Coaching or Starting a Team in 2022?

Passionate and dedicated Missouri NICA volunteers are the most important resource of our interscholastic mountain bike teams. A Missouri NICA coach 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](#)

Interested in forming 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: Chris Mileski

Have an Interested Student Athlete(s) 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](#)

Social Media: Click [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!](#)



2022 Scholarships Galore!

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.

The deadline to apply is April 15, 2022. Selected recipients are announced on May 2, 2022.

For questions and more information, please contact Eric Breit (NICA Development Director) at 510.524.5464 Ext. 707 or scholarships@nationalmtb.org

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](#)

The Sparkle On Scholarship

Presented by **Kate Courtney** in partnership with SCOTT, Syncros, SRAM, and RockShox recognizes and supports student-athletes who have demonstrated a commitment to education and the cycling community during their time with NICA and will attend college.

The scholarship was created by professional cyclist and NICA NorCal Alumna Kate Courtney to recognize the often-difficult transition to college and the challenges of balancing college studies and a passion for cycling. The goal of the scholarship is to assist with the financial burden of college and encourage recipients to continue to integrate cycling into their college life while striving for academic success. The ideal candidate is one who during their time with NICA showed determination in pursuit of academic and athletic goals and a commitment to the cycling community and intends to continue to support and participate in cycling in college. Some examples of participation in cycling include, racing at the local or collegiate level, trail stewardship, volunteering with NICA or other cycling groups, and forming or joining a ride group.

The Sparkle On Scholarship is awarded to six seniors from NICA leagues and consists of a monetary award of \$6,500 each, mentorship in the form of quarterly calls with Kate during their first year of college and participation in a Summit focused on skill building, on and off the bike. Need will be taken into consideration in the selection process.

The Sparkle On Scholarship application period will open on March 1, 2022 and close on March 21, 2022 for graduating NICA student-athletes who will attend college for the 2022-23 academic year. *****

Before you apply, please read in advance the updated scholarship FAQs [HERE](#)



Missouri NICA's Codes of Conduct

Welcome to the Missouri NICA family! As representatives of our community, student-athletes, parents/caregivers, and volunteers sign codes of conduct to ensure a culture of safety, fun, responsibility, and respect. To review:

[NICA Adult Code of Conduct](#)

[Student Athlete Code of Conduct](#)

Upcoming 2022 Missouri NICA Events:

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**



If You're Not on Your Bike, Follow Us on Social Media!

Keep up with all the latest league news by following us on [Facebook](#), [Instagram](#) and [YouTube](#). Questions? Don't hesitate to reach out by email: info@missourimtb.org

Don't Forget, Student-Athlete Registration Opens 4/1!

See YOU on the trails : -)



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