

2022 RESOURCES & SUPPORT FOR EFFECTIVE COACHING

Welcome to Preseason!

Dear Coaches,

Happy spring! Student registration and preseason is HERE! We can't wait to hear about all the exciting events going on around the league. What are you planning to do this preseason to attract new students and coaches? April is a great month to start recruiting for your team by hosting a new family informational meeting or setting up a table for your team at an event in your community.

It's never too early to start recruiting more coaches! Remember, any NICA sanctioned trail ride, including preseason events, must maintain the proper ratios of Level 2/3 coaches to student athletes (1:6 max, 2:8 recommended). Parents or adults using one-day waivers must be supervised by a trained NICA coach and do not count in the coach:student ratios. These ratios are not required for skills clinics, field activities, or off-the-bike activities.

Ready to level up your coach training? The best resource to find coach training events and register will be our website. Bookmark the [Coach Training Courses](#) page as we will be adding events frequently. Also, if you have questions about coaching or team practices, check out the [Coach Resources](#) page first. 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](#)

April 18, 2022 - **First Coach Call 7-8 PM!**

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**



Photo Credit: Ryan Weaver

Coach Training Updates

First Coach Call of 2022!

We've missed you all! Share with your coaching staff!

April 18th, 7-8 PM [Zoom link](#)

Check out our improved [Coach Licensing Page](#)

Start here to answer your questions about becoming a Licensed MICL Coach.

Complete 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.

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. Food and all programming will be provided by the league. This retreat will not count as a NICA Leader's Summit (required for Level 3 License). Coaches will receive CEU credit for attending.

Bike SKILLS

Follow the [Coach Training Courses](#) page to find On-The-Bike (OTB101 and OTB201) and first aid training courses. The first OTB courses will be offered on May 8th in St. Joseph, MO. We will be adding more options throughout the season so check back frequently!

First Aid

Check out the [Expedition School](#) to get started on your First Aid requirements. Use code NICAMO22 to receive a 20% discount off all classes.

Quick Start Guide to a Level 3 Coach License

Each team is required to have at least one Level 3 coach this year.

1. Level 3 Coach Licensing Course: in [Pit Zone](#)

2. Online Leader Summit: 5/16-20 8-9 PM CDT Register [HERE](#)

3. NICA 8 Hour First Aid: Take the Expedition School Hybrid Learning Course and complete the practical skills check-off at our Coach Retreat. Dates offered: 4/5-7 6-9 PM, 5/3-5 6-9 PM, 6/14-16 6-9 PM. Register [HERE](#)

Skills check-offs may also be coordinated through our medical coordinators at a later date. This requirement may also be fulfilled by a wilderness first aid course or higher level medical training.

4. 80 Hours of Fieldwork: Report in [Pit Zone](#)



Coach Spotlight: Scott MacDonald

Last year the fantastic duo of Marissa Andersen and Scott McDonald coached the Lee's Summit Composite Sharks to 2nd Place overall in our Team competition! We asked Scott to share his tips for starting off the new season as he takes over for 2022!

Here are his keys to success:

- **Use every willing volunteer.**

Many hands make light work. Whether it be coaches or parents, you can never have too many volunteers. I'm happy to take anyone willing. I know my strengths and weaknesses, so filling those gaps is necessary.

- **In the preseason,**

**focus
on
skills
and
use
games
to
reinforce
them.**

We
have
a
large
range
of
skill
levels.
Going
back
to
basics
in
a
controlled
environment
is
good
for
everyone.
After
that,
I
like
to
work
on
balance.
Foot
down
is
my
favorite
for
those
willing
to
play.
Also
bike
soccer.
In
my
opinion,
slow
speed

practice
pays
big
dividends
at
race
pace.

- **Help
the
team
to
get
to
know
each
other.**

Encourage
the
kids
to
be
somewhat
extroverted
within
the
team,
and
out
as
well.

Our
young
ladies
were
especially
good
about
that
last
year.
Because
of
that,
our
GRiT
group
is
looking
to
be
even
bigger
and
better
this

year.



Photo Credit: Ryan Weaver

Preseason Event Ideas:

- **Information Meeting**

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- Partner with your local school or find a location in the community

- **Try It Out Ride**

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- Keep the route short and simple: paved bike paths are a

great
options!

- **Skills
Clinic**

-

Focus
on
the
basics:
3
essentials
(eyes
scanning
the
trail,
fingers
on
the
brakes,
and
level,
equally
weighted
pedals)
and
body
positioning.
Don't
forget
your
flipbook!

- **Bike
Repair
Clinic**

-

Fixing
a
flat
is
an
essential
NICA
skill!
Find
a
shop
or
mechanic
in
your
community



Photo Credit: Ryan Weaver

Thank you for getting #MOkidsonbikes!

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