

2022 RESOURCES & SUPPORT FOR EFFECTIVE COACHING

May 2022

Dear Coaches,

The 2022 season is quickly ramping up! Student registration numbers in Pit Zone have far surpassed last April's numbers. You know what that means: #MOCOachesOnBikes! We have been busy planning Coach training events and scouting new race venues for the fall. Stay tuned for a venue announcement very soon. We will be adding 5 new coach supporters to the team who will be available to provide OTB101 courses locally in the KC and Springfield areas this summer. The Coach and Leadership retreat is only a few weeks away in June and we are finalizing a great program that we hope will be fun and useful for new and returning coaches alike.

Read on for more information about the following topics:

- Hosting
a
coach
training
for
your
team
- Submitting
injury
and
exposure
reports
- Coach
Spotlight:
Eric
Frazier

As always, keep up with all the latest league news by checking out the [website](#) and following us on [Facebook](#), [Instagram](#), and [YouTube](#). 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 League Schedule

Spring 2022:

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 - Shawnee Bend Park - Warsaw, MO**

October 8-9, 2022 - **Race #4**

October 22-23, 2022 - **Race #5**



Photo Credit: Ryan Weaver

Coach Training Updates

On-the-Bike Skills Clinics

May 8th, 2022 - OTB101 and OTB201 St. Joseph, MO - FREE

June 16th, 2022 - OTB101 Columbia, MO

July 10th, 2022 - OTB101 Farmington, MO

Register [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. Food on Saturday and Sunday 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.

First Aid

Check out the [Expedition School](#) to complete the Level 3 First Aid Requirement.

Email info@missourimtb.org to receive a **30% discount** off all classes.



Tips for Preseason Coach Training

A Coach training session for your team is a great way to set up your coaches for success this season. NICA teams are expected to adhere to all NICA-mandated risk management, safety and programmatic protocols. However, every NICA team should also have its own additional rules, procedures and expectations clearly communicated to coaches at the team level. Having a coach training event this preseason will help head coaches and team directors communicate their own team culture, expectations and procedures to their coaching staff members.

Some topics to cover might include:

- Attendance
- How to behave at practices and events
- What to wear
- Bike safety checks
- What to carry
 - link to [NICA coaches pack](#)

- Ability splits for ride groups
 - Pit Zone
 - Coach:Student ratios for trail rides
 - Daily practice structure
-



Photo Credit: Flannery Allison

Coach Spotlight: Eric Frazier

Coach Eric is the head coach of the 2021 3rd place South City Otters and a league Coach Supporter. In addition to volunteering with NICA, he runs a cycling coaching business Frazier Strength and Endurance. We couldn't wait to tap into his wealth of coaching knowledge!

Here are his tips for working with NICA students:

- **Write out your practice plan**
You'll keep practices running

smooth
and
on
time
when
everyone
knows
the
plan,
especially
the
coaches.
They'll
always
appreciate
knowing
their
practice
duties
beforehand.

- **Avoid
coaching
from
behind**

Riding
a
trail
takes
a
lot
of
mental
focus.
When
someone
is
giving
you
tips
from
behind,
it
can
be
distracting
and
doesn't
stick
well.
Wait
until
you
stop
then
give

them
some
pointers
they
can
work
on
during
the
next
section.

- **Use
clear
shifting
language**

Most
kids
and
many
adults
don't
understand
what
a
high
or
low
gear
means
on
a
bicycle.
We
keep
it
simple
by
saying
harder
or
easier.
Harder
for
downhill,
easier
for
uphill.

- **Be
intentional
about
underrepresented
recruitment**

If
you
want

to
recruit
females
and
people
of
color
as
athletes
or
coaches,
you
have
to
do
it
intentionally.

Ask
friends
or
family
for
contacts,
or
seek
out
groups
or
clubs
on
social
media
that
already
ride
or
like
outdoor
sports.

- **Be
married
to
the
Team
Director**

When
they're
the
brains
of
the
operation,
it
makes
your

job
much
easier!



Photo Credit: Flannery Allison

How to Submit Weekly Injury/Exposure Reports

Every NICA team across the nation is required to submit weekly injury and exposure reports throughout the season. This data is compiled by the University of Utah to allow NICA leagues to pursue data-driven strategies to protect the safety of Student-Athletes, Coaches and the NICA Community. Each team selects a Designated Reporter in Pit Zone. This individual is responsible for both "incident" reports, when a student athlete or coach is injured, and "exposure" reports that document the amount of time a team is riding or racing each week.

Complete instructions can be found on the NICA [Safety Reporting Website](#).

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



Photo Credit: Flannery Allison

Thank you for getting #MOkidsonbikes!

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