

## 2022 RESOURCES & SUPPORT FOR EFFECTIVE COACHING



NICA National Conference 2022

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Dear Missouri NICA Coaches,

Last week, Missouri's **Angela Peterson** (Chief Course Marshal/ Coach Supporter/ DEI Coordinator), **Annie Schwartz** (Associate League Director/ Coach Supporter), **Beth Kelly** (Chief Course Setter/ Chief Referee), **Chris Mileski** (Associate League Director), and **Matt Hartman** (Race Ops) had the pleasure of traveling to NICA's National Conference in Philadelphia, PA to learn, collaborate, and network with other league members, sponsors, and industry leaders who are simply striving to get more kids on bikes! Instead of summarizing our own experiences, we wanted to share a beautiful summary of the week written by Wisconsin League Director **Renee Griswold**.

"Last week I had the pleasure of traveling to Philadelphia to join NICA Staff, fellow League Directors, Race Staff, Coaching Support Staff, Sponsors and many more who love NICA, at a mountain biking conference in the heart of the 6th largest city in America. It was fantastic!

We had jam-packed, inspirational and informative sessions along with 'networking-by-bike'. We rode through the city to challenging, fun, hand-cut single track and gravel trails, less than 10 miles from the heart of Philly. I live in Milwaukee and ride my bike in the city all the time but many of the conference attendees live in more rural areas and they had never shared a bike ride with a city bus and tons of traffic. We worked together and enjoyed our rides as we got to know each other while navigating the new-to-many experience.

The NICA Core Values of Inclusivity and Community were central themes this annual conference. One of the keynote speakers, *Earl B Hunter Jr.*, who founded Black Folks Camp Too, talked about the power of invitation. Simply inviting people to experience the outdoors can go a long way to including new people in our sport. Being a new League Director, I was meeting most everyone at the conference for the first time. It felt good when I was invited to join a table or a group. We can provide this same feeling in the Wisconsin League. We can invite people from all cultures in our state to join us, include them, and help them feel good about trying something new."

Like Renee in Wisconsin, Annie, Kerri and I are putting forth this personal challenge to student-athletes, coaches and parents/guardians in the Missouri League: this NICA season, invite at least 5 new people to somehow participate in your NICA experience. Take these suggestions or create your own:

- Invite someone who doesn't spend much time in nature to go for a hike or easy ride to show them the beauty and a safe way to enjoy the woods.
- Invite a teacher or administrator from your school to attend a race to cheer for you and your teammates so they understand all that goes into your team.
- Invite someone from work who has younger kids to a race so they get excited to be part of NICA someday.
- Invite your neighbor to enjoy the camaraderie of volunteering with your team or with the League.
- Invite someone standing alone at practice to join your conversation and increase his/her/their feeling of belonging.

This season we challenge you to find ways to include 5 new people in your NICA life. We want to hear your stories and meet your friends but the ultimate prize is the intangible feeling of sharing the awesomeness of NICA with others.

Be intentional about inviting people into your NICA experience and including them in our community. Everyone interested in living our values of Fun, Inclusivity, Equity, Respect and Community is welcome to be part of the Missouri Interscholastic Cycling League!

Now let's get the 2022 season started!

**Annie, Chris and Kerri**

Associate League Directors

Missouri Interscholastic Cycling League

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## In This Issue

Welcome to regular season! Team practices begin on **July 1st**. A few reminders for the new season:

- All students and adults must be fully registered in Pit Zone to participate in team activities. Students and coaches may participate in one team activity per season on a one-day [waiver](#).
- Custom race plates will be ordered August 1st. Please

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Email  
us  
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changes.

Read on for more information about the following topics:

- Important  
dates  
in  
July
- Coach  
Spotlight:  
Jeanette  
Piromsuk
- Tips  
for  
Planning  
Ride  
Groups
- Practice  
Theme  
Ideas
- Teen  
Trail  
Corps  
July  
Challenge
- TREK  
Giveaway

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](mailto:info@missourimtb.org)

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## 2022 League Schedule

July 1, 2022 - **Regular Season Begins**

August 27-28, 2022 - **Race #1 St. Joe State Park** - Park Hills, MO

September 10-11, 2022 - **Race #2 - Fellows Lake** - Springfield, MO

September 24-25, 2022 - **Race #3 - Shawnee Bend Park** - Warsaw, MO

October 8-9, 2022 - **Race #4 - Binder Park** - Jefferson City, MO

October 22-23, 2022 - **Race #5 - Two Rivers Bike Park** - Highlandville, MO

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## July Coach Calls

**MO GRiT Call:** July 12th, 2022 @ 8-8:45 PM

**MO Coaches Call** July 18th, 2022 @ 7-8:00 PM

**NOTE:** Zoom links will be shared closer to each call date.

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*Photo Credit: Dylan Trigg*

## July On-the-Bike Skills Clinics

July 1st, 2022 - OTB101 at Binder Park (Jefferson City, MO)

July 10th, 2022 - OTB101 at St Joe State Park (Park Hills, MO)

July 23rd, 2022 - OTB101 at Two Rivers Bike Park (Highlandville, MO)

July 24th, 2022 - OTB201 at Two Rivers Bike Park (Highlandville, MO)

Register [here](#)

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*Photo Credit: Ryan Weaver*

## Coach Spotlight: Jeanette Piromsuk

Coach Jeanette has been a volunteer coach on Rockwood Composite for two seasons.

**Any tips for other Coaches?** In addition to my coaching duties, I volunteer as a course marshal at the races. I love being out on the race course with the student athletes! Pro tip, there's no better seat in the house to watch the race than on the trail.

**What is your favorite NICA memory?** One of my favorite memories from the 2021 season was at Warsaw. I was placed near the end of the course with a longish climb, I hear voices. I look down the trail and see 3 athletes from the same team grinding away. They're talking to each other, encouraging each other and pushing each other the ENTIRE way up that climb. The exemplary show of teamwork and care they had for each other made this coach's heart happy. I highly encourage any coach, family or friend to volunteer during race weekends for the NICA experience.



*Photo Credit: Flannery Allison*

## **Tips for Sorting Student Athletes into Ride Groups**

For NICA trail rides, teams must maintain at least a 6:1 Level 2/3 coach to student athlete ratio (8:2 preferred). Assigning appropriate ride groups is critical to maximizing FUN and SAFETY for coaches and students alike. Not sure where to start? Here are some tips:

- **Use**  
**a**  
**student**  
**athlete**  
**or**  
**parent**  
**self-**  
**assessment**  
**via**  
**Google**  
**Form**  
**or**  
**Survey.**  
Don't  
forget  
to  
keep  
your  
student-  
athlete's  
goals  
in  
mind!
- **Skills**  
**instruction**  
**in**  
**a**

**controlled  
setting.**

Assess  
rider  
skill  
and  
experience  
levels  
during  
early  
season  
skills  
sessions.

- **Short  
course  
time  
trial.**

Time  
student-  
athletes  
on  
2-  
3  
laps  
of  
a  
short  
course  
by  
starting  
them  
at  
15-  
30s  
intervals.

- **Coach  
Observations  
and  
Recommendations**

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Bring  
your  
coaching  
staff  
together  
to  
discuss  
observations  
and  
make  
recommendations  
on  
riding  
groups.



- **Social  
Emotional  
Considerations**

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## Practice Themes

Do you use practice themes to help structure your practices? Here are some ideas from Coach supporter Jessica H. of the WVICL:

**SMART Goals** - this week, student athletes AND coaches will spend time creating SMART goals (2) that they will share with HC Jessica as well as their group coaches. This practice will also serve as assessment for new and returning students (return to play)

**The BIG 3** - this week, we will focus on the 3 essentials - finger(s) covering brakes, eyes ahead, level pedals. We will focus on other basic skills - braking and body positioning.

**Two-tired** - Why can't a bike stand by itself? Because it's two-tired! This week we will focus on all things tire-related. How to change a tube, what tire pressure to run on various surfaces, how to properly maintain tires, and how they keep us on the bike and off the dirt!

**Balance** - Riding a bike takes balance, and so does living a life! We will explore

balance on and off our bikes this week. (bike body separation, track stand competition and benchmarking, work/school/life balance, etc)

**Find what drives you** - We would be nothing without our drive trains. This week we will focus on shifting, chain maintenance and care, and we will revisit our SMART goals.

**Who's in your corner?** - This week's theme will focus on our team's best skill - cornering! We will also tie in being a good teammate, what we expect from those who are "in our corner", and how we can be supportive to our teammates.

**The Climb** - Races are won on the climbs! We will focus on climbing techniques and introduce hill repeats and exercises for student athletes wishing to improve on time/fitness. We will also discuss how climbing on a MTB can be a metaphor for many other challenges we encounter in our lives.

**Fuel** - This week we will focus on what fuels us - proper nutrition and hydration for our physical bodies, and the things we use to fuel or refresh our minds. We will discuss some breathing techniques for when nerves get the best of us, ways to mentally and physically prepare for upcoming races, etc.

**ON YOUR MARK** - this week we will focus on the particulars of racing, from starts to passing to dealing with mechanicals and pacing ourselves.

**Your Best Self-ie** - As we move past our first race of the season, it's time to revisit our SMART goals and ask ourselves the question: are we being the best version of ourselves when we ride and race? What can we do to improve ourselves and set a positive example for our fellow and future Trail Hawks. While we are at it, we will fill social media with selfies taken with those who have helped us learn and grow to be our BEST SELVES!

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*Photo Credit: Sharon Taylor Gullett*

## Teen Trail Corps Challenges

Help us kick off the 2022 season with a brand new Teen Trail Corps Challenge series!

Teen Trail Corps (TTC) supports NICA's mission to build strong minds, bodies, character, and communities through cycling by creating a culture of service within our community.

TTC is about to launch for the 2022 season! If your team is planning to participate, we recommend that each team appoint a TTC coach to work with our league coordinator Sharon. Please email [sharon@missourimtb.org](mailto:sharon@missourimtb.org) with the name of your TTC coach and any trail maintenance events your team has planned. We are stoked to hear about how you are growing the culture of service and advocacy with your student athletes and in your communities!

In addition to the July TTC Challenge, we will share more about what TTC is all about on our social media pages.

Teen Trail Corps Resource Links:

Have questions? Message [sharon@missourimtb.org](mailto:sharon@missourimtb.org).

## Teen Trail Corps July Challenge:

We have a fun Teen Trail Corps challenge for our amazing student-athletes: create reels demonstrating the [IMBA rules of the trails](#).

Steps:

1. Choose one of the IMBA rules of the trail and create a demonstration reel on YouTube, Instagram, or TikTok.
2. Send your reels to [sharon@missourimtb.org](mailto:sharon@missourimtb.org). Follow and tag the Missouri Interscholastic Cycling League (@missourimtb) and #teentrailcorps when posting reels to Instagram.

There are no limits to the number of reels you can create and submit during the month of July. We'll post weekly highlights to our social media. July 31st is the deadline for submissions. We'll compile the reels and let you know when the final voting window begins. Fun swag and bragging rights for the winners!

The best way to get your creative juices flowing is a trail ride! Have fun!!



*Photo Credit: Eric Frazier*

## 2022 TREK Online Giveaway

**Win a brand new TREK Top Fuel 9.8!**

The giveaway will begin on **August 1st, 2022** and the winner will be chosen at the



end of October. This year, each team will receive their own website through the RallyUp platform that will manage all entries and donations. Each student will get their own page linked to their team page to collect donations. All donations will be split 50/50 between the team and the league.

Each team may provide a logo, a team photo, and a team description to customize their giveaway page.

A special thank you to our national sponsor TREK!



*Photo Credit: SEMO Composite*

**MO Coaches are the BEST!**

**See You on the Trails!!**

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