

## 2022 RESOURCES & SUPPORT FOR EFFECTIVE COACHING



Dear Missouri NICA Coaches,

We can't believe that Race #1 is less than 4 weeks away! We know it's a huge job getting your team ready for race season. As you're going through all your race preparations, please don't forget to keep reinforcing our mission to build strong minds, bodies, characters and community through cycling. We all know that the NICA experience is about a lot more than just racing mountain bikes.

There is a lot to enjoy about racing mountain bikes outside of the competition itself. Attending a race is a great opportunity to ride a new trail system that is in the best possible condition and without having to worry about navigation and getting lost. It's also a great opportunity to meet up with a community of like-minded mountain bikers and make new friends. It's super fun to get to spend an entire weekend with your friends while supporting and cheering for them. It's also a good excuse to travel to a new place and explore a new community of parks, restaurants, and entertainment with your family. Encourage your student athletes and families to try out at least one event this fall, even if racing is not a priority.

We're all a little blown away by the number of new student athletes who have joined our teams this summer! Our goal for the race categories this fall is to create a fun and

safe racing experience for everyone. A great way to help select appropriate race categories is to simply ask your student athletes what their goals are for the season. Are they experienced riders who want the challenge of multiple laps or are they a new rider who isn't really sure about racing yet and just wants to try it out? Are they a returning rider who placed into the A group but was injured recently or isn't interested in competition and would rather race fewer laps and have fun with friends? Read on for some examples of season and event goals!

See you at St. Joe State Park!

**Annie, Chris and Kerri**

Associate League Directors

Missouri Interscholastic Cycling League

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## In This Issue

A few reminders for the new season:

- We have a coach-only [Facebook Group!](#) Please request to join to stay current on coaching opportunities and league coaching news.
- All students and adults must be fully registered in Pit

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Read on for more information about the following topics:

- Important dates in August
- Coach Spotlight: Troy Witte
- Tips for Goal Setting
- TREK Giveaway launch
- TeamSnap Leagues

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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## August Coach Calls

**MO Coaches Call** August 2nd, 2022 @ 8-9:00 PM [ZOOM](#)

**MO GRiT Call:** August 9th, 2022 @ 8-8:45 PM

**MO Coaches Call** August 23rd, 2022 @ 8-9:00 PM [ZOOM](#)

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

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## August On-the-Bike Skills Clinics

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**OTB201**

at  
Broemmelsiek  
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**OTB201**

at  
Glencoe  
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MO)

- August  
23rd,  
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**OTB101**

at  
Race  
#1  
(Park  
Hills,  
MO)

Register [HERE](#)

*Please don't hesitate to sign up for these clinics if you are considering attending. We will be happy to send you a full refund if something comes up at the last minute.*

**OTB101 Course Description:**

In this course, coaches will learn the progressive steps needed to teach both basic and advanced mountain biking skills, experiential teaching techniques, how to accommodate different learning styles and how to create a positive learning environment for young riders. This course is taught by NICA-certified skills trainers (coach supporters) and is required for NICA coach license Level 2 and Level 3.

**OTB201 Course Description:**

On-the-Bike Skills 201 is the second level of mountain bike skills instruction for NICA coaches of student-athletes. Coaches will learn the progressive steps needed to

teach both basic and advanced mountain biking skills to student athletes. On-the-Bike Skills 201 continues with progressive skill development and further resources for coaches to manage more advanced practice activities for growing teams.

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## **Coach Spotlight: Troy Witte**

### **What inspired you to be a NICA coach?**

My wife and I are at the season of life where we have a little more time and we were looking for ways to invest into local youth and give back to our community. When NICA was presented to our small town it was an easy decision and a perfect fit for us. We love doing things together, we love the outdoors and have always had a passion for cycling. And the most obvious reason. The kids, it's all about the kids!

### **What was your first mountain bike ride?**

Lake Carl Blackwell trails in Stillwater Oklahoma in the 90's on a Giant Iguana. It was a challenging trail, rocks and ruts, I like being challenged. I was young at that time and I thought I was a fast and conditioned rider. I recall a much much older rider came up on my wheel that day and said "passing on your left" lol. He went around me like I was sitting still. I tried so hard to stay within eye sight to him but could not keep up with the old man. From that point on mountain biking became a passion. There is just something magical about riding in the woods. Peaceful and serene. A place to reset, and clear your mind, or get quickly humbled by being passed on the left lol.

### **What was your most memorable NICA experience?**

There are so many. First race of the year at ICC. First race to help coach and first time to help course set. Seeing all of our youth participate and the smiles on their faces will be etched in my heart forever. I witnessed how we coaches, leading by example, can truly make a difference in these kids lives. They are building self-confidence and making forever memories! Every practice, every race, every ice cream cone we get the opportunity to have a memorable experience through loving, encouraging and supporting every student athlete. Everyone wins!

### **What is your favorite game or activity to lead a practice?**

I'd have to say bike soccer. All the kids love it and hey it's just plain fun.



**What is the most used item in your coach pack?**

Probably the coaching flip cards. NICA has a specific language used when teaching and as coaches we find this extremely important and valuable. Using the same terminology eliminates confusion and creates consistency and structure, which aids in learning new skills.

**What is your favorite trail?**

OT OZARK TRAIL North Fork section CR5210 trailhead. It is natural but maintained, and not groomed or manicured. A shout out to Kathie Brennan and all the OT volunteers for all the hard work and dedication to this wonderful trail system!

**What is one thing you wish you knew when you started coaching?**

Tough question but a simple answer for me. "HAVING FUN IS JUST AS IMPORTANT AS LEARNING A NEW SKILL"

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*Photo Credit: Dylan Trigg*

## **Goal Setting with Your Student Athletes**

I think most of us dislike formal goal setting...

However, it's definitely useful to sit down with your student athletes and ask them what matters the most to them this NICA season. There is a lot more to setting race and season goals than just trying to get in the top 10 or on the podium. Often, the race result can be completely unrelated to how an athlete performed in a race. It's possible to not ride your best and have your top rivals get a mechanical or crash so

you still win. The inverse is also true if you ride your very best and every strong rider in the state shows up so you don't end up with the result you were hoping for. Some student athletes aren't concerned with winning and would rather ride with friends and enjoy the trails.

Using SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) can be a useful framework but you don't have to make it that complicated. The key is to make sure that at least some goals don't solely depend on factors outside a student athlete's control and to ask what steps they plan to take to achieve each goal. If they do really want to try for a podium, ask them what skills or aspects of riding they plan to work on to get there. Here are some examples to help get your team started:

### **Season Goal Ideas:**

- \* Complete one lap of every race course with your friends at your own pace
- \* Ride at 3 new trail systems this fall
- \* Ride every trail in one day at your home trail network
- \* Time yourself on your home trail and ride it 1 minute faster by the end of the season
- \* Come to every practice prepared with your bike, helmet, water, and snacks
- \* Learn how to fix a flat tire, adjust a derailleur, etc.
- \* Wash your bike and gear after every practice
- \* Make at least one new friend to ride with
- \* Trackstand for 2 minutes
- \* Ride that tricky rock garden without putting a foot down by the end of the season
- \* Spend 10 hours maintaining your local trail
- \* Be able to pick up your water bottle off the ground

### **Race Goal Ideas:**

- \* Make it up the whole climb at Two Rivers without stopping (or insert any climb)
- \* Clean a difficult root section on every lap of your race
- \* Use a different greeting for every racer that you encounter on course
- \* High-five at least two spectators
- \* Improve your lap times for courses that you raced last year
- \* Take a photo with everyone in a costume at the race (Annie has actually used this one)

Have FUN with it!

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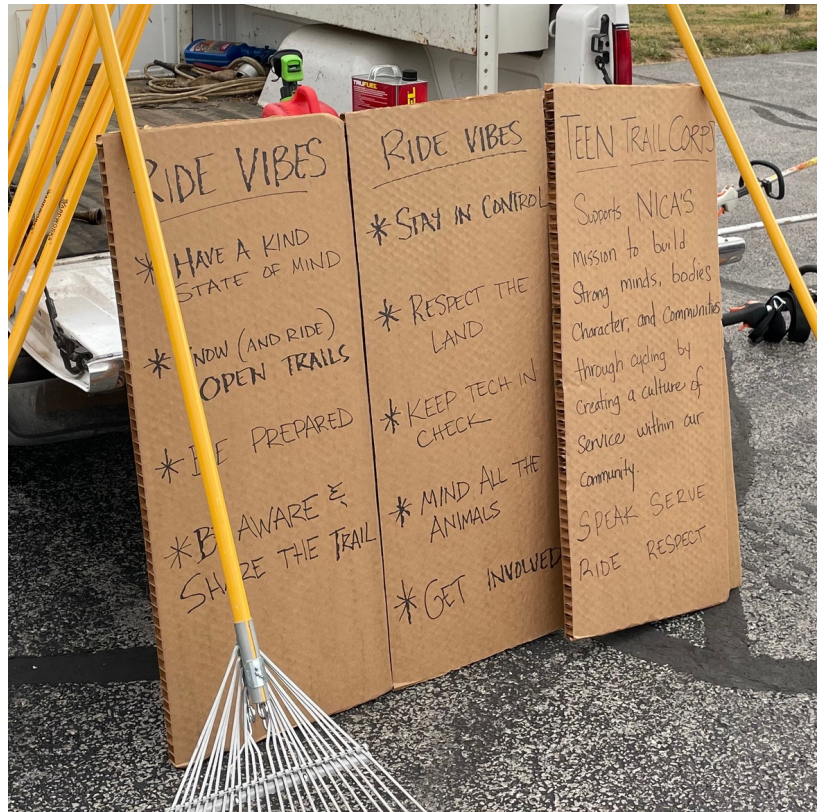


Photo Credit: SYCC/MORC

## Teen Trail Corps Challenge

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.

If your team is planning to participate in TTC, 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 August TTC Challenge, we will share more about what TTC is all about on our social media pages.

Teen Trail Corps Resource Links:

[TTC Coaches Toolbox](#)

[NICA TTC](#)

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

**Teen Trail Corps August Challenge:**

## Create reel highlighting you or your team participating in a trail work day!

Steps:

1. Reach out to your local trail organization or team and find an event to work on a trail that needs some love.
2. Make a reel or short video of your experience working on the trail. 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 August. We'll post weekly highlights to our social media. August 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!!

**Stay tuned for a dig day to get the trails at St. Joe State Park ready for race #1!**

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*Photo Credit: Flannery Allison*

## GRiT Corner

### Save the date!

**August GRiT Ride 8/20/22**

Klaus Park, Jackson, MO

Bring a Friend!

### Ambassador Applications

Do you know a student athlete who might be a great GRiT Ambassador? Here's the info to share with them. Applications will open Monday, August 1 and are due by

August 15. If you have any questions, reach out to [Amanda@missourimtb.org](mailto:Amanda@missourimtb.org).

[What is a GRiT Ambassador?](#)

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*Photo Credit: TREK Bikes*

## 2022 TREK Online Giveaway

**The giveaway is LIVE!**

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

The giveaway will be live 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!

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## TeamSnap

**The league has purchased [TeamSnap](#) for everyone!**

We are hoping that this will help us communicate urgent league news such as race



changes, weather delays, and coach training events. If you have an existing team, it will be transferred to the league account and you don't have to do anything. If you are new to TeamSnap, please check your spam and accept the email invitation to join your team. Thank you for your cooperation!

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*Photo Credit: Alex Noguera*

## **See you at Race #1!**

We appreciate all that you do for the MICL! #CoachesMatter

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