

2022 RESOURCES & SUPPORT FOR EFFECTIVE COACHING



Photo Credit: Flannery Allison

Dear Missouri NICA Coaches,

WOW! We had so much fun with all of you at St. Joe last weekend! It was amazing to see so many old friends and new faces out on the course and in Pit Zone. A huge THANK YOU to all of you for doing such a great job preparing your student athletes and families for the race weekend. There were hardly any accidents or Pit Zone rule infractions this weekend. We don't even know what to say! :) Overall, the student athletes did a fantastic job racing on a challenging first course and the community support was incredible. We hope you enjoyed the race as much as we did!

A big shoutout to Flannery Allison for the amazing photos of Race #1! **The link to view or purchase photos is posted on the [website](#).**

You can also find the race flyer and volunteer links for race #2 on the 2022 Events Page. We've added two new features to our race flyers this year. The venue description now highlights specific OTB101/201 skills that will be beneficial to practice with your team in the weeks leading up to the race. We've also added venue Emergency Action Plans (EAPs) to each flyer to carry with you on pre-ride since we don't have EMS on site on Saturday afternoons.

See you all at Fellows Lake!

Annie, Chris and Kerri

Associate League Directors

Missouri Interscholastic Cycling League

In This Issue

A few reminders for the 2022 season:

- Please encourage your student athletes to RSVP for races in the Pit Zone. No student that is fully registered and has paid the season fee by the Wednesday prior to the race will be prevented from racing but the RSVP

helps
us
with
race
planning.

- 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](#).

Read on for more information about the following topics:

- Important dates in September
- Coach Spotlight: Kaori Mitchell, Rockwood Composite Team Director
- Racing Updates

- and
- new
- Race
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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

2022 League Schedule

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

RSVP open 8/29-9/7

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

RSVP open 9/12-9/21

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

RSVP open 9/26-10/5

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

RSVP open 10/10-10/19

Find all [Event Information](#) on our website!

September Coach Calls

MO Coaches Call: September 6th, 2022 @ 8-9:00 PM [ZOOM](#)

MO GRiT Call: September 13th, 2022 @ 8-8:45 PM

MO Coaches Call: September 19th, 2022 @ 8-9:00 PM

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



Photo Credit: SEMO Composite

Coach Spotlight: Kaori Mitchell

Coach Kaori is the Team Director of Rockwood Composite.

Check out her video on [YouTube!](#)

What inspired you to become a NICA coach?

Watching the kids growing their skills and realizing their potential.

What happened on your first mountain bike ride? A few too many falls, followed by a lot of colorful language!

What was your most memorable NICA experience? Every race day because of the excitement and positive energy when NICA teams come together.

What is your favorite game or activity to lead at practice?

Trail Rides

What is the most used item in your coach pack?

Trader Joe's gourmet jelly beans (I hand them out to give kids a little boost of energy) and my walkie talkie.

What is your favorite trail?

Zombie in Wildwood Missouri.

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

How to fix a flat on tubeless tire.

Racing Category Updates

New Ability Level Category Change Request Form!

[Request ABC Category Change Form](#)

The Missouri League discourages petitions to change grade levels. However, Coaches are always welcome to request changes to a student athlete's ability category if there is another option available. Check out the [NICA handbook](#) or our race flyers for a complete list of the 2022 race categories and the number of laps each category will complete.

*If you already requested a change via email or DM, you don't need to complete this form.

6th Grade A/B/C Category Placement

If a 6th grader did not race at St. Joe State Park, it is up to the Coaches to choose an appropriate ability category for that student athlete.

The full list of placements can be found [HERE](#)



Photo Credit: Larissa Johnson

Event Weekend Reminders

On the course:

- * Earbuds are prohibited during the race and on pre-ride
- * Helmets must be buckled at all times
- * At least one hand must be on the bars at all times

Trash:

Pack-in, pack-out

Leave no trace

We love our MO parks and trails!



Photo Credit: TC Screen Printing

Teen Trail Corps

Check out the NEW TTC Merch!

Teen Trail Corps Resource Links:

[TTC Coaches Toolbox](#)

[NICA TTC](#)

Have questions? Message sharon@missourimtb.org.

Teen Trail Corps Leaderboard:

Springfield Composite - 161 hours

Jefferson County Composite - 75 hours

Rockwood Composite - 64 hours

McDonald Mustangs - 54 hours

St. Joseph Composite - 53 hours

Central MO Composite - 41 hours

South City Composite - 40 hours

Warsaw Wildcats - 40 hours

COMO Composite - 39 hours
SEMO Composite - 18 hours
Metro East Composite - 6 hours
Park Hill Composite - 6 hours



Photo Credit: Sharon Taylor Gullett

GRiT Corner

Ambassador Announcement!

Congratulations to our 2022 GRiT Ambassadors! Our selection team had the toughest time choosing, as everyone who applied is already doing amazing work within their teams and communities as mentors, friends, and athletes. We are excited to work with these ladies on events, activities, and outreach to help get #moregirlsonbikes!

Haley Sanders - SEMO

Marlowe Weis - COMO

Lauren Custis - South City

Aurora Lee - Rockwood

Jillian Starostki - St. Charles

Ella MacDonald - Lee's Summit

Addison Craig - SEMO

Lucy Dirnberger - South City

Jane Murr - Springfield

GRiT Grownups Clinic Series

Saturdays 2:30 - 3:30 PM

Join Amanda our GRiT Coordinator at the GRiT Tent during our Race Weekends!

For ANY adult beginner riders who want to improve their skills to be able to ride with their team/athletes.

For more information:

Email: amanda@missourimtb.org



Photo Credit: TREK Bikes

2022 TREK Online Giveaway

Share this link with everyone you know!

Win a brand new TREK Top Fuel 9.8!

Team Leaderboard:

Metro East Composite - \$1595

Jefferson County Composite \$1295

South City Composite \$1260

Rockwood Composite \$885

St. Charles Composite \$765

*The team with the highest dollar amount raised per registered student athlete will win a 10x10' tent from Strike Visuals

The fine print:

The winner will be chosen at the end of October.

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!

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!

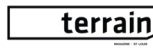


Photo Credit: Flannery Allison

See you at Race #2

Thank you for being the BEST coaches in NICA!

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