

## 2022 RESOURCES & SUPPORT FOR EFFECTIVE COACHING



*Photo Credit: Flannery Allison*

Dear Missouri NICA Coaches,

The season is FLYING by! We can't believe that there are only two races left for 2022. Both will be familiar venues from 2021 with a slight twist. Watch the race flyers for course updates! We can't wait to close out the season in style with fall camping and the return of NICA-ween at Two Rivers Mountain Bike Park. Expect the costume and tent competitions to be fierce.

We know everyone is busier than ever this fall, but our events are not possible without community Volunteers! Please encourage your parents and families to sign up for a shift for the last two races. Volunteer links can always be found on our [events page](#). Each shift will earn an entry into the Volunteer raffle for a Kuat Transfer V2 3 bike rack!

We are so grateful to all of you for making the first half of the season such a success. None of this is possible without our amazing coaches!

See you all at Binder Lake!

**Annie, Chris and Kerri**

Associate League Directors

Missouri Interscholastic Cycling League

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## 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  
October
- Coach  
Spotlight:  
Kurt  
Bedow,  
Jefferson  
County  
Composite  
Head  
Coach
- Late  
Season  
Practice  
Ideas

- Calls  
for  
Coaches  
Pilot  
Program
- Teen  
Trail  
Corps
- GRiT  
Corner

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

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!

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## October Coach Calls

**MO Coaches Call:** October 5th, 2022 @ 8-9:00 PM [ZOOM](#)

**MO GRiT Call:** October 11th, 2022 @ 8-8:45 PM

**MO Coaches Call:** October 18th, 2022 @ 8-9:00 PM

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

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*Photo Credit: Kurt Bedow*

## **Coach Spotlight: Kurt Bedow**

Coach Kurt is the Head Coach of the Jefferson County Billygoats

Check out Kurt on [YouTube](#)!

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

My love of cycling and my desire to spend time with my son.

### **What happened on your first mountain bike ride?**

At the time, I had a Trek 26" wheel mountain bike. It was pretty slow and grueling.

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

So many memories of students successes - pushing through their fear, anxiety and physical limitations to complete something that they never thought possible. When my son crossed the finish line in Warsaw in 2021 with excruciating back pain - he fought through and endured the pain to finish strong. I was so proud of his effort.

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

Foot Down - far and away! The students always want to play to see who is the best.

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

Cones - I use them for skill sessions, but they also work great for games- i.e. Foot Down. A close second is stack of cardboard boxes - for Cardboard Slide.

### **What is your favorite trail**

The students love Castlewood State Park with it's fast and flowing, challenging trails.

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

I did not expect that the students and their families would create such family of support and encouragement. Of all the student groups that I have lead/coached, this

group of students and families have had the biggest impact on me and my life.

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*Photo Credit: Flannery Allison*

## Late Season Practice Ideas

### Games to Build Skills

Check out the [Coach Resources page](#) for more game ideas

#### **Tell it. Show it. Do it. Reflect!**

##### **Passing Game**

Where: Open Space

Objective: Vision and Communication

101 Skills: Braking, Bike-Body Separation, Cornering

201 Skills: Cornering

Setup: Divide your team into pairs of relatively equal ability. Create a short course loop.

Rules: Teams ride the loop alternating passing each other; both riders must use appropriate communication and safe passing skills.

Progression: Can be played as a race.

Reflection Question: How did you support others when you found the activity difficult?

##### **“Spin to Win” Slalom Racing**

Where: Open field with a consistent low grade downhill slope.

Objectives: I can build gearing and cadence skills. I can have fun.

Setup: Divide your group into equal teams. Build a side by side dual slalom course using soccer cones or flags. Student-athletes start at the top and race down side by

side.

101 Skills: Braking, Bike-Body Separation

Rules: Riders have to start in their easiest gear and cannot change gears. This makes the race more about looking ahead and picking a line that preserves their speed.

Progression: After several rounds of easiest gear only, open it up to full on, any gear with shifting. End the practice with an elimination race for the whole team until one student is left standing.

Reflection Question: What advice would you give to a new teammate playing this game?



Photo Credit: Flannery Allison

## **Calls for Coaches Pilot Program**

### **What are the Calls for Coaches?**

Beyond simply winning games, the purpose of coaches is to develop their athletes. When coaches focus on the social, emotional, cognitive and physical needs of the whole child, they help youth athletes feel safe and supported, they foster important traits such as responsibility and perseverance, they guide them in building an emotional foundation for success, and they teach teammates to respect and listen to one another. Sports, which combine physical activity and play, represent an important environment to intentionally build important skills such as teamwork and cooperation, empathy, and planning and problem solving — just to name a few. However, it is important to remember that the development of these skills requires intentional effort and a structured approach.

Working with the Harvard University Graduate School of Education, the Aspen Institute in 2019 identified the research base for the value of coaching for social and emotional skills. The findings from the initial research became *Calls for Coaches* with an easy-to-follow practice checklist.

1. Know  
every  
athlete's  
story
2. Establish  
a  
supportive  
team  
culture
3. Celebrate  
effort
4. Focus  
on  
the  
skills  
that  
matter
5. Be  
a  
role  
model
6. Be  
coachable
7. Join  
forces

The MICL has been asked to contribute pilot data to help develop the *Calls for Coaches 360 Measurement Tool*. This is a series of surveys that athletes, parents, and coaches complete to help gauge the frequency of coaching behaviors that support social and emotional development. All surveys are anonymous and the head coach will receive the results as a way to identify areas for improvement and additional training. If your team is interested in participating in this program, please email us.

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*Photo Credit: TC Screen Printing*

## Teen Trail Corps

Teen Trail Corps Resource Links:

[TTC Coaches Toolbox](#)

[NICA TTC](#)

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

### Teen Trail Corps Coach Leaderboard:

Give an extra high-five to our Coaches who also donate their time to building and maintaining MO trails!

Sharon Taylor Gullett (Springfield) - 22 hours

Damian Craig (SEMO) - 11.5 hours

Jenn Bradshaw (Warsaw) - 10.5 hours

John Fluty (Warsaw) - 10.5 hours

Mac Vorce (Warsaw) - 10.5 hours

Madison Davis (St. Joseph) - 9 hours



## **Steelville Bike Park Maintenance Day!**

### **Save the date!**

October 16th 9:30 AM - 12:30 PM

Steelville, MO

Help prepare the park for the new trail opening event in November!

Meet and greet with special guests from Backyard Trail Builds and OneMTB!

Hosted by Steelville Mountain Bike Collective and Gateway Off Road Cyclists



*Photo Credit: Flannery Allison*

## **GRiT Corner**



## **GRiT Taco Dinner at Binder Lake**

Saturday, October 8th at 5:30 PM

Join us for tacos and socializing at Race #4!  
Check TeamSnap for more details and to RSVP

## 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](mailto: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!**

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*Photo Credit: Flannery Allison*

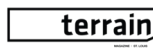
## See you at Race #4

Thank you for getting #MOKidsOnBikes!

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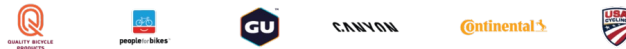
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