

## 2022 RESOURCES & SUPPORT FOR EFFECTIVE COACHING



*Photo Credit: Flannery Allison*

Dear Missouri NICA Coaches,

Congratulations on a successful 2022 season! We couldn't get #MOKidsOnBikes without all of YOU! We had a wonderful time at the events this fall - they were the icing on the cake of an incredible season. However, we recognize that the majority of NICA time is spent at team practices where students get the opportunity to ride with their coaches. Mountain biking is in a unique position in youth sports where adults participate alongside the student athletes by riding the same trails together instead of just standing on the sidelines giving directions. This creates challenges and rewards for coaches as you not only get to share in the fun, but also the vulnerability of riding alongside the athletes. Watching a coach's face during tricky trail features and enjoying the success, being motivated to try again, or returning another day right alongside the athlete is what makes NICA such an unparalleled opportunity for youth development. Thank you all for this meaningful investment of your time into our athletes, and for accepting this challenge to make a lasting impact on your student's lives.

We can't wait for 2023! Please reach out via email or TeamSnap anytime with feedback, suggestions and ideas for 2023. We plan to increase our range of coach

training offerings with even more clinics and events for both new and experienced coaches in 2023. Stay tuned for a **2022 Season Survey**!

Enjoy a well deserved break this winter!

**Annie, Chris and the MICL Team**



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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](mailto:info@missourimtb.org)



Photo Credit: Flannery Allison

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## 2022-2023 League Schedule

**11/6/2022** Last Day for 2022 Season Events!

**3/1/2023** Team and Coach Registration Opens

**4/1/2023** Student Athlete Registration Opens

### Tentative 2023 Race Schedule:

**8/26-27/2023** Race #1

**9/9-10/2023** Race #2

**9/23-24/2023** Race #3

**10/7-8/2023** Race #4

**10/21-22/2023** Race #5

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## November Coach Calls

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

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

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*Photo Credit: Raymore Composite*

## **Coach Spotlight: Chris Scott**

Coach Chris is the Head Coach of Raymore Composite in Kansas City

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

I was inspired to be an NICA coach when Chris M. came to a local Raymore bike shop a couple years ago. His passion and desire to get kids on bikes was infectious. He got my mind thinking and lit a spark that started to smolder in my mind and heart. I joined up with another future coach and we committed to the kids and NICA for at least two years to see where it went.

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

I have not been riding MTB for years and years like many coaches I have come across. In fact, I bought my first real MTB from a friend who was talking up riding about 5 years ago. It was a Cannondale Catalyst 4. I can remember taking it to Swope Park and riding around, with the breeze in my face, out in the woods, and the feeling of being free from the reality of life hooked me immediately. It was literally a breath of fresh air and I just thought, wow where has this been all my life. Then when Chris M. came along, the idea of sharing this experience with others was a no brainer.

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

I have now have lots of memorable experiences as I watch kids become better and better bikers. But seeing kids complete a race for the first time, after I had my own self doubt they could, has been very inspiring and motivating. There are a lot of kids that this is their jam, and I wonder what their jam would be if anything, if they weren't NICA racers.

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

"Foot down" without a doubt, the reason: the kids love it and often request it if there is



a spare moment. I enjoy it because it's easy to organize, takes no time to get started, and the most important is the same kids don't always win, giving opportunity and motivation for all to compete.

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

Tire Patches

**What is your favorite trail**

Hawk Ridge in Raymore

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

I wish I would have started sooner, but I know that ship has sailed and I'm looking back. I think experience is the number one way to develop skills. With experience comes confidence, which translates to speed and in this particular sport translates to better results if that is their goal.

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## Off-Season Guide



*Photo Credit: Flannery Allison*

## 2022 Season Wrap-Up

**All 2022 events must be complete before 11/6/2022!**

- Trail Rides to Enjoy the Fall Colors!
- End of Season

- Parties!
- Team Awards!

## Off-season Guidelines:

The off-season is defined as periods not within the applicable preseason and regular season periods. Organized team rides and races are strictly prohibited during the off-season. The following activities during the off-season will jeopardize a team or club's eligibility:

- A league team racing under any NICA Sanctioned team name;
- Using the NICA team jersey at races as a team;
- Having practices or regular meetings under the team name that organize activity for off-season training and racing;
- Using any league team

- property  
(tents,  
banners,  
etc.)
- Using  
the  
same  
league  
team  
website  
as  
an  
outlet  
for  
organizing  
off-  
season  
practices  
or  
racing.

NICA respects off-season non-league related racing activities. However, all off-season coaching activity must be done under a separately organized, insured, and named team. Teams found to be racing as a NICA team during the off-season will be ineligible to compete in League races the following season.

## Missouri League TeamSnap

The MICL league-wide TeamSnap account will remain active during the off-season. TeamSnap may be used to coordinate individual riding plans during the off-season as long as it is clear that these are non-NICA sanctioned events and thus not covered by NICA insurance. No off-season team-wide events are permitted.

**Please advise your communities to be extra vigilant about keeping our student athletes safe on TeamSnap.** Help monitor all communications and no one-on-one communication between coaches and student athletes at any time.





Photo Credit: Flannery Allison

## Online Coach Training

Are you anxious to level-up your coaching for 2023? Need to complete some courses to maintain your license? Do you want to break up the boredom of long, cold winter nights?

### NICA's Online Coach Training Platform is Available Year Round!

You must have been a registered coach in 2022 and have a Pit Zone login to complete off-season coach training courses. Log in and select the **Access Coach Courses** button.

Check out the **NEW** Coach training course available this season:

*NICA Adventure 1 - (2 CEUs) Quality Coaching with NICA Adventure*

### Winter is a great time to complete your First Aid and CPR training

Check out the [Red Cross](#) and the [American Heart Association](#) to find courses near you.

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## Teen Trail Corps



Photo Credit: Sharon Taylor Gullett

## Thank You for Making TTC Such a Success in 2022

### Teen Trail Corps Hours Count Year-Round!

Please track your hours this winter and log them in the Pit Zone in March

### Teen Trail Corps Final Coach Leaderboard:

- 1st: Jenn Bradshaw (Warsaw)
- 2nd: Mac Vorce (Warsaw)
- 3rd: Damian Craig (SEMO)

### Thank You to EVERY coach who contributed to #MO or #ILTrails!

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

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Photo Credit: Flannery Allison

## GRiT Corner

**Thank You to Everyone Who Made Our GRiT Program a Success in 2022!**

**SAVE THE DATE:** *GRiT GrownUps Retreat 2023* at Binder Lake 6/24/2023

For more information:

Email: [amanda@missourimtb.org](mailto:amanda@missourimtb.org)



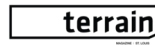
Photo Credit: Flannery Allison

**Thank You for Coaching!**

**Enjoy the Fall Trails!**



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