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SINGLE TRACK TIMES



2022

ALL THE DIRT THAT'S FIT TO PRINT

The 2022 Season Has Begun!

July marked the start of Missouri NICA's third season and we couldn't more excited to hit the trails! Last season, the league ended the year with 412 students and 204 licensed coaches. Already this season, our participation numbers have topped 428 students and 219 coaches statewide.

Our Mission is simple: To ensure every youth is empowered to be part of a thriving and engaged cycling community. We do this by providing high-quality, safe and fun mountain bike programs and events for middle and high school students that emphasize the value of participation, camaraderie, positive sporting behavior, and well-being over competition.

It's NOT too late to join and share in all the fun! Have an interested student athlete, grade 6-12? Reach out to contact your nearest team: [Missouri NICA Team Contacts](#). Interested in coaching or riding with your student in our league? Start [HERE](#)

In this edition of SingleTrack Times:

- * The MICL and Casey Saunders Foundation have joined forces for kids in need.
- * Student spotlight featuring Grady H. from the Metro East Composite Phoenix.
- * Calling all volunteers! Calling all yummy food trucks!

2022 is going to be such a memorable season. Grab your bike and let's go!

Enjoy reading,

Annie, Kerri & Chris

Associate League Directors

Missouri Interscholastic Cycling League



Photo Credit: Kerri Mileski

Our Core Values:



Lee's Summit Composite Sharks

Fun: NICA inspires friendship, joy, and adventure.

Inclusivity: NICA believes everyone should be able to participate in our programs and feel welcomed, respected and supported.

Equity: NICA is committed to fair treatment, equal access, opportunity, advancement and elimination of barriers to encourage participation for all.

Respect: NICA expects consideration for all others, oneself, and the outdoors.

Community: NICA unites diverse people, families and communities through cycling by creating fun and welcoming experiences.

2022 Missouri NICA Events Calendar:

Race #1 - **August 27th-28th** @ St. Joe State Park, Park Hill, MO

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

Race #3 - **September 24th-25th** @ Shawnee Bend, Warsaw, MO

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

Race #5 - **October 22nd-23rd** @ Two Rivers Bike Park, Highlandville, MO

For more information on upcoming coach clinics, GRiT rides, and other special events, check out our website: [Missouri NICA Website](#)



Photo Credit: Alex Noguera

Calling All Volunteers!

Volunteers Needed for Missouri Interscholastic Cycling League Races

We can't do this without you, and we appreciate you showing up to make race day a success.

[HERE](#) you will find a summary of the volunteer positions, as well as brief (4 minutes or less) videos describing what you will do on race day. Please take the time to watch your respective video. Not only will it prepare you for the big day, but it will get you super pumped! Additionally, sign your online participation waiver prior to arriving and save time at volunteer check-in. Save your emailed copy (it's best to take a screenshot since wifi can be an issue at mountain bike races) to show our volunteer coordinator on race day.

Want to join the fun and volunteer at one of our events? Email barbara@missourimtb.org if you're interested in helping out this season. You can also sign-up for specific roles at our individual races starting August 1st- [HERE](#). Hurry to get the good spots!

Thank you!

The Missouri Interscholastic Cycling League Partners with the Casey Saunders Foundation

Recently, the Missouri NICA League announced a strategic partnership with the Casey Saunders Foundation in an effort to get more kids on bikes across Missouri and the bi-state region. The Casey Saunders Foundation supports youth interested in cycling who show a commitment to those characteristics that Casey was known for: humility, hard work and helpfulness, all with a sense of humor.

The Casey Saunders Foundation has donated \$10,000 to Missouri NICA so the league can provide scholarships, bikes, and equipment to youth-in-need. We are so excited to provide kids the opportunity to experience the joy and life-long benefits of mountain biking!

Do you know a student in need that wants to participate in our league? Apply for a scholarship [HERE](#)



Photo Credit: Tri Lakes Composite

NICA Handbook: Coach, Parent and Guardian Rules

Let's Make the 2022 Season Fun and Rewarding for Everyone!

RULES REMINDER:

Coaches and parents are the motivating force that encourages NICA student-athletes to do their very best to attain their race goals at every race. They also serve as ambassadors and role models and are expected to abide by the NICA Adult Code of Conduct. Here are some of the Coach, Parent and Guardian Rules as outlined in the NICA Handbook:

3.1 HELMETS

All coaches, parents, guardians, and team assistants must comply with all helmet rules at all team practices, team events, and League races. In the event a parent, coach or other assistant is seen riding without a helmet, a 25-point penalty will be applied to his or her team's score at the race where the infraction occurred.

3.2 POSITIVE SPORTING BEHAVIOR

3.2.A It is required that all coaches, parents, and guardians demonstrate respect for and deference to the person and the decisions of the League officials as it relates to sporting behavior of student-athletes, themselves, and other League officials. A failure to exhibit respectful behavior may result in restrictions imposed on the coach, the parent, or a student-athlete's participation in the League. League officials have complete and total discretion for the implementation of the rules, especially in regard to sporting behavior.

3.2.B Coaches, parents, and guardians will also display mature and positive behavior during every event and in all interactions at all times with student-athletes, other parents, other coaches, and League officials. Coaches, parents, and guardians are role models to student-athletes, and must demonstrate a fair and calm response in the face of protests, complaints, conflicts, or emergencies. Coaches, parents, and guardians are expected to be focused on helping student-athletes develop positive character traits, learn life lessons, and grow into healthy young adults.

3.4 RIDING AND SUPPORT ON THE COURSE

3.4.A For purposes of safety and fairness to the participants, the following rules must be observed by all parents, coaches and all other persons in attendance, other than racers during their race:

No riding on the course.

No running or riding alongside the course or alongside a student while they are racing.

No providing food, water, or support outside of the feed zones.

3.4.B **A violation of this rule will result in an orange level penalty against the team that the League Director determines to be the intended beneficiary of such action.

First Offense: 25 point penalty deducted from team score on race day

Second Offense: 50 point penalty deducted from team score on race day

Student Spotlight: Grady H. (8th Grade), Metro East Composite Phoenix



Photo Credit: Flannery Allison

What attracted you to join NICA and the Phoenix?

I started riding in road and cyclocross and always enjoyed mountain biking but didn't have a lot of skills in that area. Joining the team really increased my skills quickly and it's been really great to have teammates my own age to learn together.

What was your favorite NICA experience?

I really like playing bike soccer with my coaches and teammates. It's a super fun game that also teaches us bike handling and balance while we play.

What is the funniest thing your coach ever said to you or the funniest thing you ever saw at practice?

We were learning front wheel lifts and we were supposed to jump over rubber chickens. Once we got the skill down we had more fun jumping on the rubber chickens than over them. It was pretty funny.

What bike do you currently ride? What's your dream bike?

A Specialized Chisel with a dropper post. Any bike I'm riding is my dream bike!

Which mountain bike rider(s) inspire you and why?

Honestly Coach Bri. She is a fun person and so positive to be around. She has a

strong work ethic that pays off with her races. Plus I really like how she coaches us in a way that we can understand.

What is your favorite ride food?

I call it “snot” because it’s runny and slimy but its technically called SIS gel (orange flavor). It helps give me more energy to keep riding when I’m starting to feel tired on long rides.

What is your favorite post-ride snack?

Whatever is in the fridge and lots of it!

What is your favorite flavor of ice cream?

Cookie Dough ice cream in a dish, if you add toppings you ruin it!

What are your goals for the 2022 season?

I want to get better and faster but specifically I want to be able to do a rear wheel lift. I learned how to do it but I can’t pull it off quite yet.

We All Contribute to NICA Safety Reporting

Did you know minimizing potential for injuries is our #1 safety goal in NICA?

To help achieve this goal, NICA and the University of Utah Department of Sports Medicine have partnered to establish [NICA Safety Reporting](#).

In tracking the activities and injuries of over 1100 NICA teams, NICA Safety Reporting contributes to the largest single-sport injury study in the world.

To learn more about safety reporting and when to notify your team’s coaches about injuries, please take a moment to review the [Safety Reporting Student Athlete and Parent Brochure](#)



Photo Credit: Sharon Taylor Gullett

Don't Forget About Our 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.

Teen Trail Corps July Challenge:

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

Steps:

1. Choose one of the IMBA ride vibes and create a demonstration reel on YouTube, Instagram, or TikTok.
2. Send your reels to 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!!

Calling All Food Trucks!



The "Lunch Lady" aka Chris Farley

Did you know that Missouri NICA race days attract almost 700 riders, staff, volunteers, and spectators? And nothing goes better with mountain biking, community, and being outdoors than delicious food trucks!

If you own a yummy food truck or know someone that does, send them our way for our late summer and fall events (see the schedule above). Contact chris@missourimtb.org

Stay in the Know...

www.missourimtb.org

Stay up-to-date with all the latest league news by following us on [Facebook](#), [Instagram](#) and [YouTube](#). Questions? Don't hesitate to reach out by email: info@missourimtb.org

For more information on GRiT (our Girls Riding together program), visit our [Website](#), [Missouri GRiT Facebook Page](#), or email our GRiT coordinator Amanda: amanda@missourimtb.org

See You on the Trails!



Photo Credit: West Plains Composite

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