



HIGH SCHOOL MOUNTAIN BIKING

For School Administrators





OUR HISTORY

WE ARE PART OF THE NATIONAL INTERSCHOLASTIC CYCLING ASSOCIATION



NICA is a 501(c)3 Non-Profit Organization founded in 2009

NICA facilitates the development of youth cycling for grades 7th-12th nationwide by providing the licensing, training, and insurance to our coaches, teams, and volunteers.

WE ARE ONE OF MANY LEAGUES

“Coast to Coast by 2020”



NICA HAS STRONG PRINCIPLES

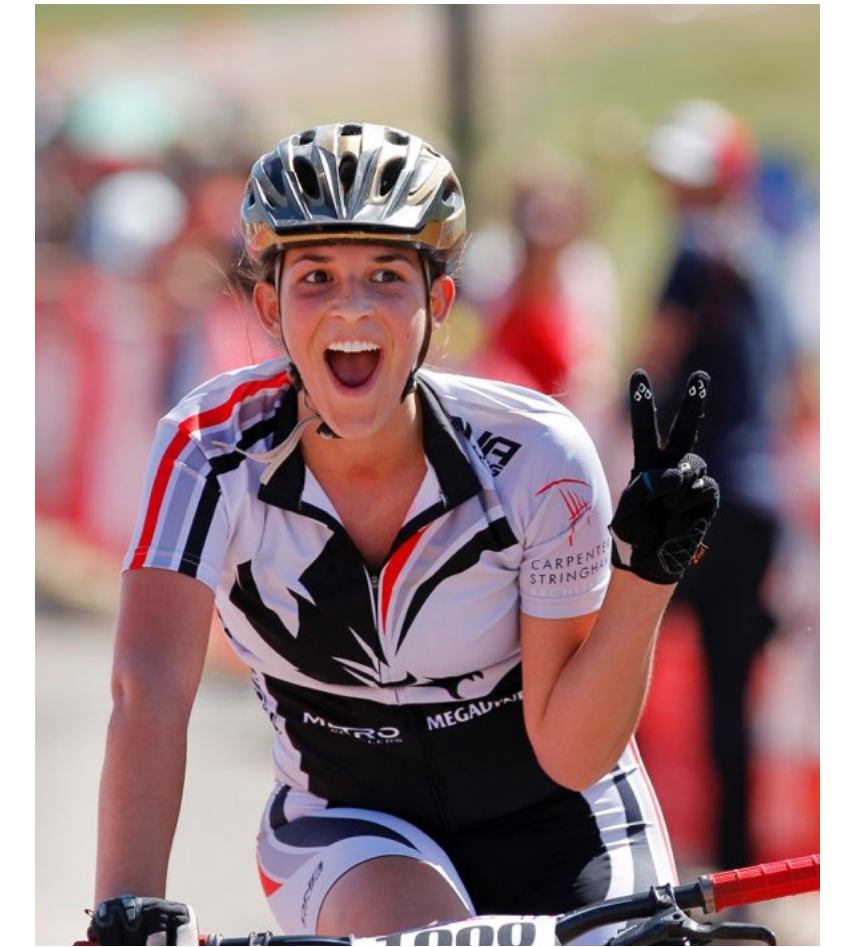
Cycling is about lifelong health, not just today's win.



Strong Body



Strong Character



Equality



Strong Mind



Inclusive

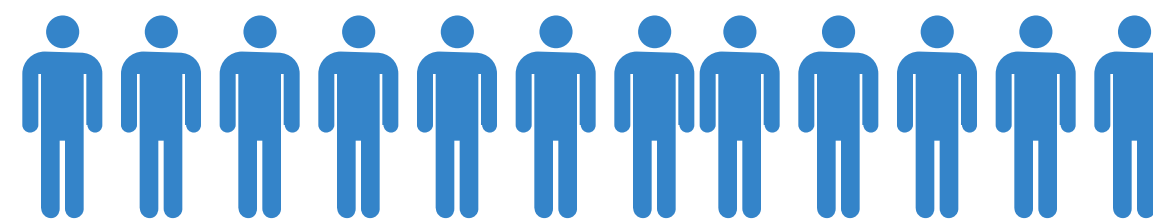
WE ARE

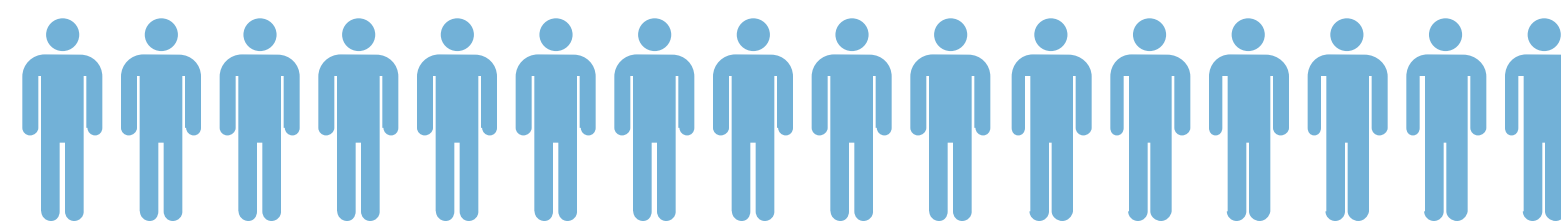


In 2012 we start as NICA's largest 1st year league.

 28 TEAMS

 100 COACHES

 235 RACING STUDENTS

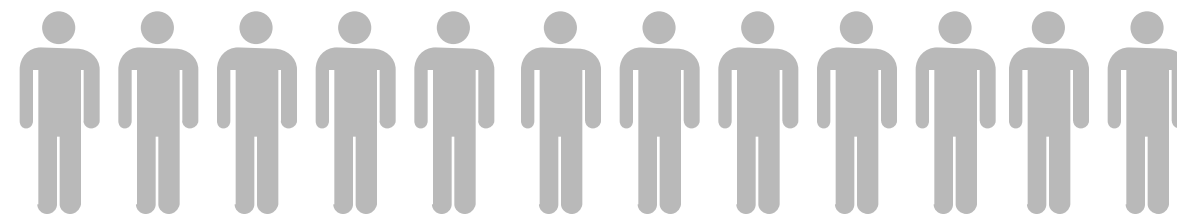
 320 REGISTERED STUDENTS

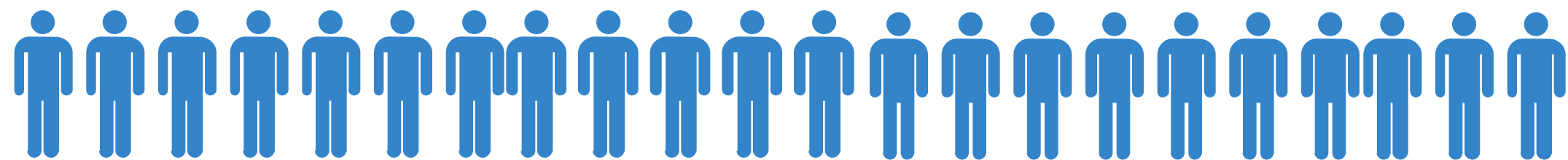
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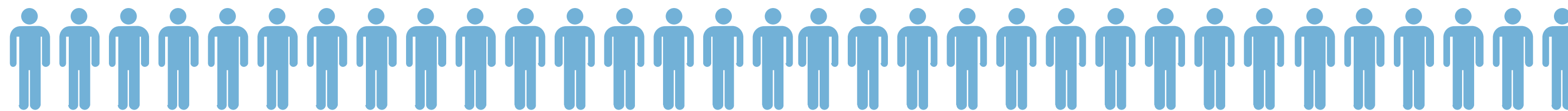


In 2013 we double in size.

 41 TEAMS

 240 COACHES

 455 RACING STUDENTS

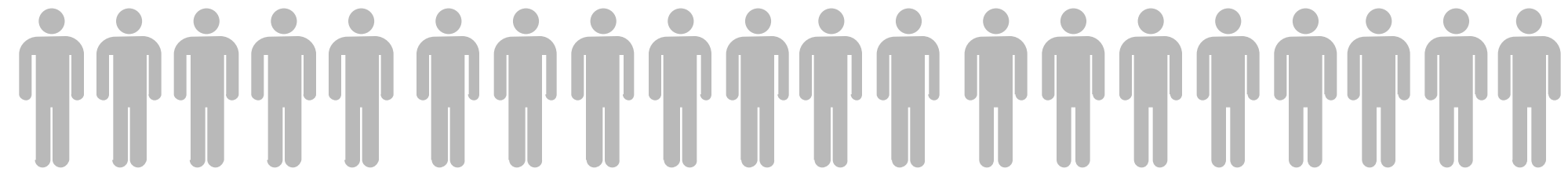
 641 REGISTERED STUDENTS

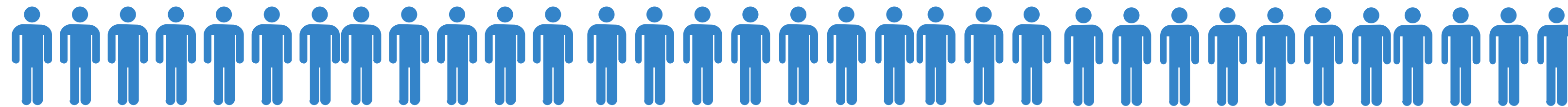
WE ARE

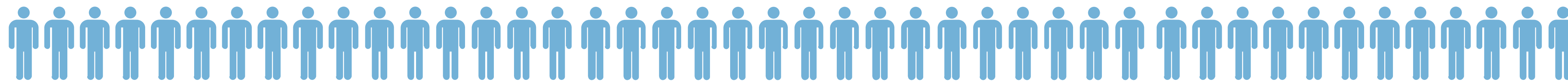


In 2014 we become NICA's largest league and start a Middle School program

 63 TEAMS

 392 COACHES

 455 RACING STUDENTS

 877

REGISTERED HIGH SCHOOL STUDENTS

 191 REGISTERED MIDDLE SCHOOL STUDENTS



OUR VISION

**TO ENABLE EVERY UTAH TEEN TO
STRENGTHEN BODY, MIND, AND
CHARACTER THROUGH THE LIFELONG
SPORT OF CYCLING**

Here's how...

WE PROVIDE GREAT EXPERIENCES

Everyone participates at our races. Everyone is cheered and nobody is benched.

RACES

PRACTICES

Teams recruit and ride for fun in May and June then start Season Training in July. Coaches can hold 2 to 4 practices per week.

CLINICS

Skills training allows for safer, better, and more enjoyable riding for students. We offer clinics for all abilities.

NICA camps are held across the country and introduce students to pro-cyclists and the lifelong aspects of cycling.

CAMPS

FRIENDS

Students make friends on their own team and on other teams. We believe in camaraderie over competition.

We encourage environmental awareness and involvement through trail-building and maintenance efforts. All our rides are in the great outdoors.

OUTDOORS



WE HAVE POSITIVE COACHES

Professionally Trained



- Skills Instruction
- Team Management
- Working with Teens
- Nutrition
- Risk Management

Licensed & Insured



- Mandatory Background Checks
- Wilderness First Aid and CPR
- Mandatory Skills Training
- Annual Leader's Summit Camp
- CDC Concussion Certification

Supportive



- Promote Core Principles
- Camaraderie over Competition
- Positive Coaching Alliance Training

WE ARE INSURED THROUGH NICA

All registered teams, coaches, volunteers, and student athletes are covered.

General Liability for Clubs

Schools can be added as additionally covered

- \$1,000,000 Each Occurrence
- \$2,000,000 Aggregate/Club
- \$500,000 Each Claim - Sexual Abuse and Molestation
- \$500,000 Aggregate Limit

Event Coverage

Practices, activities, camps, trainings, and races

- \$1,000,000 Each Occurrence
- \$2,000,000 Aggregate per Event
- No Annual Aggregate

Accidental Medical

- \$25,000 Each Person – Excess Accidental Medical
- Deductible: None
- Accidental Death: \$10,000
- Volunteer Coverage

McKay Insurance provides this policy for the League.

Dan McKay (President) has been working with IMBA since 1995 to protect mountain bike clubs from liability concerns. Since then, he has become an expert on all matters of bicycle liability and is recognized as a supporter of trail advocacy efforts nationwide.

OUR IMPACT



OUR PROGRAMS IMPROVE LIVES



We fill a niche for students whose needs were not met in traditional school sports and get kids **outside**.

We welcome and support **diversity** in disability, ethnicity, gender and orientations, and skill level.

We promote **health & fitness** in teens & their families, and improve focus and **academia** in our riders.

We create **economic benefit** to communities hosting races and promote trail-building efforts and environmental awareness in students.

In 2014, our students and volunteers did more than 3000 hours of volunteer work in their communities.

WE ARE 63 TEAMS & GROWING

Including the largest team in the country
Corner Canyon High School





MEET ASHLEY BATES

Sophomore at Kearns High School

Finished the 2014 season on a **league donated bike.**

Sponsor Scholarship Funds helped her with fees and equipment.

Her ADD and poor vision can create extra challenges during races and though coming in last place, she always **feels like a champion**

Our programs have made a difference in her life.

A group of mountain bikers is riding on a dirt trail through a hilly, forested landscape. The riders are wearing various colored jerseys and helmets, and some have race numbers on their backs. The background features rolling hills with sparse trees and a clear blue sky. The overall scene is bright and sunny.

FAQ

WHAT DOES IT COST?

We offer scholarships and “loaner” bikes to students in need.

Student Fees & Registration

- \$50 League Registration Fee
- \$45 per race (5 races = \$225 total)
- Other Team fees set by coach (for uniforms, etc.)

Equipment & Travel

- Cross-country mountain bike*
- Safety equipment (helmet, gloves)
- Travel to races (many families camp at race sites)

*Students also get access to our Sponsor Benefits such as discounts on new Scott Bikes and gear.

WILL THE KIDS BE SAFE?

Cross-country mountain biking is not the extreme biking you may have seen on TV. NICA promotes a systematic approach to proactively manage the risks associated with our sport.

Injuries do happen, but our coaches and staff are trained and prepared to handle any situation that may occur and our injury statistics are lower than most traditional school sports.

Is my school liable?

No, NICA is liable and has comprehensive insurance covering all coaches, teams, students, events, volunteers and staff.

Who is working with the students?

All our Coaches and Ride Leaders are licensed and trained by NICA and who have all passed background checks.

WHAT IS THE TIME COMMITMENT?

We hold 4-7 Saturday races per season for High School and 3 Friday races for Middle School.

Coaches are limited to the number of practices and activities per season and typically have a few practices per week between May and the end of the season.

Depending on race location, students may be required to travel and stay overnight. Our race sites typically include a few races in Northern Utah, a race in Moab, and our State Championship race in St. George. Students may also travel out of state for clinics.

Are there tryouts?

No, everyone gets to participate and no student is benched.

Will it interfere with school?

No, our program usually improves students' participation in school. We require a minimum GPA for all students to participate.

OUR TEAM APPRECIATES YOUR TIME!



Spencer Shaffer
Board President
President and CEO of Myelin Resources, a national professional and executive search firm.



David Bailey
Board Vice President
Founder & owner of Destination Homes.



Lori Harward
Executive Director
League founder and director.



Dave Harward
Development Director
Owner of Plan7 Endurance Coaching. Licensed USAC Level 1/ Elite Coach and full-time coach for eight years.

Board of Directors

Daren Cottle Treasurer. VP & CFO of Jas.D. Easton, Inc.

Scott Nielson VP of Engineering at ENVE Composites.

Steve Miller President of Miller Sports Properties. President Tour of Utah

Jeff Gooch Founder & Owner of the Gooch Firm, PC.

Sarah Kaufman Pro cyclist Stan's NoTubes, and coach with Plan 7.

Tyler Toone Web Manager, Canyon's School District.

Jay Burke Owner Snow Chicken Brand Communications & PCP2P race.

Evan Hyde Coach of Park City Team.

(top left to bottom right)



A silhouette of a cyclist on a mountain bike is the central focus, positioned against a backdrop of a sunset sky with scattered clouds. The cyclist is wearing a helmet and is leaning forward on the handlebars. A red banner with the word 'SPECIALIZED' printed on it stretches across the middle of the frame, partially obscuring the cyclist. The scene is set on a dark, silhouetted hillside. In the background, other cyclists can be seen as small silhouettes on the slope. The overall mood is serene and celebratory.

THANK YOU!

All photos courtesy Steve
Wilson Photography