



NICA

Coach Information

Grove City Composite Mountain Bike Team Fall 2021 Season

Welcome to our first Grove City Composite Mountain Bike Team Meeting! This team is open to any student in grades 6-12 in the 2021/2022 school year. Our team philosophy is to have fun and to learn and grow as student athletes through mountain biking! There are no tryouts. Everyone rides no matter his/her ability and skill level. Racing is optional and not required to join the team.

GCC MTB competes in cross-country style racing, based on National Interscholastic Cycling League standards (www.nationalmtb.org), starting in the fall. Cross-country requires a broad range of skills to ride up and down mountain bike trails. Team members will develop both technical skills and improve their fitness through cross-country riding. Our team's activities are focused upon preparing for and racing at NICA-produced cross-country mountain biking events only. We do not participate in "gravity" or downhill/enduro style events.

GCC MTB coaches and ride leaders receive background checks and are trained per NICA standards in concussion awareness, risk management and first-aid.

Practices: Pre-season practice will start in June. Practices will be 2 times a week. Days and times to be determined. This can be determined based on Coach availability.

Certifications:

Level 1: Coach Role- General Volunteer, assist other coaches, corral students, trail ride sweep

Level 2: Coach Role- Ride Leader, Assistant Coach, lead skills groups

Level 3: Coach Role- Head Coach, Assistant Coach, leader, helps to plan practices and activities

Fees: Coaches Pass is \$88. This covers NICA Support and insurance, Background check, and certification costs. Level 2 and 3 coaches all need to attend the On the Bike Training 101 scheduled for the weekend of June 19. (\$40)

Fees applicable for First Aid and CPR training.

Equipment: Student Athletes need to have his/her own mountain bike and are required to wear helmets and closed-toe shoes when riding. Gloves and sunglasses are highly recommended. Riders must carry their own spare tube, mini-pump, water and a jacket at all practices. Each rider is responsible for having and maintaining his/her own mountain bike. We strongly encourage every rider to establish a relationship w/ a local bike shop for bike tunes, equipment maintenance and questions. This would be ideal for coaches as well.

Required equipment:

- Helmet. Consider a MIPS helmet if possible.
- Flashing red tail light
- Mountain bike
- Gloves and eye protection (recommend generic sport glasses under \$10)

Race Dates

August 28-29 - John Bryan State Park (Yellow Springs, OH)

September 11-12 - Baileys Trail System (Chauncey, OH)

September 25-26 - Chestnut Ridge Metro Park (Carroll, OH)

October 9-10 - Camp Tuscazoar (Dover, OH)

Mechanic Clinics

There will be opportunities to sign up for a shop time at Heritage Cycles to tune up your own bike! This is the perfect opportunity to learn how to take care of your ride and be able to make adjustments as needed.

Questions?

The coaches are here to help! Please do not hesitate to reach out to the team director if you have questions about coaching and what is involved! There can't be too much help!

Head Coach contact info:

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