



National  
Interscholastic  
Cycling  
Association



## SoCal League

## NorCal League

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Interscholastic  
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“It’s time to harness the public’s passion to  
create the trail stewards of tomorrow”

– 2016 Conference Theme



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## Who are we?

- \* 501(c)3 non-profit organization under NICA
- \* Regional governing body for middle & high school cross-country mountain biking
- \* We provide racing, camps, coach training, team building mentorship, and insurance.
- \* NorCal founded 2001 / SoCal founded 2008
- \* 17 NICA leagues with student-athlete programming in 2016.
- \* 19 with programming in 2017.

# Who is NICA (Our Parent Organization)?

## National Interscholastic Cycling Association (NICA)

501(c)3 Youth Development Non-Profit Organization

National Governing Body for grades 6-12 inter-scholastic mountain biking.

NICA finds and supports local leaders to create and support chapter leagues within specific geographic regions across the US.

NICA provides start-up grants, comprehensive programs, resources and staff support for league start up and ongoing operations.

## NICA Vision

Enable every American teen to strengthen body, mind and character through participation in the sport of mountain biking.

## NICA Mission

NICA will bring “High School Mountain Biking Coast to Coast by 2020!”



JV Boys podium at race #1, February 2015. –Photo credit Gearworx

# NICA's Five Core Principles

**NICA's Five Core Principles** are fully integrated into **SoCal League** programs:

**Inclusive:** All student-athletes are encouraged to participate. No one is “benched.” If you play by your team’s rules you have a spot on the SoCal League start line for all series races!

**Equal:** All student-athletes are treated equally. Team scores are a combination of male and female points (high school teams are coed) with both genders scoring the same.

**Strong Body:** Improving fitness and wellness are at the center of NICA training and education. *\*95% of NICA student athletes reported that their health and physical **fitness improved** when they joined a NICA League.*

**Strong Mind:** NICA student-athletes are students first. *\*More than half of NICA's Student-Athletes have a 3.5 GPA or higher, 85% will go to a 4-year college or university, and 1/3 reported academic improvement when they joined a NICA League.*

**Strong Character:** NICA programs and leadership teach student-athletes to work hard, respect others and give back to their teams and communities. *\*Most teams do trail or other work projects every year. Teams are encouraged to pair with their local IMBA chapters.*



# SoCal League History

**1998**

Matt Fritzing, a math teacher at Berkeley High School at the time, started a mountain biking club with just 4 student-athletes.

**2000**

Matt organized and produced a race series with teams from 4 local high schools competing. The NorCal League was born and had its first race series in the spring of 2001. NorCal became the forerunner to SoCal, NICA, and all the NICA leagues.

**2008**

The movement spreads and the **SoCal League** is created.

**2009**

The **SoCal League** has its first race series in the spring and 106 student-athletes participating on 14 teams.

NICA (National Interscholastic Cycling Association) was formed to take high school mountain biking “Coast to Coast by 2020.”

**2014**

The **SoCal League** introduced a middle school program.

**2015**

The **SoCal League** had over 800 student-athletes on 65 teams. NICA had over 7500 student-athletes participate in 14 leagues.

**2016**

The **SoCal League** has 950 student-athletes on 63 teams! NICA expects close to 10,000 student-athletes participating in 17 leagues including (in the order they began) NorCal, SoCal, Colorado, Texas, Utah, Minnesota, New York, Tennessee, Arizona, Georgia, Wisconsin, Virginia, Alabama, Idaho, Nevada, Pennsylvania, and Arkansas.



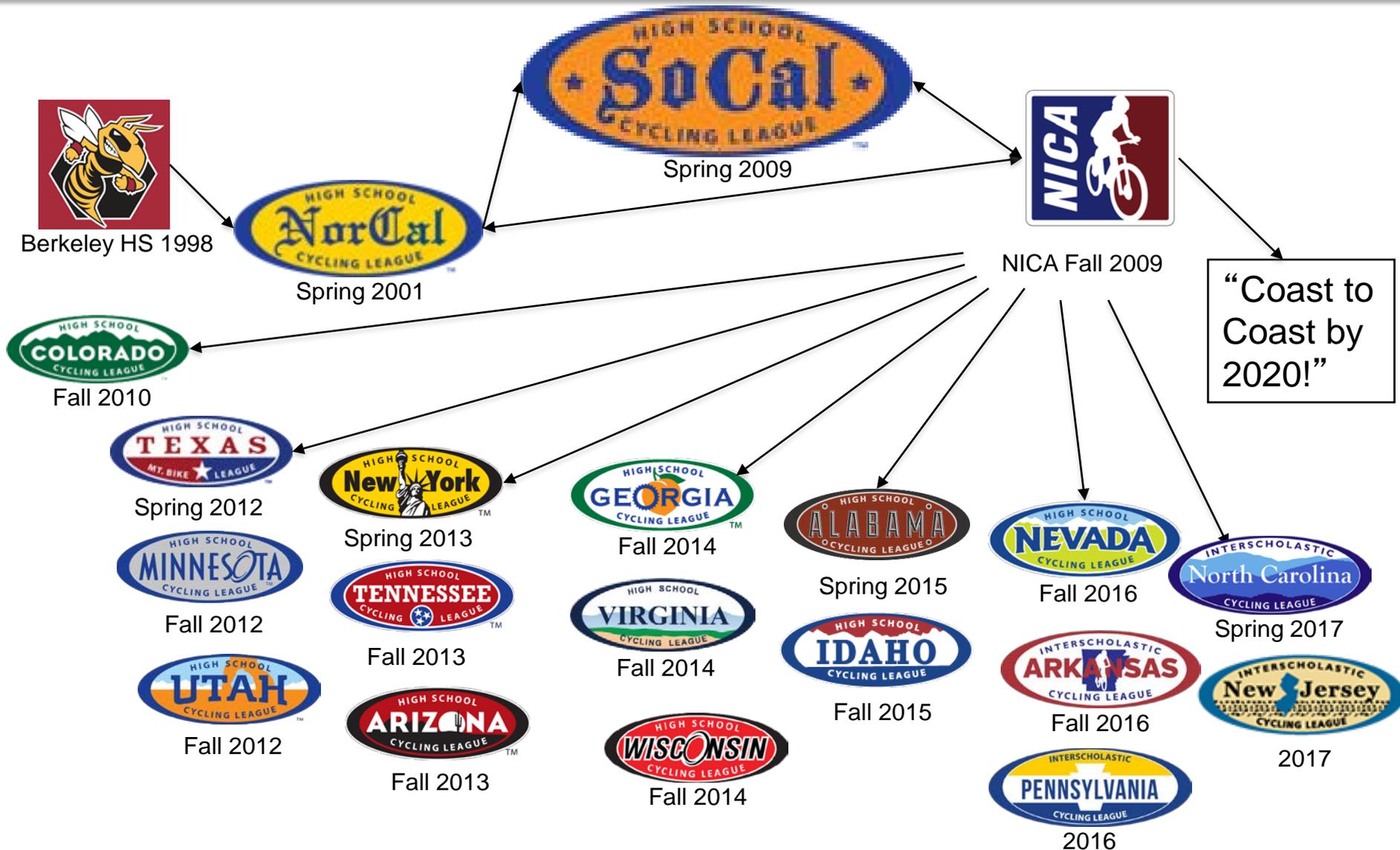
*NorCal/NICA Founder, Matt Fritzing*

***“This isn’t just another racing program. This is in our schools. It’s a cultural shift, cycling in the mainstream.”***

*-NorCal/NICA Founder, Matt Fritzing*



# How SoCal and NICA Relate



*Teams and individuals from adjoining areas may participate in a nearby league.*

# The NICA Way



The NICA way is based on over a decade of proven leadership, governance and programmatic support to promote the creation, development and sustained operation of High School Mountain Biking Leagues.

## National Interscholastic Cycling Association

NICA creates and supports affiliated chapter Leagues within specific geographic regions across the US.



## NICA Leagues

NICA Leagues, led by a League Director, produce races, camps, outreach and special events to support the development of new coaches, teams, and student-athletes.



## NICA Coaches

NICA Coaches create teams integrated within high schools and provide mentoring, instruction, training schedule, and race support for it's student-athletes.



## NICA Teams and Clubs

NICA Teams recruit, train and support the development of student-athletes to participate on the team and compete in the League.

## NICA Student-Athletes

NICA Student-Athletes learn the skills and discipline of riding, training, teamwork and giving back; strengthening body, mind and character in the process.



## NICA Families

NICA Families are supportive of their child's participation and become passionate about riding as well with 61% of Dads and 37% of Moms reporting that they had started riding again.



NICA Leagues

NICA Coaches

NICA Teams and Clubs

NICA Student-Athletes

NICA Families



# Training (Coaches and Riders)

## Leader's Summit (Primary Coach Training)

The Leaders' Summits are an integral part of the NICA model for high school mountain bike programs. The summits bring together head coaches, assistant coaches, ride leaders, and parent volunteers — both new and experienced — to develop skills and knowledge, share strategies, and build community. The conferences promote a holistic approach to coaching that creates an environment in which young people can grow and thrive. They also provide opportunities for participants to learn all about the league structures and processes, how to start a mountain bike team, how to work with their schools, issues related to liability, skills and drills technique and instruction, and the unique intricacies of working with high school cyclists. 16 Hours.

Attending a NICA Leaders' Summit is a requirement for obtaining a NICA Coaches License at the level of Head Coach or Assistant Coach.

## Wilderness First Aid for Mountain Bikers

Being able to manage risk is a critical skill for all NICA coaches. One way to manage risk is to be able to calmly, competently, and appropriately respond to any injuries or illnesses that may occur on the trail. The SoCal League offers certified WFA-MTB+CPR courses each fall/winter. 16 Hours + CPR.

Attending a Wilderness First Aid class is a requirement for obtaining a NICA Coaches License at the level of Head Coach or Assistant Coach while Basic First Aid is a requirement for a Ride Leader License. Additionally, CPR is a requirement for Head and Assistant Coaches and Ride Leaders and completion of the CDC "Heads Up" Concussion course is a requirement for all coaches.

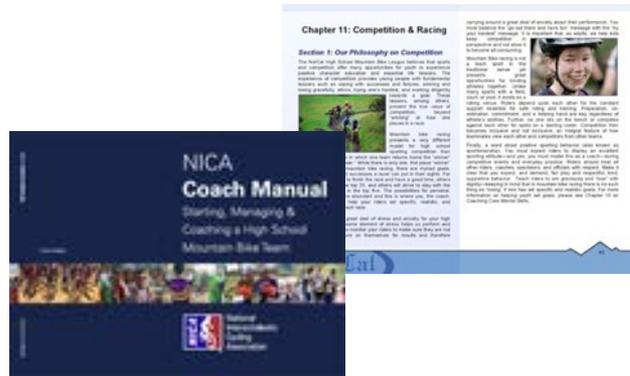
## Rider Camps & Clinics

For many student-athletes, mountain biking is a new sport. Even experienced riders can learn something new at a NICA rider camp or clinic, which emphasizes proper skill, technique and a healthy approach to riding and racing. Licensed coaches and assistants provide spot-on training for students of all skill levels, and in some cases a girl's-only camp is held to encourage our future women to let their natural abilities flow. In season new rider clinics through out of season summer camps.



# Coaching

**NICA Leagues provide comprehensive resources, education, licensing programs and insurance for coaches, assistants and ride leaders**



- Background checks
- Wilderness First Aid & CPR
- Risk Management
- Positive Coaching
- Skills & Drills Training
- Annual Leaders Summit



# California Leagues 2016



- 1000+ students
- 68 teams
- 200+ coaches



- 950+ students
- 63 teams
- 200+ coaches



# Schedule

## Fall

- League Leaders' Summits
- League Wilderness First Aid Trainings
- Registration begins Oct 1<sup>st</sup>
- Team pre-season activities Oct 15<sup>th</sup>-Nov 30<sup>th</sup>
  - *skill and mechanical clinics and fun rides*

## Winter

- Team regular season training may begin Dec 1<sup>st</sup>
- League new racer clinics

## Spring

- Race season is end of February through mid-May
- State Championships mid-May
- Team activity concludes end of May

## Summer

- League summer camp

## Year Round

- Teams may form, recruit, and plan for the upcoming season but no team on bike activities outside of season (Oct 1<sup>st</sup> through end of May)



# SoCal LEAGUE: Student-Athletes

## SoCal League Student-Athletes

Student-Athletes are at the core of all NICA/SoCal programs. NICA/SoCal provides student-athletes with comprehensive programs and resources to foster the development of young riders and transform them into lifetime cyclists.

Student-athletes in grades 6-8 may participate in the middle school program. Student-athletes in grades 9-12 may participate in the high school program.

Student-athletes may participate as part of an “official” school program (affiliated with a school as a “team” or “club”), an “unofficial” school program (drawn from a single school but with no official affiliation), a composite program (drawn from a variety of schools in a set geographic area), a home school program (made up of home school students in a set geographic area), or independently (if no team is available in their area).

**No bench!!! If a rider is in good standing with their team they have a spot in our series!!!**



*SoCal high school student-athletes race on average 4 times per year.*



*Sportsmanship is stressed throughout our programs.*

*99.5% of student athletes reported that they expect to ride the rest of their lives.*

*97% Of non graduating student athletes will race again next year.*

*Nearly ¼ of student athletes are female.*

*Source: NICA 2011 League Participation Study*



# Practice & Skills

**Practice schedule is determined by coaches within NICA training limit guidelines.**

- Usually 2-3 times a week after school and once on the weekend.
- Usually 7-10 hours per week.

## **Skills development**

- Riders of all levels are welcome and encouraged
- Focus on safe bike handling skills
- Fitness training
- Progressive



# Racing!



## Yes! We race!

- 5 race high school spring series and 4 race middle school spring series.
  - Individual and Team (coed scoring) Awards
    - Frosh, Soph, JV, and Varsity



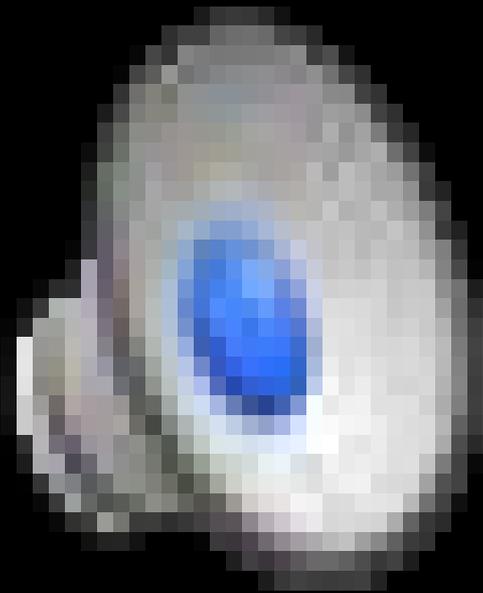
# But HERE is What you REALLY Want to See!



Local teams  
*Have the numbers*  
+  
Local trail groups  
*Have the expertise &  
contacts*  
=  
**Wins all around!**

*SoCal: Simi Valley & Calabasas at work!*

*-Photo credit Steve Messer of CORBA*



# Pairing Up Makes Sense!

- Our kids and coaches are not trail experts!
- They ARE taught that trails don't build/maintain themselves!
- Coaches/riders DON'T KNOW THAT some trail users DON'T work!!!



*NorCal: Drake & San Domenico at work*  
*-Photo credit Marin County Bicycle Coalition*

# Who Brings What?

## *Trail Groups Bring:*

- Information on trails
- Trail etiquette training
- First reporting of access issues
- Access to trail and land managers
- Building/maintenance expertise
- Tools!

## *Teams Bring:*

- Expanding base of responsible trail users
- Maintenance/build volunteers
- Public support for access issues
- The future!

# Incentives & Rewards



*SoCal: Fire+Flooding=Opportunity in Tujunga!*

*-Photo credit Steve Messer*

- Community service hours
- Students get parents involved
- Keep it fun!
- “Adopt a trail” they ride
- Provide recognition



# Teen Trail Corps

## Teen Trail Corps



ABOUT

BECOME A TEEN TRAIL CORPS CAPTAIN

COACH INSTRUCTIONS

IMBA TRAIL CARE CREW

RESOURCES

SLOWMO BRO

HOW TO PARTICIPATE

SPEAK

BUILD

RESPECT

RIDE

ADVOCACY TRACKING FORM

Photo credit: Jordan Carr

[www.TeenTrailCorps.org](http://www.TeenTrailCorps.org) #TeenTrailCorps [www.facebook.com/TeenTrailCorps](http://www.facebook.com/TeenTrailCorps)



# Teen Trail Corps

4 Tenets

**Speak**

4 Activities

**Build**

4 Activities

**Respect**

4 Activities

**Ride**

4 Activities

Teen Trail Captain Award



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# QUESTIONS

??????



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*We look forward to working with  
you!*

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