

# 2018 GREAT VALLEY COMPOSITE MOUNTAIN BIKE TEAM



INTERSCHOLASTIC CYCLING  
IN PENNSYLVANIA



# INTRODUCTIONS



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- ASSISTANT COACHES/VOLUNTEERS- CHAD SINDACO, TIM CASEY, BEN JAMES, STEPHEN PLOURDE, CREIGHTON GUBANICH, MARK HINCKLEY, MIKE MOUNCE, SHIVA KAPSI, DON KACZMAR, SEAN WEINBERG, SCOTT SNYDER

# INTERSCHOLASTIC CYCLING IN PENNSYLVANIA

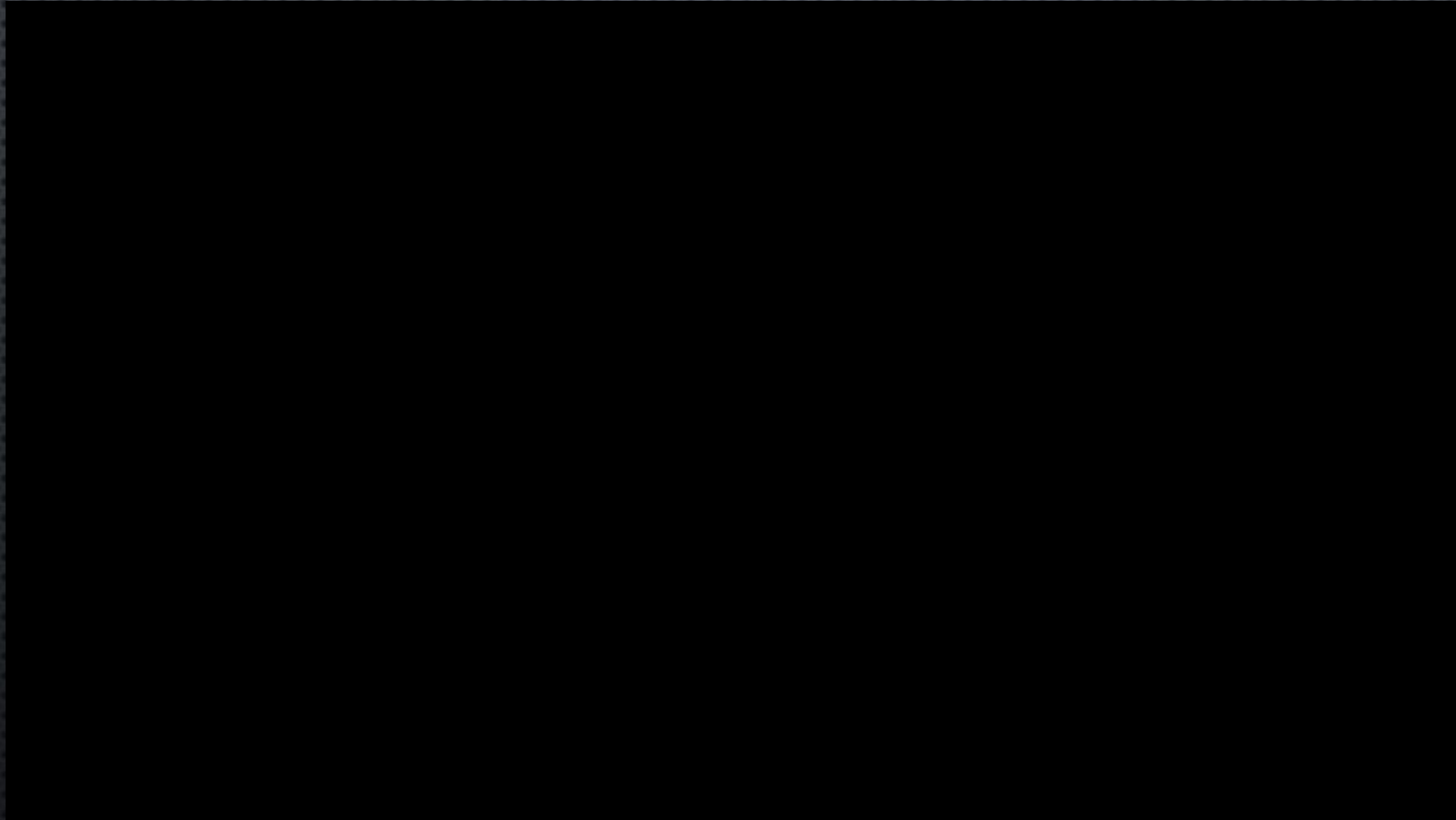
2016 was the inaugural season for interscholastic cycling in Pennsylvania!! This season is PA's second season.



The Pennsylvania Interscholastic Cycling League (PICL) was established in 2014 and will function under the governance of the National Interscholastic Cycling Association (NICA) which was founded in 2009.

# WHAT IS INTERSCHOLASTIC CYCLING?

This video, provided by the Virginia High School Cycling League, serves as a nice snapshot of interscholastic cycling. (must be in presentation mode for video to play, or click on link below)



Direct link to the video: <https://www.youtube.com/watch?v=XqdnXxxVATY&feature=youtu.be>

# NATIONAL INTERSCHOLASTIC CYCLING ASSOCIATION

Founded in 2009, the **National Interscholastic Cycling Association** (NICA) develops interscholastic mountain biking programs for student-athletes across the United States. NICA provides leadership, services and governance for local leagues to produce quality mountain bike events, and *supports every student-athlete in the development of strong body, strong mind and strong character* through their efforts on the bike.



- There are nineteen leagues in eighteen states across the country.
- As of September 2015, NICA has just over 3,000 coaches who are working with nearly 7,500 student-athletes from 522 high schools in the USA.
- NICA's vision is to develop interscholastic mountain biking coast-to-coast by 2020, with participation by 20,000 student athletes.



# PENNSYLVANIA INTERSCHOLASTIC CYCLING LEAGUE



**The Pennsylvania Interscholastic Cycling League (PICL)** is a non-profit 501 (c)3 NICA Project League. The league was organized in 2014 with the goal to provide fun, safe, and competitive mountain biking opportunities for middle (grades 7-8) & high school students in the Commonwealth.

Regardless of ability level, the Pennsylvania League is committed to providing a positive experience for all student-athletes in accordance with NICA's Five Core Principles: *Inclusive, Equal, Strong Body, Strong Mind and Strong Character.*



# GREAT VALLEY COMPOSITE MOUNTAIN BIKE TEAM

## MISSION STATEMENT

The mission of the Great Valley Composite Mountain Bike Team is to provide a positive experience for all student-athletes in accordance with PICL & NICA's Five Core Principles: *Inclusivity, Equality, Strong Body, Strong Mind and Strong Character*, by creating life-long cyclists who are conscientious, responsible and empowered.



# GREAT VALLEY MOUNTAIN BIKE TEAM



## CLUB PHILOSOPHY

The Great Valley Composite Mountain Bike Team will serve as a student development program utilizing cycling as a medium. Student athletes will be encouraged to consider and set individual goals. In addition, we stress the importance of each individual as a member of a larger team, regardless of ability level, this will be realized according to the five core principles (Inclusivity, Equality, Strong Body, Strong Mind and Strong Character).

Furthermore, all teaching and development of essential mountain biking skills will occur with a focus on two key elements - safety and fun. Safety is achieved through risk management and mitigation in a well managed environment by trained coaches that work with the students.



# WHAT ARE THE BENEFITS FOR OUR KIDS AND COMMUNITY?

The mission and philosophy of the Great Valley Mountain Bike Team are consistent with the five core principles of PICL and NICA.

- **Inclusivity** - Everyone rides, no one sits on the bench, all abilities are encouraged to participate.
- **Equality** - All student-athletes are treated equally, open to middle and high school boys and girls, team scores are a combination of boy and girl points.
- **Strong Character** - Student-athletes are expected to work hard, respect others and give back to their teams and communities.
- **Strong Bodies** - Promoting physical fitness and wellness through cycling, a life long sport which can be continued through adulthood.
- **Strong Minds** - Focus on the importance of academics.



# HOW SAFE IS INTERSCHOLASTIC MOUNTAIN BIKING?



NICA and PICL events are the equivalent to cross country running courses ridden on bikes, NOT Red Bull Rampage downhill mountain bike events!

- Practice sessions and trail rides will encompass risk management, skill reinforcement, and physical ability.
- Practice sessions can be held in areas the approximate size of a football field.
- Trail rides will occur on trails that emphasize topics covered in practice.
- Practice and trail rides will also reinforce the race conditions of a typical NICA race.

All coaches are required to meet training requirements according to NICA. All training sessions, trail rides, and PICL events are developed and monitored with SAFETY as the NUMBER ONE priority.



# WHO WILL BE INVITED TO JOIN?



The Great Valley Composite Mountain Bike Team will consist of current 5<sup>th</sup> through 11<sup>th</sup> grade students

- All riding levels/abilities are encouraged to join
- Girls and boys are encouraged to join





# WHO WILL COACH THE TEAM?

The Great Valley Composite Mountain Bike Club will be coached by individuals who have completed the training and licensing requirements as required by NICA. A NICA coach puts the safety and overall well-being of their student-athletes as the first priority. NICA coaches are role models and teachers who are open to learning the best practices of youth mountain bike coaching and actively work to hone their leadership skills.

- All coaches/volunteers are required to obtain a NICA Coaches License at one of three levels: Level 1 (general volunteer/riding coach, Level 2 (riding coach/assistant coach), Level 3 (head coach)
- All individuals working with the club are required to complete background checks, risk management training and concussion training, obtaining their Level 1 license.



# WHEN IS THE SEASON FOR PICL?

April-June: Parent meetings and Registration

May/June: Bike and skills clinics

July/August: Practices and Long rides- Just Ride Team ©

September - November: Practice continues, race season- GVMTB Race Team ©

- 6 races will occur in 2018, races are posted on our website.
- 3 in eastern and 3 in western Pennsylvania
  - The GVMTB Race Team will be at all of the races.



# WHAT ARE THE ANTICIPATED COSTS FOR PARENTS/PARTICIPANTS?



Below is a possible breakdown of the dues necessary to participate:

## Team Fees- **\$165 Total**

- \$65 - NICA and PICL Registration Dues- Per Student-Paid through Pitzone
- \$100 – Team Dues- helps reimburse some team expenses throughout the season- Paid to GVMTB
- Additional fees- (Optional)
  - Jerseys- \$50-\$70
  - Races -\$40/each\*
- Additional Parent Fees (optional)
  - \$47- Parent Volunteer Fee- Covers NICA registration and background checks (Level 1)



# WHAT EQUIPMENT DO YOU NEED?



## Helmets-

Helmets must be worn at all times during GVMTB events

## Bikes-

- 2" nobby tires
- Straight handlebars (not curled handlebars)
- Must have gears
- Does not have to be a *bike shop* bike, could be a department store bike. Although, dept. store bikes could end up costing you more in the long run
- If you are thinking of buying a bike, please consult one of the coaches for help first
- If you don't currently have a bike or can't afford a bike, talk to the coaches, we may be able to help you get one



# WHAT ABOUT INSURANCE?



Coaches trained, registered and licensed with NICA will be provided with insurance coverage for themselves, team volunteers and student-athletes during all organized team events.

We have a copy of our insurance policy if you would like to look at it as well.



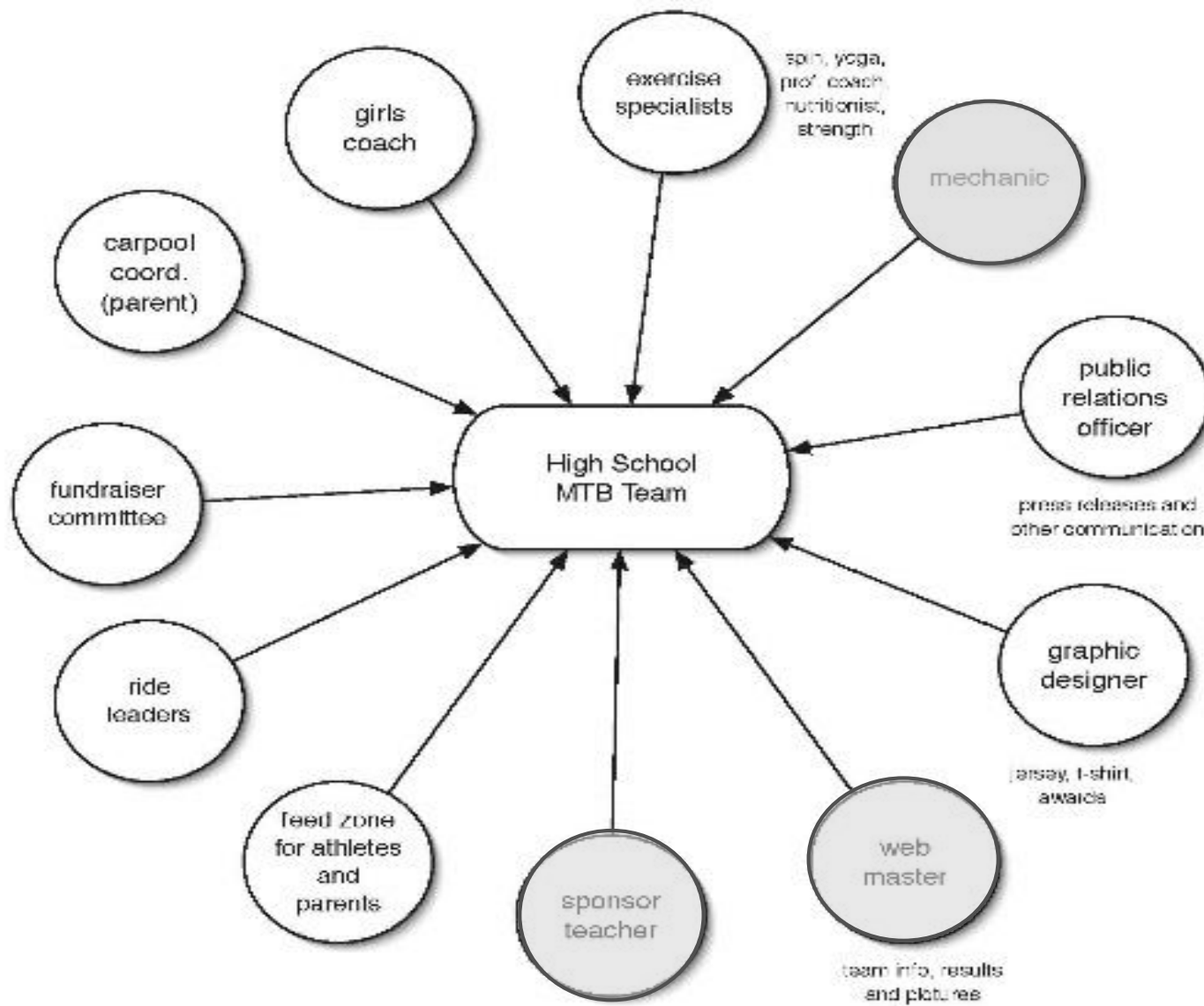
2016 PICL Leaders' Summit

More information regarding NICA's insurance coverage:

<http://www.nationalmtb.org/blog/wp-content/uploads/NICA-Insurance-Overview-3.2.14.pdf>



## Ideal Team Support Network





# WE NEED VOLUNTEERS:

To make this team work and work well, we need additional volunteers.

## Specific Volunteering Opportunity:

Ride Leaders (Level 1 & 2 )- requires background check, online concussion course, online NICA courses w/tests, and registering with NICA

Female Ride Leaders/Coaches

Financial Board Leader/Member

Fundraising Leader

Carpool Organizer



# PRACTICE AREA- BRIGHTSIDE FARM CHARLESTOWN TOWNSHIP



- 1.5 acre wooded lot dedicated practice area, "The Grove"
- 75 acre farm/park on Yellow Springs Road, Malvern, PA



[http://www.charlestown.pa.us/parks\\_brightside.asp](http://www.charlestown.pa.us/parks_brightside.asp)

# 2018 RACES



- SEASON OPENER-
- RACE #2- HIGH GROUND- JOHNSTOWN
- RACE #3- LACKAWANNA STATE PARK- SCRANTON
- RACE#4- YELLOW CREEK- INDIANA
- RACE#5- JORDAN CREEK- ALLENTOWN
- STATE CHAMPIONSHIP- BOYCE BIG RING- PITTSBURGH



# RESOURCES

- GREAT VALLEY COMPOSITE MT. BIKE TEAM- [WWW.GVMTB.ORG](http://WWW.GVMTB.ORG)
- NICA WEBSITE- [WWW.NATIONALMTB.ORG](http://WWW.NATIONALMTB.ORG)
- PICL WEBSITE- [WWW.PAMTB.ORG](http://WWW.PAMTB.ORG)
- TIM LEARY- [GVMTBTEAM@GMAIL.COM](mailto:GVMTBTEAM@GMAIL.COM)



## VIDEOS OF OTHER NICA PROGRAMS

- VIRGINIA- [VIDEO](#)
- UTAH- [VIDEO](#)
- ALABAMA- [VIDEO](#)

