

2018 GREAT VALLEY COMPOSITE MOUNTAIN BIKE TEAM



INTERSCHOLASTIC CYCLING
IN PENNSYLVANIA



INTRODUCTIONS



- GVMTB HEAD COACH- TIM LEARY
- REDS HEAD COACHES- HEATHER WEIRICH AND
- WHITES HEAD COACHES- TIM CASEY AND MIKE MOUNCE
- BLUES HEAD COACHES- BEN JAMES AND MARK HINCKLEY
- ASSISTANT COACHES/VOLUNTEERS- KELLY WEINBERG, MELISSA KIELY, SUZIE CLANCY, STEPHEN PLOURDE, BRUCE PANCOAST, SAM SONG, SHIVA KAPSI, DON KACZMAR, SEAN WEINBERG, SCOTT SNYDER, ANIRUDDHA RAY, JOHN BESWICK, BOB O'NEILL, BOB KEEFE, CHAD SINDACO, AND MAYBE YOU!

INTERSCHOLASTIC CYCLING IN PENNSYLVANIA

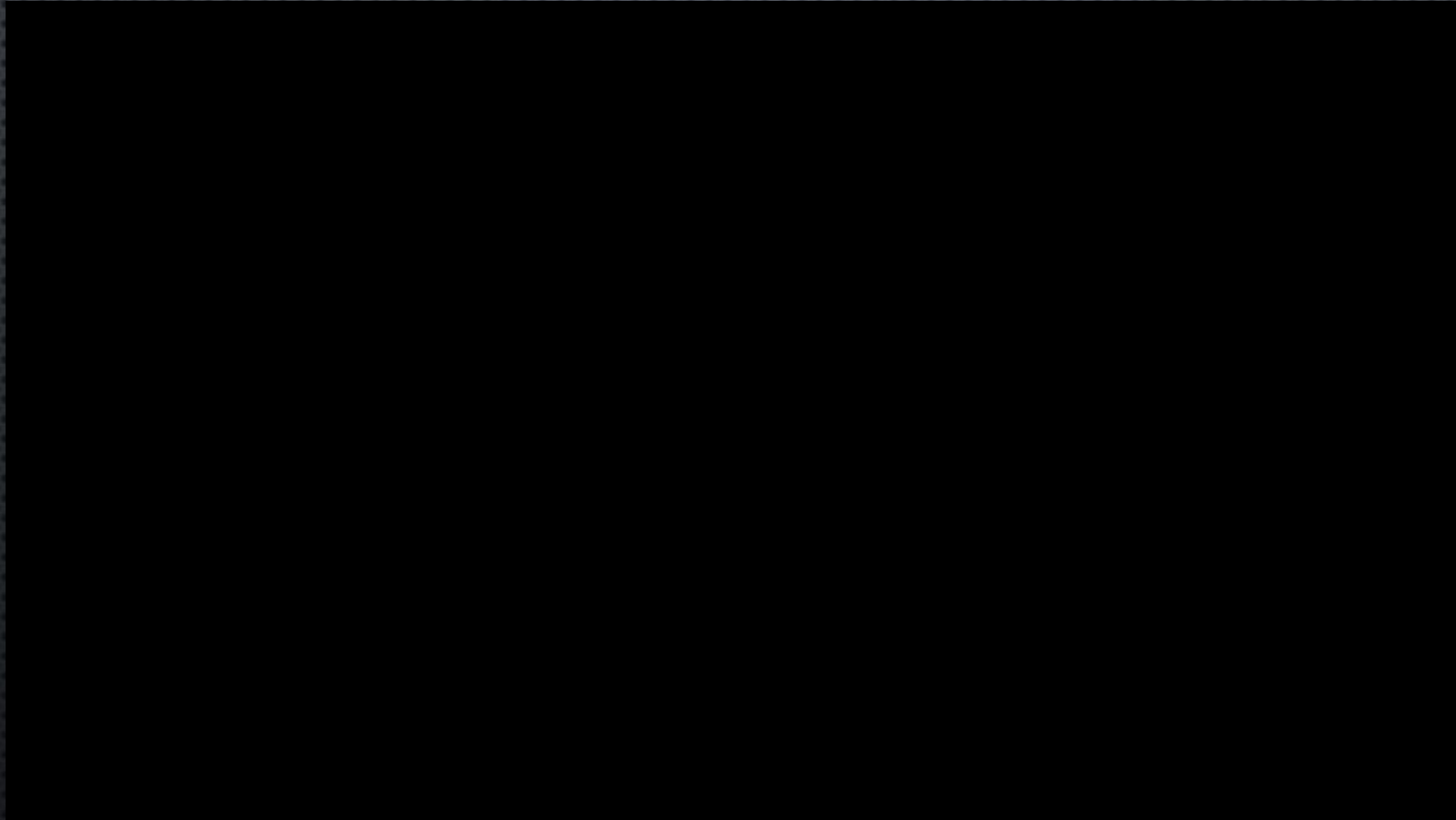
2016 was the inaugural season for interscholastic cycling in Pennsylvania!! This season is PA's fourth season.



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>

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.



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 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.



WHEN IS THE SEASON FOR PICL?

April-June: Parent meetings and Registration

May/June: Bike and skills clinics

July/August: Practices and Long rides

September - November: Practice continues, race season

- 5 races will occur in 2019, races are posted on our website.
- 2 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- **\$350+ Total**

- \$50 – Team Dues- helps reimburse some team expenses throughout the season- Paid to GVMTB
- \$300 - NICA and PICL Registration Dues- Per Student-Paid through Pitzone
- Additional Fees- Optional- *unless you're racing
 - Jerseys- \$50-\$70
 - Races – Covered by registration fees
 - Additional Parent Fees (optional)
 - \$63- 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-

- Have at least 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>



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

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

OTHER PRACTICE AREAS



- MARSH CREEK STATE PARK, EAGLE
- VALLEY FORGE NATIONAL PARK
- HARMONY HILL, WEST CHESTER
- BRANDYWINE STATE PARK, DE
- WHITE CLAY STATE PARK, DE
- FAIR HILL, MD



2019 RACES



- RACE #1-SEASON OPENER- SEPT 7-8 GRANITE HILL GET DOWN- GETTYSBURG
- RACE #2- SEPT 21-22 HIGH GROUND- JOHNSTOWN
- RACE #3- SEPT 28-29 BOYCE BIG RING- PITTSBURGH- STATE CHAMPIONSHIPS
- RACE#4- OCT 5-6 APPLETON- FAIR HILL, MD
- RACE#5- NOV 19-20 FINALS-JORDAN CREEK- ALLENTOWN
- RACES 1-4 ARE ALSO ADVENTURE WEEKENDS





BIKES WANTED

- WE WOULD LIKE TO GET A FEW BIKES EITHER DONATED OR WE PAY FOR
- THESE BIKES WOULD BE USED BY THE TEAM AS SPARE BIKES FOR RACES OR AS SCHOLARSHIP BIKES FOR KIDS THAT CAN'T AFFORD BIKES
- WE ARE LOOKING TO GET 2-3 BIKES AS OUR TEAM BIKES
- MUST BE IN GOOD WORKING ORDER
- NO DEPARTMENT STORE BIKES, FOR SAFETY REASONS
 - PREFERRED SIZES SMALL AND MEDIUM
 - PREFERRED DISK BRAKES
- TALK TO THE COACHES IF YOU ARE INTERESTED IN GETTING RID OF YOUR OLD BIKE TO SUPPORT THE TEAM.
- PLEASE SEND PICTURES OF BIKES AND QUESTIONS TO TIM CASEY, TCASEY@BENCHMARKSITE.COM



RESOURCES

- GREAT VALLEY COMPOSITE MT. BIKE TEAM- WWW.GVMTB.ORG
- NICA WEBSITE- WWW.NATIONALMTB.ORG
- PICL WEBSITE- WWW.PAMTB.ORG
- COACH LEARY- GVMTBTEAM@GMAIL.COM



VIDEOS OF OTHER NICA PROGRAMS

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

