



Middle School Team
Team Meeting - Jan 14, 2020

2020 Middle School Team Meeting



The Big Picture



High School: Composite and School Teams with 6 league races
Middle School: Development Team with focus on adventure riding

Core Values and Vision

- Inclusivity
- Equality
- Strong Minds
- Strong Bodies
- Strong Character



Vision: NICA sees a future where every American youth has the opportunity to build strong body, mind and character through interscholastic cycling.

Long Term Athlete Development (LTAD)

NICA Programming



The Big Picture...SCMC



Dual Mission of SCMC:

1. The development of XC Mtn Bike Teams Chartered under NICA, part of the NorCal League
 - High School Team (6 races each year Feb-May)
 - Middle School Team (no formal NICA races - can do CCCX series)
2. Non-profit organization with mission to help kids build strong body, mind and character through mountain biking.
 - We exist to make our community awesome!
 - We are here for the kids
 - We are focused on developing life-long cyclists and outdoor enthusiasts who will want to live life to the fullest!
 - We are not focused on developing top-level collegiate bike racers, although some may become just that!

SCMC Goals - Short and Long Term

Short-term Goals

1. Learn the necessary bike skills to be confident and to be safe on the trails
2. Have fun!
3. Meet new friends

Long-term Goals

1. Develop a lifelong love for mountain biking
2. Develop a lifelong love and appreciation for fitness
3. Develop a lifelong love for being outside
4. Develop lifelong friendships



The Coaches!

Who we are

- We are all volunteers!
- We are all certified as Level 1, 2 or 3 with NICA (National Interscholastic Coaching Association)
 - a. Background Checks
 - b. Risk Management
 - c. Concussion Training
 - d. CPR/First Aid/Wilderness First Aid
 - e. Minimum Training Hours
 - f. MTB 101 and 201 trained
- Want to be a coach? That's awesome! Find one of the current coaches to learn more.

SCMC Coaching Philosophy



Develop a lifelong love for cycling, having fun, with friends...whether that be racing or just riding for adventure!

What Do Kids Want From Coaches?

Consider the top five things young athletes say they want most from their coaches:

- Respect and encouragement
- Positive role model
- Clear, consistent communication
- Someone who listens
- Knowledge of sport



Kids want a coach that cares

Commitment from Athletes, Coaches, and Parents

What we Expect from the Athletes:

1. Show up
2. Be Committed
3. Be Positive and Friendly

What we Expect from the Coaches:

1. Focus is on the Kids, not the Coaches
2. Safety is top Priority
3. Positive Role Model

What we Expect from the Parents:

1. Volunteer where you can
2. Support your kids (a few practices are 60 minutes away)
3. Be on time



Ride Schedule

2020 Schedule:

- Season runs from Feb 29th - mid May
- Wednesdays 4-6pm @ Roaring Camp or Glenwood Trails (near SVHS)
- Saturday Mornings 9-12 @ various locations (Wilder, UCSC, Fort Ord, Demo)
- Saturday April 11th - CCCX race @ Fort Ord, we will set up a Team area

Team Communication

- We use TeamSnap to communicate practice information, location changes, etc.
- Further instructions will be sent on how to sign up for and download the TeamSnap app
- Last-minute changes do happen, so please always check the app prior to every practice (the app will also send notifications)



Rider Experience / Bike Requirements

Rider Experience:

- The team is for all skill levels (we break into 3-4 groups for each ride)...but we do require that you have a basic/foundational comfort level on a bike

Bike Requirements:

- Must be a designated Mountain Bike that is trail-ready and in good working order
- Bike should be the right fit/size for the kids
- Mandatory Bike Check will be conducted on the first practice - Saturday, February 29th @ Sky Park
- 1-2 Mechanical bike checks will be performed during the season

CCCX Race - Saturday, April 11, 2020

Fort Ord, \$30 Fee, same day registration



Parents - you can race as well!

Next Steps

1. Sign up online at scmct.org
2. \$250 check payable to **SCMC** (please bring to Scotts Valley Cycle Sport and give to Brittany or Andrew).
3. You will receive an email with instructions to sign up on Pit Zone. This requires a \$50 payment at the time of registration. Must be signed up by Feb 15th.

First Practice is Sat, Feb 29th
@ Sky Park.



Questions?