



NICA

NATIONAL INTERSCHOLASTIC CYCLING ASSOCIATION

2019 Highlights

Greetings!

NICA celebrated its 10th anniversary in 2019, and we are thrilled with the achievements we have made over the past decade building strong minds, bodies, characters and communities through cycling. This past year also saw continued growth for NICA; we announced six new leagues, bringing our nationwide league total to 31 and the number of student-athletes participating in NICA activities to more than 22,500 in 2019.

Early in 2019, long-time NICA President and early NorCal Coach Austin McInerney announced his plans to step down, leaving some mighty big shoes to fill. In May, after conducting a national search, we welcomed Steve Matous as our new president to usher in a new era for NICA. The future of our organization is bright!

A largely volunteer-based organization, the growth and success of NICA would not be possible without the more than 12,000 registered coaches and volunteers supporting our activities -- from practices to event weekends, and everything in between. Thank you for your continued dedication to helping us build a future where every youth is empowered to be part of a thriving cycling community.

At NICA's annual national conference in June 2019, we launched our Adventure Program. NICA Adventure is designed to provide a progression of activities and experiences to prepare student-athletes for their own life-long adventures. Many of our leagues are now hosting NICA Adventure events that engage student-athletes in outdoor and experiential education through both on the bike and off the bike activities.

This past year, NICA also enhanced its Coach Supporter program, launching a new regional training model to more efficiently train coach supporters across the country. NICA Coach Supporters are regional league coaches who provide NICA Coach Training curriculum, mentor coaches, and support coach development across the country. With this new approach, NICA was able to train double the number of Coach Supporters in 2019 as were trained in 2018.

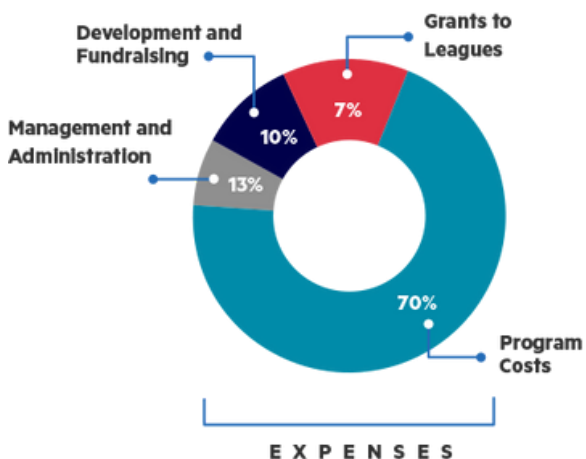
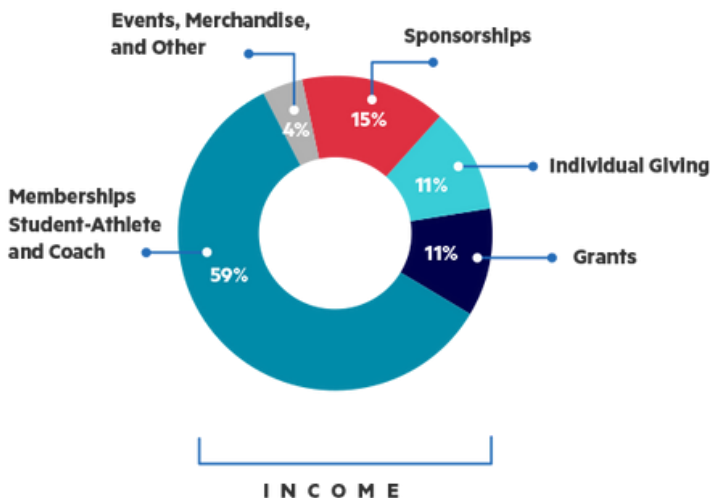
NICA has truly become a nationwide movement, and we are incredibly grateful for the support that our sponsors, funders, volunteers, coaches, alumni and staff provide. Everyone who is part of the NICA community plays a key role in fulfilling our mission to build strong minds, bodies, characters and communities through cycling. Thank you for your dedication, investment and passion for helping us get #morekidsonbikes!



**Sincerely,
Susan Helm-Murtagh
NICA Board Chair**

NICA

Financials





NICA Programs



GIRLS RIDING TOGETHER

NICA GRIT

GRIT - Girls Riding Together - is NICA's focused effort to bring more female-identifying student-athletes and coaches into the cycling community to close the opportunity gap for current and future generations. NICA aims to increase female-identifying student-athlete and coach participation rates in our programs to 33% by 2023.



NICA Adventure

NICA Adventure enables youth to experience the benefits of mountain biking, camaraderie, community, and the outdoors. NICA Adventure Programming reinforces our core values while building health and strength, learning new skills, and being part of a team of like-minded people through outdoor experiential education. It is designed to provide experiential learning opportunities where NICA student-athletes learn by doing with reflection. Our goal is to provide youth a progression of activities and experiences to prepare them for their own life-long adventures.



Teen Trail Corps

Teen Trail Corps is a program that provides NICA student-athletes the opportunity to serve and give their time towards bike related advocacy activities. It is designed to provide exposure and be a gateway for NICA student-athletes into the world of advocacy.

Student-athlete activities are categorized into five badges that may be earned. The first four are Speak, Serve, Ride and Respect. Once a student-athlete has earned all four, they receive the fifth badge, "Teen Trail Corps Captain."

NICA envisions a future where NICA student-athletes are advocating for and making a significant impact on our cycling environment.



Coach Licensing

NICA Coach Licensing certifies and provides comprehensive training to NICA coaches to provide them with the knowledge, skills and abilities to provide quality programming to NICA student-athletes. The NICA Coach License Program provides NICA Leaders' Summit training (in person coach training), curriculum development, membership support, and ongoing training to coaches and leagues. As part of NICA, coaches have access to discounts based on their license level.

Contact your League Director to become a NICA Coach.

NICA

Testimonials



Student Athletes

"When I think about my experience with NICA, the first word that comes to mind is community. As I started mountain biking with Oregon NICA League, everyone I met had this passion for mountain biking and they all seemed stoked to share it with new people. To me, it was inspiring and humbling to be around these people, because they showed me how to overcome challenges, and have taught me the joys of life's adventures. I am very grateful for my experience with the NICA community, and I hope to meet more riders to share my love of mountain biking with."

– Aimee Baldwin, Oregon League



Coaches

"It is hard to imagine a better youth development organization than NICA. With their unwavering commitment to youth development, inclusivity, and health promotion through a form of exercise that one can engage in all their lives, NICA has a formula that is making a population-level impact for good."

— Larry Alonso, Georgia League

Founder

"NICA towers above the number of coaches and student-athletes we had ten years ago, but attending races and conferences has a heart-warming familiarity: the simple joy of mountain biking; fantastic leadership sharing the NICA ways; and stories of youth finding a positive path in life. It's just amazing this is happening from coast to coast."

— Matt Fritzinger



Management Team

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2019 NICA National Conference Sponsors

Clif, Larson-Miller Inc., PodiumWear, Squirt USA Inc., Trek Bicycle, USA Cycling, Inc. Strike Visuals, IOA- Insurance Office of America, Park Tool, Crank Tank, Outerbike, and the following NICA leagues: Alabama, Arizona, Arkansas, Colorado, Florida, Georgia, Idaho, Maryland, Minnesota, Missouri, Montana, New Jersey, New York, NorCal, North Carolina, Oregon, Pennsylvania, SoCal, Tennessee, Texas, West Virginia, Wisconsin, Utah

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In-Kind Sponsors

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Educational and Nonprofit Partners

Fort Lewis College, King University, Lees-McRae, Prescott College, Ripon College, Warren, Wilson College, University of Utah



About NICA

Founded in 2009 as a 501(c)3 nonprofit, NICA develops interscholastic mountain biking programs for student-athletes and coaches across the United States. NICA provides leadership services and governance for local leagues to produce quality mountain bike events. NICA has served approximately 40,000 student-athletes. Currently, NICA has 25 state and regional leagues and over 9,000 volunteer coaches who are working annually with over 19,000 student-athletes from nearly 1,000 high schools and middle schools in the USA.

Mission: We build strong minds, bodies, character, and communities through cycling.

Vision: Every youth is empowered to be part of a thriving and engaged cycling community.

Values: FUN - NICA inspires friendship, joy, and adventure.

INCLUSIVITY - NICA believes everyone should be able to participate in our programs and feel welcomed, respected, and supported.

EQUITY - NICA is committed to fair treatment, equal access, opportunity, advancement, and elimination of barriers to encourage participation for all.

RESPECT - NICA expects consideration for all others, oneself, and the outdoors.

COMMUNITY - NICA unites diverse people, families, and communities through cycling by creating fun and welcoming experiences.

Pictured above: national staff, league directors, and coach supporters from around the country at the 2019 Annual Conference held in Sun Valley, Idaho.

Photo Credit: Todd Bauer / TMBImages

National Interscholastic Cycling Association

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