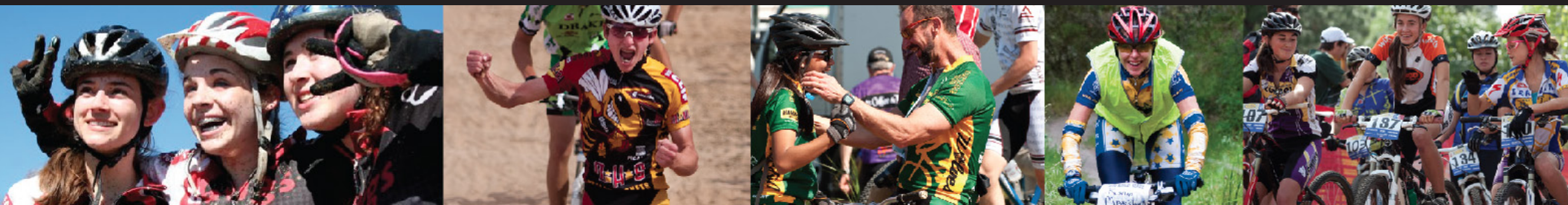


NICA

Coach Manual

Starting, Managing &
Coaching a High School
Mountain Bike Team



National
Interscholastic
Cycling
Association

CONTENTS

An Overview of High School Mountain Biking

Why Mountain Biking?	8
Why Start a Mountain Bike Program at Your School?	11
Role of the National Interscholastic Cycling Association	12

Working With the School Administration

The Different Models	14
Get the Administration on Board	16
Addressing Possible School Requirements	18

Being a Successful & Responsible Coach

Developing Your Coaching Philosophy & Style	20
Roles of the Coach	21
What your Riders Want from You as Their Coach	22
Postive Coaching Alliance and the Double Goal Coach	23
SafeKids and Mandatory Reporting	23

Essentials for Starting a Team

How to Start a Mountain Bike Program	25
Structuring your Mountain Bike Program	30
Team Administration and Management	31
Section 4: Fundraising	35
Section 5: Sponsorship	37

Risk Management, Safety & Insurance Concerns

First Steps	40
Forms, Waivers & Insurance	41
Now You're Ready to Go Out and Ride	43
Responding to an Incident	45

Running a Healthy Youth Program

Set Yourself up for Success!	47
Understanding Youth Development	48
Sensitivity to Diversity	49
Engaging & Motivating Youth	50
Addressing Challenging Behavior	51
Quality Youth Programs: The Ingredients	51

Equipment & Clothing

The Bicycle	54
The Helmet	56
Clothing	57
Pedals	57
NICA Equipment Rules for Racing	58

Skills Instruction

Foundations of Successful Instruction	59
Promoting Safety through Skills Instruction	61
Giving a Mountain Bike Lesson	61
The Basic Skills Lessons	62

Ensuring Proper Bike Fit 78

Coaching Girls

Recruiting Girls	83
Making Sure Girls Stick With It	84
Co-Ed Groups & When Girls are a Minority	84
Male Coaches/Female Riders	85
Body Image & Self Esteem	86
Social & Emotional Needs	87
Eating Disorders	88

Training Considerations

Implementing a Training Program	91
Typical Periods of Training	92
Off-the-Bike Conditioning	94
Leading Rides	94
Team Workout Menu	97
Preventing Burnout	101

Off-The-Bike Conditioning

Warm-Up	102
Pre-Season Workout	103
In-Season Workout	105
Rainy Day Indoor Workout	107

Coaching Core Mental Skills to Youth

Teens, Development, and Sports	108
The Five Core Skills	109

Competition & Racing

Our Philosophy on Competition	112
Race Eligibility, Divisions, and Categories	113
The Races	114

Working with Parents & Guardians

Getting Parent Involved	120
Communicating with Parents	122
Dealing with Challenging Parents	123
Recognizing Parent Contributions	124
Positive Coaching Alliance and the Second-Goal Parent	124

Working with Volunteers

The Benefits of Volunteer Participation	125
Volunteer Recruitment	125
Making it Work	126
Volunteer Expectations	126
Volunteer Requirements and Legal Issues	127

Partnerships & Collaborations

Trail Stewardship & Advocacy Groups	128
Local Bike Shops	128
Local Businesses	129
Bringing in Professionals as Special Guests	130