

2016 Arizona Leaders' Summit



The Arizona High School Cycling League's annual Leaders' Summit brings together head coaches, assistant coaches, ride leaders, and parent volunteers—both new and experienced—to develop skills and knowledge, share strategies, and build community. This conference will promote a holistic approach to coaching that creates an environment in which young people can grow and thrive. It also provides the opportunity for participants to learn all about the league structure and processes, how to start a mountain bike team, how to work with their schools, issues related to liability, and the unique intricacies of working with middle and high school cyclists.

Those interested in obtaining a Head Coach or Assistant Coach License: Register for the two-day Saturday and Sunday conference. Those interested in a NICA Ride Leader License can participate in the one-day Saturday program. For more information on the NICA Coaches License Program, please click [HERE](#).

PREREQUISITES FOR ATTENDING THE LEADERS' SUMMIT

This year we are providing the opportunity for you to attend two of the **MANDATORY** fundamental training seminars in the comfort of your own home before the summit. Risk Management is the foundation of the NICA program; Coach Licensing is something everyone wishing to participate in the Arizona League needs to know. NICA Administrators will be providing exclusive opportunities to obtain this information ahead of the summit through online training.

Saturday – Head & Assistant Coach, Ride Leader

Time	Class
8:00 – 8:30	Check-In & Breakfast
8:30 – 9:00	Welcome and Introductions
9:00 – 9:30	2015 Arizona League Review and 2016 Arizona Update
9:30 – 10:00	NICA 2.0 – National Perspective and Updates on NICA Changes
10:00 – 11:00	Working with the NICA Student-Athlete
11:00 – 12:00	MTB 101: Classroom Portion (A, B, C 's and Bike Fit)
12:00 – 12:15	Group Photo
12:15 – 1:30	Lunch (provided) – Primal and AES Information
1:30 – 4:30	MTB 101: On-the-Bike Skills Clinic –or– MTB 201 Competency in Coaching: On-the-Bike Skills Clinic
4:30 – 5:00	Round Table Discussion & Wrap Up
5:00	Optional Group Ride

Sunday – Head & Assistant Coach

Time	Class
8:00 – 8:30	Check-In & Breakfast
8:30 – 9:30	NICA Rulebook Overview and Pit Zone Overview
9:30 – 10:30	How to Start & Manage a MTB Team
10:30 – 11:30	How to Recruit, Coach and Work with Female Student-Athletes
11:30 – 12:30	Getting to Yes with School Administrators
12:30 – 1:30	Lunch (provided)
1:30 – 2:30	Creating a Strong Team-Parent Community / Managing Team Finances and Fundraising
2:30 – 3:30	Working with the NICA Middle School-Athlete
3:30 – 4:30	Race Day: Structure, Support & Success
4:30 – 5:00	Round Table Discussion & Wrap Up
5:00	Optional Group Ride

IMPORTANT NOTES

Leaders' Summit Registration fee includes four meals (Saturday breakfast through Sunday lunch). Please email mike@arizonamtb.org with any special dietary requests.

Bring your bike, helmet and appropriate riding gear. We recommend wearing flat pedals for all 'on-the-bike' skills sessions if you are not comfortable with clip-in's yet. Please come prepared to change your pedals for the Saturday afternoon skills courses.

You will be provided with a NICA Coaches Manual and Mountain Bike Skills Manual as part of your registration fees. All other summit materials will be provided in an electronic format and you can choose to print these for the summit if you like.