



## 2018 GEORGIA LEADERS' SUMMIT SATURDAY

<b>New Coach Track</b>		<b>Returning Coach Track</b>
8:00-8:30	Check-in & Breakfast	Check-in & Breakfast
8:30-8:45	Welcome & Introductions	Welcome & Introductions
8:45 – 9:00	2017 League Review and 2018 Update	2017 League Review and 2018 Update
9:00 – 9:45	Working with the NICA Student-Athlete	Working with the NICA Student-Athlete
10:00 -10:45	NICA Coach Licensing, Risk Management and Intro to NICA	Goal Setting and Coach Evaluations Developing Strong NICA Teams
11:00–12:00	Coaching Scenarios and Finding Your Coach Philosophy: Small Group Discussions	Coaching Scenarios and Finding Your Coach Philosophy: Small Group Discussions
12:00- 1:00	Lunch	Lunch
1:00-2:00	Stretching and Strength Training for Young Mountain Bikers	Stretching and Strength Training for Young Mountain Bikers
2:15 – 3:15	Pit Zone Mastery and NICA Rulebook Essentials & Changes	Pit Zone Mastery and NICA Rulebook Essentials & Changes
3:30-4:30	How to Recruit, Coach and Work with Female Student Athletes and Coaches	How to Recruit, Coach and Work with Female Student Athletes and Coaches
4:30	Wrap- Up/Group Photo	Wrap- Up/Group Photo
4:45-6:45	Optional Group Ride	Optional Group Ride



## 2018 GEORGIA LEADERS' SUMMIT SUNDAY

New Coach Track		Returning Coach Track	
8:00-8:30	Breakfast	Breakfast	
8:30-9:15	Ride Leading 101 - Guiding Essentials	Nutrition for Young Athletes	
9:15-10:00	Designing Effective Practice Structure	Team Development	
10:00-10:50	Coach Workshop	Coach Workshop	
11:00-12:00	OTB 101: Classroom A, B, C 's, Bike Fit, Clothing, and Gear	OTB 101: Classroom A, B, C 's, Bike Fit, Clothing, and Gear	
12:00-1:00	Lunch	Lunch	
1:00-4:30	On-the-Bike Skills Clinic 101	On-the-Bike Skills Clinic 201	
4:30-4:45	Closing/Distribution of Certificates of Completion	Closing/Distribution of Certificates of Completion	
4:45	Optional Group Ride	Optional Group Ride	

### Important Notes

- Leaders' Summit Registration fee includes light breakfast and 2 meals (Saturday Breakfast through Sunday Lunch). Please note any specific dietary needs using the online registration process.
- Where there are dual tracks available first year summit participants will take the track on the left and returning coaches will take the track on the right
- Prerequisite Onboarding Training - Required training to be completed before Leaders' Summit
  - o [NICA Student-Athlete Coaching Philosophy](#)
  - o [Risk Management 1 for 2017](#)
  - o We recommend wearing flat pedals for all 'On-The-Bike' skills sessions if you are not comfortable with clip-in's yet. Helmets and mountain bikes are mandatory for On the Bike Skills Training and group ride activities.
- All other summit materials will be provided in an electronic format following the summit.