



# 2018 GA LEAGUE LEADERS' SUMMIT



NATIONAL  
INTERSCHOLASTIC  
CYCLING ASSOCIATION

## 2018 GEORGIA LEADERS' SUMMIT SATURDAY

<b>Saturday</b>	<b>New Coach Track</b>	<b>Returning Coach Track</b>
8:00 - 8:30	Check-In and Breakfast	
8:30 - 8:45	Welcome and Introduction	
8:45 - 9:15	2017 League Review and 2018 Update	
9:15 - 10:00	Working with the NICA Student-Athlete	
10:00 - 10:45	NICA Coach Licensing and Introduction 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	
12:00 - 1:00	Lunch	
1:00 - 2:00	Stretching and Strength Training for Young Mountain Bikers	
2:15 - 3:15	Pit Zone Mastery and NICA Rulebook Essentials and Changes	
3:30 - 4:30	How to Recruit, Coach and Work with Female Student-Athletes and Coaches	
4:30 - 4:45	Wrap- Up/Group Photo	
4:45	Optional Group Ride	



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## 2018 GEORGIA LEADERS' SUMMIT SUNDAY

Sunday	New Coach Track	Returning Coach Track
8:00 – 8:30	Breakfast	
8:30 – 9:15	Ride Leading 101 - Guiding Essentials	Nutrition for Young Athletes
9:15 – 10:00	Designing an Effective Practice Structure	Team Development
10:00 – 10:45	Coach Workshop	
11:00 – 12:00	MTB 101: Classroom A, B, C 's, Bike Fit, Clothing and Gear	
12:00 – 1:00	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	
4:45	Optional Group Ride	

### Important Notes

- Leaders' Summit registration fee includes light breakfast and two meals (Saturday breakfast through Sunday lunch). Please note any specific dietary needs using the online registration process.
- Prerequisite Onboarding Training - Required training to be completed before Leaders' Summit
  - o [NICA Student-Athlete Coaching Philosophy](#)



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- o [Risk Management 1 for 2018](#)
- o NICA Coach Licensing for 2018 (link coming soon)
- 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.
- You will be provided with an access code for a digital download of the OTB 101 Skills Manual after the summit as well as a hard copy of the OTB 101 Field Guide.