



NICA

2022 SOUTH CAROLINA LEADERS' SUMMIT

Saturday - Agenda

8:00-8:30	Check-in & Breakfast
8:30-8:45	Welcome & Introduction
8:45 - 9:15	Coach Intros
9:15 - 10:00	Working with the NICA Student-Athlete
10:15 -11:00	Coaching and Managing a NICA Team
11:15 -12:00	Coach Licensing Levels and Registration
12:00-1:00	Lunch
1:00-2:00	Risk Management and NICA Safety Reporting
2:15-3:15	NICA Handbook & Promoting Positive Behaviors
3:30-4:15	Practice Season and Planning
	Group Ride (TBD)



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Sunday

8:00-8:30	Breakfast, Intros and SC Topics	
8:30-9:15	Designing a NICA Practice Workshop	<p>CPR w/ Expedition School</p> <p>8:30am - 11am: CPR/AED Full Course & 9:15am - 10am: CPR/AED In Person Skills ONLY</p> <p><i>*must have successfully completed the hybrid CPR/AED portion OR be currently enrolled in an up and coming CPR/AED hybrid course with The Expedition School</i></p>
9:15-10:00	Sponsorship and Fundraising OR OTB 201	
10:00-11:00	Race Day Planning and Coaching OR 201	
11:00- 12:00	Goal Setting for Student-Athletes	
12:00-1:00	Lunch	<p>First Aid w/ Expedition School</p> <p>1pm - 4pm: Wilderness First Aid (WFA) an/or NICA First Aid In Person Skills ONLY</p> <p><i>*must have successfully completed either the hybrid WFA or hybrid NICA First Aid portion OR be currently enrolled in an up and coming WFA or NICA First Aid hybrid course with The Expedition School</i></p>
1:00-4:00	OTB 101 Or OTB 201 on the bike skills	
4:00	Closing and Certificate Distribution	

Important Notes

- We recommend wearing flat pedals for all 'On-The-Bike' skills sessions if you are not comfortable with clip-in yet. Helmets and mountain bikes are mandatory for On the Bike Skills Training and group ride activities.