



## NICA VALUES

**FUN ~ INCLUSIVITY ~ EQUITY**

**RESPECT ~ COMMUNITY**

**NICA inspires friendship, joy, and adventure.**

## HAVE FUN

Activities are focused on increasing girls awareness of NICA programs by offering girls-only social and riding opportunities for girls, moms, friends, siblings and female coaches. GRIT Camps and GRIT student-athlete Ambassador programs are available in some leagues as well!

## BE EMPOWERED

GRIT recognizes the need to get more girls on bikes. GRIT's goal is to empower female student-athletes to make their mark, on or off the bike. All NICA leagues have an individual GRIT Coordinator to implement programming from the NICA GRIT Tool box and events at the league level.

## EQUITY

Girls Riding Together is NICA's initiative to increase female participation to 33% overall by 2023. GRIT's mission is to provide fair treatment, equal access, opportunity, advancement and elimination of barriers to encourage participation for all.

## COMMUNITY

NICA is making a concentrated effort to increase the number of girls and female coaches in NICA programs by focusing on creating a more welcoming environment for girls to join through girls-only events, rides, camps, clinics and socializing opportunities.

# Student Mountain Bike Club & Team

Issaqueena Composite

6<sup>TH</sup>-12<sup>TH</sup> Grades

Daniel High School



## FUN

- Friendship, Adventure, Competition

## FAMILY ORIENTED

- Parents are invited to coach or participate in multiple ways.

## OUTDOORS

- Practice starts in July for a Fall season

## INCLUSIVE

- Everybody can compete or just practice, nobody sits the bench.

## SAFETY MINDED

- Rides planned for Rider Safety
- Coaches Background checked Annually
- Coaches trained in First Aid and concussion protocols
- Insurance for all registered participants (coaches and student athletes).
- Scholarships (contact league director)
- GRiT (Girls Riding Together) recruit, empower and support female student athletes and coaches.
- Stewardship-Teen Trail Corps



- Student-athletes grades 6-12 and aged 10 - 19 years can participate
- Boys and girls compete separately
- 14 Categories of Competition (boys and girls)
- 6th Grade
- 7th Grade
- 8th Grade
- Freshman
- Sophomore
- Junior Varsity
- Varsity

## Contact Us

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