



## Team Requirements

- **Training Commitment**
  - 1-3 practices per week
    - Be on time for practice!
  
- **Trails Maintenance Work**
  - We recommend that each athlete try to participate in at least 2 hours of trail maintenance each season. It is a good time to learn about the trails we use, learn to respect the trails, how to leave the trail better than you found it, and honor your surroundings.
  
- **Equipment Needs / Suggestion**
  - Bike, helmet, shoes, glasses, jersey, riding shorts, bike specific water bottle, front mount light, BUG SPRAY, sunscreen
    - As a member of NICA you will have discount opportunities on equipment and bikes.
    - The team also has a few loaner bikes if needed
    - Please talk with Coach Dave Bender prior to purchasing a new bike for your athlete
  
- **Communication is Key**
  - We will reach out to you many times throughout the season
  - Please provide your primary Email address and phone number
  - Follow us on Facebook and signup in TeamSnap before the season starts
  
- **NICA Racing Schedule (Optional - Subject to change)**

○ NICA Race #1	Minooka Park	Waukesha, WI	September 11-12
○ NICA Race #2	Lowes Creek	Eau Claire, WI	September 25-26
○ NICA Race #3	Nine Mile Rec Area	Wausau, WI	October 2-3
○ NICA Race #4	Nordic Mountain	Mt. Morris, WI	October 16-17
○ NICA Race#5	Trek Trails	Waterloo, WI	October 23-24

- **Parental Involvement**

- Communication, volunteer, become a Coach, fundraising, race day weekend help
  - Communicating what's happening with your child
    - Physical limitation/sickness
    - Grades to acceptable standards
  - Athlete wellness
    - Monitor nutrition, ensure they come to practice properly fed
    - Ensure proper level of rest, don't try riding on 3 hours of sleep
    - Ensure athlete follows coaching instructions - stretch, complete at home workouts, rest when directed

- **Rules**

- Athletes and families are required to sign the NICA code of conduct. Athletes, families, coaches and spectators are expected to follow the NICA handbook guidelines and rules
- Athletes will be required to sign the SLS MTB code of conduct
- We expect a positive attitude, cooperation, respect, kindness and team work - while HAVING FUN!

- **Fees**

- Must be paid to participate

- **Pitzone must be complete for NICA Athletes**

- **SLS MTB Code of Conduct must be signed & followed by all athletes**

- **SLS MTB Waiver and Release of Liability must be signed**

- **COVID 19 Practice Adjustments**

- Limit practice check in to one person keeping track and encourage online method.
- Utilize the open areas to practice skills and decrease the number of athletes in each group.
- When having team briefings or instructional sessions utilize open areas to allow for additional spacing of athletes.
- Discourage the sharing of equipment and consumables.
- Coaches will be required to carry a mask and gloves with them in the event they would have to help an athlete with a medical situation.

\*\*Regularly wearing masks for coaches and athletes is not required at practice

\*\*\*Ultimately it is up to each individual family/athlete/coach to make the determination before coming to practice if they are experiencing any signs of sickness. If you are experiencing any Covid or other illness symptoms then DO NOT ATTEND PRACTICE!