WHAT IS NICA?
The Pennsylvania High School Cycling League is an official project league of the National Interscholastic Cycling Association (NICA). This nonprofit 501(c)(3) organization is working with league directors, coaches and schools across the country to develop mountain biking as an interscholastic club sport for high school and middle school students in each state.

HOW DOES IT WORK?
Teams can form either as a club directly affiliated with their school or outside of the school as a community-based composite or home school team. In addition, independent racers can participate if there is not a local team for them to join. The Pennsylvania High School Cycling League is not a part of the Pennsylvania Interscholastic Athletic Association (PIAA) and will remain a club sport with its own governing body (NICA) and coach, team and rider registration process and insurance coverage. Teams are typically coached and managed by adult volunteers.

OUR FIVE CORE VALUES

INCLUSIVITY
No bench warmers; every finish counts

EQUALITY
No try outs; everyone rides

STRONG BODY
Lifelong fitness and good health start here

STRONG MIND
NICA student-athletes are students first

STRONG CHARACTER
Work hard, play fair, respect

Pennsylvania High School Cycling League
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#MOREKIDSONBIKES

NICA
National Interscholastic Cycling Association
www.nationalmtb.org

WWW.PAMTB.ORG
WHO CAN PARTICIPATE?

Students ages 11-18 can join a team or race as independent racers.

The league will follow the same categories as other high school sports (Freshman, Sophomore, Junior Varsity and Varsity) with both boys and girls competing separately for individual awards in each category. Middle school racers will be classified as beginner, intermediate or advanced racers. While everyone is welcome to race and there are no team tryouts or team cuts, a student who prefers not to race may still participate with the team at practices, team rides and other events.

Across the country there are almost 7500 student athletes now participating in NICA leagues; of these only 20% had prior mountain bike racing experience. Students do not need prior experience to join a team and this program is open to any and all students who would like to participate. Team practices emphasize bike handling skills and coaches focus on providing the proper instruction and guidance to make this the perfect introduction to a sport they can enjoy the rest of their lives.

HOW DO I START A TEAM?

Starting a team can seem like a daunting task. Rest assured your league director and the NICA team is here to help you through every step of the process. Currently there are almost 500 teams across the United States that have gone through the process of starting a team from the ground up and they are available as a resource to make the process as simple and efficient as possible.

HOW DO I BECOME A COACH?

No prior coaching experience is necessary.

The league will provide all the training that you’ll need to jump right in and start coaching a team. There are training seminars held throughout the year, online webinars and annual retreats that will give you all the information and training necessary. Coaching a team can be one of the most rewarding experiences of your life and if you want more information on how to join the High School Mountain Bike Revolution, contact your league director.

WHAT ARE THE COSTS TO PARTICIPATE?

Generally speaking, the costs to participate are no more or less than other competitive school sports.

Costs Include:

• The cost of bikes and other safety equipment which varies greatly ($0-$1,000+). NICA affiliated students and coaches have access to discount programs administered through local bike shops to offset the cost of equipment.
• Coaches pay an annual registration fee of $25.
• High School teams pay an annual registration fee of $250 (discounted 50% to $125 for teams with a licensed head coach).
• High School students pay an annual league registration fee of $45 and a per-race registration fee of $35.
• Middle School teams pay an annual registration fee of $200 (discounted 50% to $100 for teams with a licensed head coach).
• Middle School students pay an annual league registration fee of $25 and a per-race registration fee of $20.
• Some teams may choose to have annual dues to help cover expenses such as uniforms, travel, etc. Please talk with the head coach of your local team to determine if there are any additional costs to consider.

NICA offers scholarships and grants to help cover some of the registration fees associated with the program and many teams are investing in a fleet of bicycles that students may ride for both practices and races. Most teams will hold fundraisers and look for local sponsors to offset some of these costs.

Financial aid is available for coaches, teams and students. Please contact the league director for additional information or to apply for a scholarship or grant.

LEAGUE DIRECTOR

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COAST TO COAST BY 2020

As of 2015, there are 19 leagues across 18 states

99% of NICA graduates say they will continue to ride for the rest of their lives

7,500 participating student-athletes and 3000 licensed coaches in 2015

85% of participants have a GPA of 3.0 or higher

100% team commitment toward trail etiquette & stewardship

50% of NICA parents resume/start riding as a result of their child’s participation

96% of NICA student-athletes report improved fitness