

2018 AICL LEADERS' SUMMIT



OFFICIAL AFFILIATE
NATIONAL
INTERSCHOLASTIC
CYCLING ASSOCIATION

Saturday	New Coach Track	Returning Coach Track
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 – 10:15	Break	
10:15– 11:00	Establishing a Positive Team Culture	
11:00 – 12:00	On-the-Bike Skills Program Overview	
12:00 – 1:00	Lunch	
1:00 – 1:45	Race Day: Support, Structure & Success	On-the-Bike Skills Clinic 201
1:45 – 2:30	Rulebook Essentials	
2:30 – 2:45	Break	
2:45 – 3:30	Navigating the Pit Zone	
3:30 – 4:15	Managing Various Abilities	
4:30	Optional Group Ride	

2018 AICL LEADERS' SUMMIT



Sunday	New Coach Track	Returning Coach Track
8:00 - 8:30	Breakfast	
8:30 - 9:15	Nutrition for Young Athletes	
9:15 - 10:00	Recruiting, Coaching and Retaining Girls and Female Coaches	
10:00 - 10:15	Break	
10:15 - 11:00	Designing an Effective Practice Structure	
11:00 - 12:00	Strength Training and Stretching	
12:00 - 1:00	Lunch	
1:00 - 1:45	On-the-Bike Skills Clinic 101	Rulebook Essentials
1:45 - 2:30	↓	Succession Planning
2:30 - 2:45		Break
2:45 - 3:30		Managing Various Abilities
3:30 - 4:15		Coaching Philosophy and Scenarios: Small Group Discussions
4:30	Optional Group Ride	

2018 AICL LEADERS' SUMMIT



OFFICIAL AFFILIATE
NATIONAL
INTERSCHOLASTIC
CYCLING ASSOCIATION

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](#)
 - 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.