



THIS IS INTERSCHOLASTIC MOUNTAIN BIKING!



OFFICIAL AFFILIATE

NATIONAL
INTERSCHOLASTIC
CYCLING ASSOCIATION

About the AICL

The Arizona Interscholastic Cycling League promotes interscholastic mountain bike racing, provides training and education to new teams and coaches, and offers a comprehensive infrastructure to grow youth cycling in a professional, safe and engaging manner.

- ★ The league is a governing body for high school and middle school (grades 6-12) cross country mountain biking for the entire state of Arizona
- ★ The league is an affiliate league of National Interscholastic Cycling Association (NICA)
- ★ The league is a locally incorporated 501(c)(3) non-profit youth development organization
- ★ **The league is a self-governing, self-funded and self-supported program**



Inclusive ♦ Equality ♦ Strong Body ♦ Strong Mind ♦ Strong Character

Mission and Vision

Mission The Arizona Interscholastic Cycling League is bigger than bikes – AICL is a youth development organization, building strong minds, bodies and character, guided by the principles of inclusivity and equality.

Vision

- ★ Promote athlete skills development, excellence, teamwork, professionalism and respect for the community and the environment
- ★ Promote the sport of mountain biking and the benefits of mountain biking as a healthy, low impact, outdoor recreational lifestyle
- ★ Provide leadership and governance through comprehensive policies, rules and guidelines to establish fair rules of play and codes of conduct
- ★ Provide comprehensive coaches training and licensing program to establish and maintain standards and best practices
- ★ Provide comprehensive risk management guidelines to establish and maintain standards and best practices
- ★ Advocate for the environmental conservation of natural areas and parklands, mountain bike trail access, and the development of sustainable trail systems

Teenagers today, tomorrow and deep into the future will lead richer lives as a result of the league, its coaches, student-athletes, parents and sponsors.

#MoreKidsOnBikes



5 races
in
2 divisions

1,000+ Student-Athletes
20% GIRLS
80% BOYS

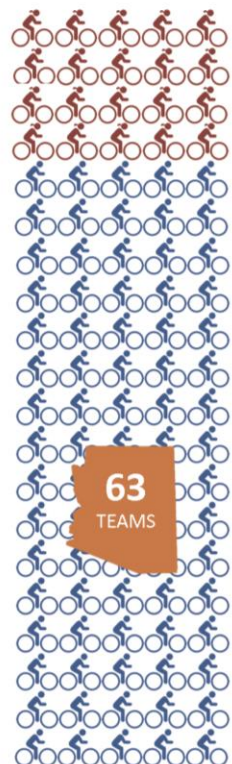
838 Student-Athletes
20% GIRLS
80% BOYS

601 Student-Athletes
25% GIRLS
75% BOYS

360 Student-Athletes
24% GIRLS
76% BOYS

250 Student-Athletes
22% GIRLS
78% BOYS

191 Student-Athletes
17% GIRLS
83% BOYS



2013

2014

2015

2016

2017

2018 (est.)

117 registered COACHES

130 registered COACHES

194 registered COACHES

260 registered COACHES

360 registered COACHES

450 registered COACHES

#MoreKidsOnBikes -2018 Actuals

- Student-Athletes: 922 (20% girls, 80% boys)
- High School: 588 athletes
- Middle School: 334 athletes

- Average Riders Per Race: 682
 - High School: 427
 - Middle School: 255

- Teams: 67

- Licensed Coaches: 478
 - Female: 119
 - Male: 359

2019 Key Dates

Apr 1 – **Preseason Begins** – Recruiting, equipment checks and other non-competitive activities

Apr 6-7 – **Leaders' Summit** – Coaches training and education conference – Emmanuel Pines – Prescott

Jul 1 – **Regular Season Begins** – Regular training, to include up to 4 practices per week; 1-2 practices per week for middle schoolers is acceptable and appropriate

Sept 8 – **Race #1** – Fort Tuthill County Park – Flagstaff

Sept 22 – **Race #2** – Pioneer Park– Prescott

Oct 6 – **Race #3** – Wren Arena – Fort Huachuca

Oct 20 – **Race #4** – McDowell Mountain Regional Park – Fountain Hills

Nov 3 – **Race #5** – White Tank Mountain Regional Park – Waddell

Nov 10 – **Make Up Race**

Practice and Skills

Practice schedule is determined by coaches

- ★ Typically twice during the week after school
- ★ Longer ride on the weekend

Skills development

- ★ Riders of all levels are welcome and encouraged
- ★ Focus on safe bike handling skills
- ★ Fitness training



Teams, Categories and Scoring

Types of Teams

- ★ **School-Based** Teams: Comprised of full-time students from the same high school; *school-based teams can be “official” or “unofficial”*
- ★ **Composite** Teams: Comprised of full-time students from more than one high school within the same district or other geographic proximity

Team Scoring

- ★ **Division 1** Teams (≥ 12 riders)
- ★ **Division 2** Teams (< 12 riders)
Combination of boys and girls results are used

Individual Scoring

- ★ **Freshman** Boys / Girls
- ★ **Junior Varsity 2** Boys / Girls
- ★ **Junior Varsity 1** Boys / Girls
- ★ **Varsity** Boys / Girls



Category Placement Criteria

Category	Eligible Riders
6th Grade	6th graders only.
7th Grade	7th graders only.
8th Grade	8th graders only.
Freshman	9th graders only.
Junior Varsity 2	10th – 12th graders.
Junior Varsity 1	10th graders who: <ol style="list-style-type: none"> Placed in the top 10% in any two Freshman races in the prior year, or Placed in the top 10% in a single Freshman race and placed in the same top percentile (10% in the overall Freshman season standings in the prior year, or 10th – 12th graders who: <ol style="list-style-type: none"> Placed in the top 25% in any two JV2 races in the prior year, or Placed in the top 25% in a single JV2 race and placed in the same top percentile (25%) in the overall JV2 season standings in the prior year, or Raced JV1 in the prior year but did not qualify to upgrade to Varsity.
Varsity	10th – 12th graders who: <ol style="list-style-type: none"> Placed in the top 25% in any two JV1 races in the prior year, or Placed in the top 25% in any single race and placed in the same top percentile (25%) in the overall JV1 season standings in the prior year, or Raced Varsity the prior year.



- ★ High school student-athletes may petition to upgrade.
- ★ Middle school riders may not compete in or petition to upgrade into high school categories.

Race Day Schedule

Category	Start Time	Duration
WAVE 1		
8 th Grade Boys	8:00 a.m.	≤ 45 minutes
7 th Grade Boys	8:05 a.m.	≤ 45 minutes
6 th Grade Boys	8:10 a.m.	≤ 45 minutes
WAVE 2		
8 th Grade Girls	9:00 a.m.	≤ 45 minutes
7 th Grade Girls	9:05 a.m.	≤ 45 minutes
6 th Grade Girls	9:10 a.m.	≤ 45 minutes
WAVE 3		
JV2 Boys – Division 1	10:00 a.m.	≤ 90 minutes
JV2 Boys – Division 2	10:05 a.m.	≤ 90 minutes
Freshman Boys – Division 1	10:10 a.m.	≤ 90 minutes
Freshman Boys – Division 2	10:15 a.m.	≤ 90 minutes
WAVE 4		
Varsity Girls	11:30 a.m.	≤ 120 minutes
JV1 Girls	11:35 a.m.	≤ 100 minutes
JV2 Girls	11:40 a.m.	≤ 90 minutes
Freshman Girls	11:45 a.m.	≤ 90 minutes
WAVE 5		
Varsity Boys	1:00 p.m.	≤ 120 minutes
JV1 Boys – Division 1	1:05 p.m.	≤ 100 minutes
JV1 Boys – Division 2	1:10 p.m.	≤ 100 minutes

- ★ All racing occurs on Sundays. Set-up and pre-ride take place on Saturdays.
- ★ The race duration targets for boys and girls are standardized (remember, we manage the races to time, not distance).
- ★ Awards for all follow the completion of racing and infield breakdown.



How Much Does It Cost?

Team Registration

- ★ Division 1 and Division 2 Teams: \$75

Adults *(Head Coach, Assistant Coach, Volunteer)*

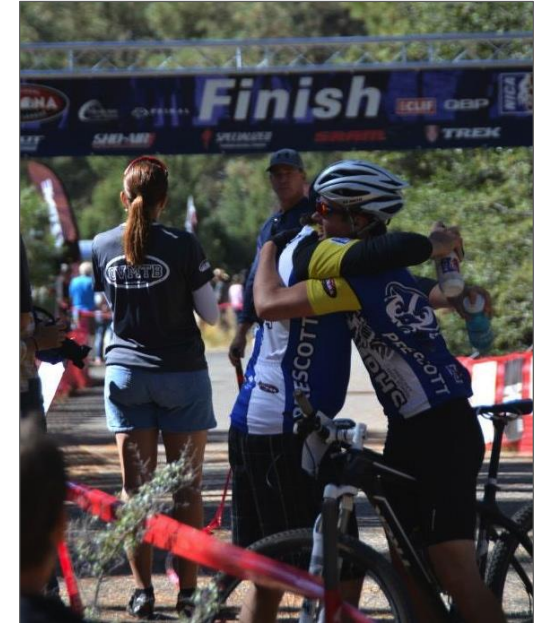
- ★ Background Check: \$22
- ★ Coach Registration: \$30

Student-Athletes *(scholarships are available for all in need)*

- ★ League Registration
 - ★ High school: \$55
 - ★ Middle school: \$45
- ★ Race Registration
 - ★ High school: \$40 per race
 - ★ Middle school: \$30 per race

Other Costs

- ★ Team apparel (e.g., jerseys)
- ★ Equipment (e.g., tents, etc.) at teams' discretion



These costs can be offset by sponsorship and fundraising by the team

Coaching Overview

Skilled and dedicated coaches are the linchpin of successful interscholastic mountain bike teams.

- ★ They put the safety and overall well-being of their student-athletes as the first priority.
- ★ They're role models and teachers who are open to learning the best practices of youth mountain bike coaching and actively work to hone their leadership skills.

The NICA Coaches License Program strives to ensure that coaches are sufficiently knowledgeable so as to have a positive impact on student-athletes.

- ★ The Professional Development requirements are intended to educate coaches, both new and experienced, in the industry best-practices for a wide range of topics.
- ★ A number of formats are provided to allow the greatest opportunity for coach participation.



License Levels and Requirements

Level 3 License – Required training level for head coaches (or team director). All teams are required to have a licensed head coach (or team director).

Level 2 License – Recommended training level for all adults riding with teams in the ride support role.

Level 1 License - Minimum requirement for all adults riding with teams. This license protects volunteers with comprehensive insurance, and protects our youth with background checks.

Type of License	Background Check	First Aid Requirements	NICA Training and Education	Field Work	Continuing Education Units
Level 3	✓	WFA, CPR, NFHS Concussion in Sports	Leaders' Summit, On-the-Bike Skills Training	80 Hours	9 units every 3 years
Level 2	✓	Basic First Aid, CPR, NFHS Concussion in Sports	On-the-Bike Skills Training	20 Hours	3 units every 3 years
Level 1	✓	NFHS Concussion in Sports	-	-	-

Coaches on new teams need only obtain a Level 1 license, but the head coach does need to take the steps toward obtaining a Level 3 license

Insurance Overview

Provided to all registered teams, licensed coaches and registered student-athletes

General Liability (Schools can be added as additionally insured)

- ★ \$1,000,000 – Per Occurrence
- ★ \$100,000 – Damage to Rented Premises (any one (1) fire)
- ★ \$1,000,000 – Personal & Advertising Injury
- ★ \$2,000,000 – Participants' Legal Liability Limit
- ★ \$5,000,000 – Aggregate Limit of Liability Per Event
- ★ \$1,000,000 – Products & Completed Operations Aggregate
- ★ \$1,000,000 – Sexual Abuse Liability Each Person
- ★ \$2,000,000 – Sexual Abuse Liability Aggregate Per Event

Excess Accident / Medical

- ★ \$10,000 – Maximum Medical Expense for Each Injury
- ★ \$10,000 – Accidental Death
- ★ Deductible: \$1,000 per Claim
- ★ Benefit Period: 1 year
- ★ Terms: Full Excess



Risk Management

The league promotes a systematic approach to proactively managing risk associated with our sport and programs

Why?

- ★ To do our absolute best to protect our student-athletes from harm
- ★ To mitigate the potential for injury and loss
- ★ To protect ourselves and our programs from litigation
- ★ To ensure we are in alignment with the best practices in the field
- ★ To run quality programs that attract and retain participants

Legal Issues Covered by Risk Management Education

- ★ Duty of Care
- ★ Negligence (basic/simple, gross/reckless)
- ★ Breach of Care
- ★ Waivers/Releases
- ★ Inherent Risk
- ★ Assumption of Risk



Preparedness and Prevention

The league's risk management education puts strong emphasis on effective program planning and preparation

Preparedness Education



- ★ First aid training
- ★ Emergency action plan
- ★ Knowing what number to call in an emergency (often not 911)
- ★ Knowing the route, including shortcuts home
- ★ Educate riders, staff and parents

Prevention with Riders and Staff

- ★ Skills instruction & skills checks
- ★ Rules and enforcement
- ★ Terrain and ride selection
- ★ Equipment (bikes and helmets)
- ★ Appropriate dress
- ★ Hydration, food and medications
- ★ Coaching ratios (6:1 or 8:2)
- ★ Safe ride formation



Thank You!

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"I wish they had this when we were in school!"







Building Strong Mind, Body and Character One Pedal Stroke at a Time

Buena Mountain Bike Team Arizona Interscholastic Cycling League