



**NICA** NATIONAL  
INTERSCHOLASTIC  
CYCLING ASSOCIATION

2016 Highlights

# Greetings!

2016 was another impressive year for NICA. With a 43% increase in the number of student-athletes and a 40% increase in the number of volunteers supporting NICA, the total number of people and families engaged in and touched by NICA has never been higher. That adds up to over 2,000,000 hours of active participation and engagement with student-athletes and coaches. With two new leagues, many outstanding league directors, thousands of awesome coaches and volunteers, a talented NICA staff and the addition of several new accomplished board members, we are positioned to grow and share the NICA experience for years to come.

Special thanks to the individual donors, foundations, sponsors and volunteers who supported NICA's work in 2016. The #morekidsonbikes movement would not be happening without you.

Gratefully,

**Jerry Pomije**

**Chairman of the Board**



# 2016 By the Numbers

**10,826**

Student-athletes  
(Up 43% from 2015)

**4,389**

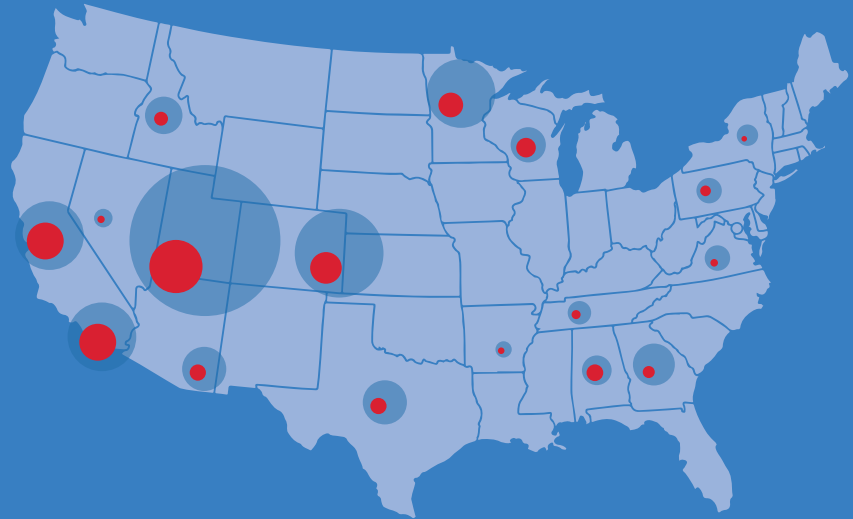
Adult volunteers  
(Up 40% from 2015)

**17**

Leagues running race and camp programs and 2 more offering full programs in 2017

**600,000+**

Days student-athletes & coaches spent on the bike!





### Created healthier families

66% of parents report that their children have made healthier food choices since joining their teams. 80% of student-athletes report that their participation has inspired friends and family members to start riding bikes.



### Hosted a year's worth of events

With each passing year, NICA's leagues and teams provide expanded opportunities for youth to get outside on bikes. In 2016, NICA leagues hosted over 365 days of clinics, races, camps, and trail work. Teams hosted an estimated 25,000 practices!



### Promoted trail work and advocacy

Student-athletes and coaches in every league are working to ensure that our communities have access to, and work to maintain, places to ride. Thanks to Shimano and REI, NICA was able to send four teenage trail advocates to the IMBA World Summit.



### Watched grads succeed

For the first time, a NICA grad won medals at both the world championships and the Olympics. Kelly Catlin (MN League, '14), helped the US pursuit team earn gold and silver respectively. All this while studying biomedical engineering and Chinese in college.



### Enhanced & expanded coach training

NICA completely re-designed its coach licensing levels, added the role of "Coach Supporter" in each league, streamlined first-aid training options, and added the foundation of an "adventure" component to coach training.



### Rallied to get #moregirlsonbikes

NICA has brought together a national community of partners to proactively increase the number of girls participating. Representatives of 5 organizations meet monthly to foster collaboration and share best-practices for female outreach and engagement.



### Shared the Ride

During the Share the Ride campaign, donors around the country contributed \$86K to Leagues and \$33K to the National Office, surpassing the \$100K goal. These funds support scholarships, league formation, and league support.



### Planned for the future

Thanks to the Harvard Business School Community Partners for selecting NICA as a pro-bono client in 2016! This 3-month project enabled the NICA National Office and board to more effectively plan for sustainable growth in the future.





## Student-athlete Testimonial

"It was amazing to go to the races and meet a bunch of other girls doing the same thing... My favorite part is that environment, seeing more girls getting involved with NICA, finding friendships, and improving as riders."

Kira Crowell, Utah League

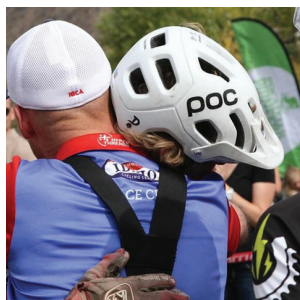


## Graduate Testimonial

"I had some incredible experiences with people who gave me little pieces of advice and pushed me through those few years, and I think that really helped shape who I am."

**Rene Warren, NorCal League**





## Parent/Coach Testimonial

"My motivation is to see how kids learn to love the outdoors, love cycling, and have a lot of fun. Who cares what place they come in for the race, frankly. It's about the outdoors, the cycling, the teamwork--all those positive attributes NICA provides."

**Tom Low, NorCal League**



Pictured above: national office staff, league directors, and coach supporters from around the country at the 2016 Annual Conference held in Eagle, Colorado.

# About NICA

Founded in 2009, the National Interscholastic Cycling Association (NICA) develops interscholastic cycling programs for student athletes across the United States. NICA provides leadership, services and governance for local leagues to produce quality mountain bike events, and supports every student-athlete in the development of strong body, strong mind and strong character through their efforts on the bike.

Photo credit: [www.nationalmtb.org/photo-credit/](http://www.nationalmtb.org/photo-credit/)

## National Interscholastic Cycling Association



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