



2022 ANNUAL REPORT

National Interscholastic Cycling Association

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Dear NICA Community,

Thank you for your unwavering dedication and support in championing our student-athletes, teams, and leagues throughout the past year. As we reflect on the triumphs of 2022, we are inspired and grateful for the collective effort that propelled NICA to new heights. The heartwarming tales of families forever changed, student-athletes developing newfound confidence and friendships, coaches finding fulfillment in guiding their teams, and parents rediscovering the joy of cycling are all a testament to the power of NICA.

In the pursuit of our vision that every youth is empowered to be part of a thriving and engaged cycling community, we are delighted to share some of the achievements from the past year:

We welcomed three new leagues to the NICA family, New Mexico, Arizona and Delaware, expanding our reach and creating opportunities for even more youth to experience the transformative power of cycling.

Our Girls Riding Together (GRiT) initiative has been on the rise, empowering young women to break barriers and shatter stereotypes in the cycling world. GRiT gained even more momentum, fostering an inclusive and supportive environment, where every young woman feels empowered to ride with confidence and determination.

Despite the challenges of the times, we saw overall participation in NICA programs grow 11%! Our student-athletes and teams have shown incredible dedication to making a positive impact in their communities. The spirit of service and trail stewardship has reached new heights, and we are proud to witness the NICA community stepping up to give back.

Throughout our journey, we have remained steadfast in our commitment to inclusivity, equity, respect, and community. These values have been at the heart of every decision we made, guiding us toward fostering a diverse and welcoming environment for all.

None of these accomplishments would have been possible without the generous support of our sponsors, partners, and supporters. Your belief in our mission and dedication to the cause has been the driving force behind our continued success.

Together, we will continue to make a profound impact on the lives of countless young individuals, instilling in them the values of teamwork, respect, and a love for cycling that will stay with them for a lifetime.

With gratitude,



Bob Burns
Board Chair



Amanda Carey
President

About NICA

VISION Every youth is empowered to be part of a thriving and engaged cycling community.

MISSION We build strong minds, bodies, character, and communities through cycling.

VALUES **FUN:** NICA inspires friendship, joy, and adventure.

INCLUSIVITY: NICA believes everyone should be able to participate in our programs and feel welcomed, respected and supported.

EQUITY: NICA is committed to fair treatment, equal access, opportunity, advancement and elimination of barriers to encourage participation for all.

RESPECT: NICA expects consideration for all others, oneself, and the outdoors.

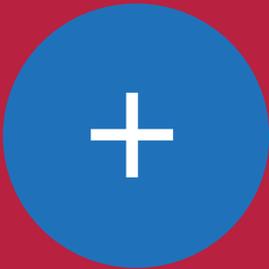
COMMUNITY: NICA unites diverse people, families, and communities through cycling by creating fun and welcoming experiences.

2022 Leagues



Our Impact

By The
Numbers



989

TEAMS IN 29 LEAGUES

25,616

STUDENT-ATHLETES

21.9%

FEMALE
STUDENT-ATHLETES

14,466

LICENSED
COACHES

24%

FEMALE LICENSED
COACHES

Expanding to New Communities

In 2022, our network of interscholastic cycling leagues welcomed three additions: Arizona, Delaware, and New Mexico. With their inclusion, NICA has achieved unprecedented strength and diversity, marking a pivotal moment in our collective journey to fulfill our mission.

"Our main objective is to propagate our mountain bike family, by providing a warm welcome to all who want to participate. When you show up at our events, you'll get a fist bump, high five, a hug, or even a secret handshake if you want to create one. Our league will embrace camaraderie, inclusivity, personalized coach/team support, and an overall vibe of good times!"

Jen Harrelson



"Bringing youth mountain biking to Delaware is a pathway to engage young people in building stronger bodies, minds, and characters, ingredients needed for individuals and for our communities to thrive. I am thrilled to serve as NICA's first League Director in Delaware and I am motivated by the opportunity to make mountain biking accessible to all."

Maria Dziembowska



"We are so excited to bring more opportunities to New Mexico with a NICA League. We can't wait to help more kids experience the exhilaration of biking while being part of such an amazing community."

Mary Grow



Increasing Diversity and Equity

TREK / 

PATHFINDERS

Since its introduction in February 2021, Trek and NICA have awarded 650 Pathfinders Scholarships. Each scholarship, valued at \$2200, consists of a bike, gear and funds for the student-athlete to participate on their local NICA team. 41% of Pathfinder student-athletes and 52% of their parents who participated in the Fall 2022 Pathfinder survey reported that they would not have participated in NICA without the scholarship.



"It has given me more opportunities in the mountain biking world. I've been able to ride more trails, go to more gatherings and experience more things because of the bike I've received from the Pathfinders scholarship. And I've helped spread the word about mountain biking in my community because of an interview I did regarding the scholarship."

**Lena Cole,
Wisconsin League**

GRiT

Our leagues hosted over 112 grassroots events engaging over 2,000 girls and women. These efforts have led to direct outcomes in increasing gender diversity: we saw just over 1% growth in female student-athlete participation in 2022. At the end of the year, NICA had just over 22% female student-athletes.



NICA GRiT

GIRLS RIDING TOGETHER



"As a GRiT Coordinator, providing opportunities for girls to grow into strong and self-assured young women is a source of great personal joy. Watching girls learn to embrace who they are and who they can become is what inspires me to support girls and women in biking."

Beth Pride Ford,
GRiT Coordinator, Tennessee

Stewardship and Adventure

Teen Trail Corps

Through Teen Trail Corps, NICA teams have an opportunity to showcase their commitment to the trails and give back to the local trail community. Beyond developing community relationships, Teen Trail Corps also opens up land steward relationships and provides a pathway for leagues to work with land managers in developing new locations for team practice and potential event venues.



531

Locations Serviced

1,198

Number of Teen Trail Corps Workdays

7,187

Number of Student-Athletes and Coaches Participating

42,769

Total Hours Contributed to Trail Stewardship and Maintenance by Student-Athletes, Coaches, and Other Volunteers

NICA Adventure

NICA launched an online course to support our coaches in integrating adventure and experiential education concepts into team practices: Quality Coaching with NICA Adventure.

This training helps coaches provide a pathway into cycling for all student-athletes, especially those who may not be interested in competition.



Impacting Lives

Highlights from Our 2022 End-of-Season Survey

92%

92 percent of student-athletes agreed or strongly agreed that they developed an increased respect for trails and the environment through NICA participation.

96%

96 percent of parents agreed or strongly agreed that their child's health and fitness improved through NICA participation.

90%

90 percent of parents agreed or strongly agreed that their child's mental health improved through NICA participation.

94%

94 percent of parents agreed or strongly agreed that their child's self-confidence improved through NICA participation.

96%

98 percent of coaches strongly agreed with the statement, "My role as a coach is to teach kids more than just how to be a better bike rider."

What has been most important to you about your NICA experience and why?

"I've really enjoyed being a part of NICA. Just being a part of it has introduced me to opportunities that I would have never had the chance to do, and being a part of it has also given me a chance to meet new people, the athletes are great, and the coaches are great. I would trade nothing for this. I'm glad to be a NICA athlete."



"I am very happy with everything surrounding NICA, it pulled me out of a rough mental state when I first joined and I have made some of my best friends through the program. My only complaint is that there isn't more of it!"

Our 2022 Supporters

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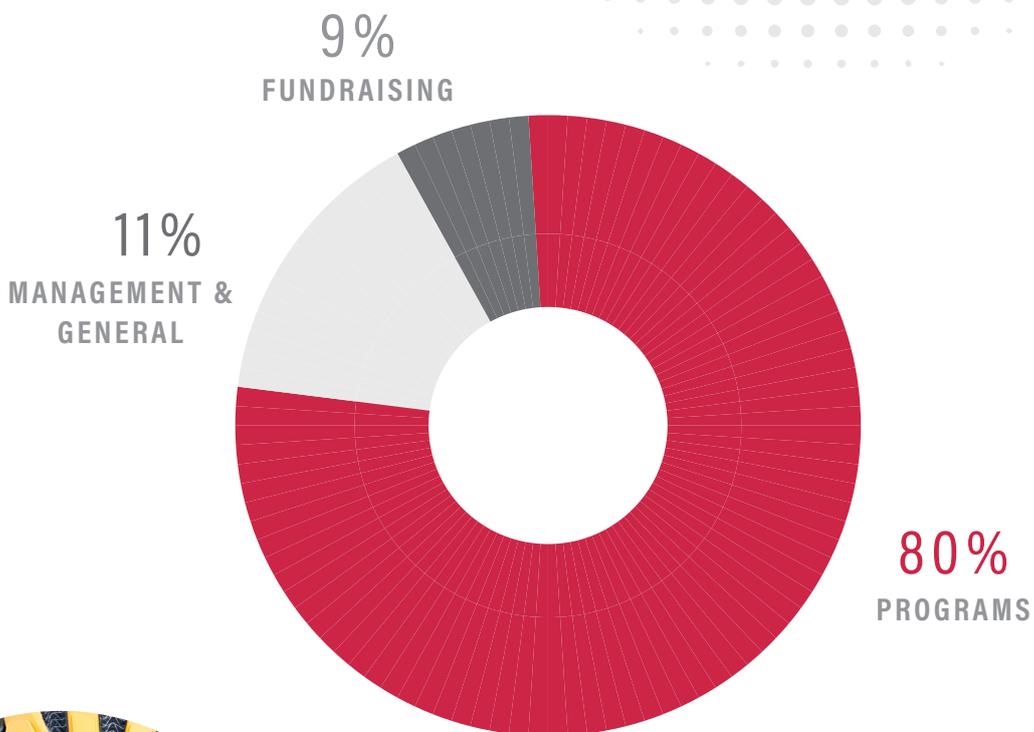
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Scott
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Our Financials



Our Financials

Audited Financials	Six Months Year Ended Dec-21	12 Months Year Ended Dec-22
Total Revenue (Accrual Basis)	8,982,859	10,678,089

Expenses (Accrual Basis)

Program Services	6,313,558	9,146,407
Management and General	889,153	984,566
Fundraising	728,915	944,618
Total	7,931,626	11,075,591

Percentages

Program Services	80%	80%
Management and General	11%	11%
Fundraising	9%	9%



2022 Board of Directors



Robert Burns
Board Chair
Vice President & Senior
Legal Officer,
Trek Bicycle Corporation



Eric Russell
Vice Chair
Director of Sales,
Clif Bar and Company



Timothy P. Rogers
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Vanessa Hauswald
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Mike Kuhn
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Pennsylvania League



Emelda March
Digital Designer and
UX Strategist



Jerry Pomije
President, Q Enterprises /
Executive Vice President,
Quality Bicycle Products, Inc.



Robert Saffell
Director in the technology
organization of Wolters
Kluwer



Lisa Sher
Creative Director,
Fluxx Collective, LLC



Kimo Seymour
President of Life Time
Events and Media

Current Senior Management



Amanda Carey
NICA President



Lauren Haughey
Chief Financial Officer



Chris Mileski
VP of Field Operations



Emily Green
VP of Development



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