



2023
NICA

AWARDS



BETH ROSS

SRAM COACH OF THE YEAR
Wisconsin Interscholastic Cycling League

HAS BEEN WITH NICA 7 YEARS



SHORT BIO

Although I have been a mountain biker for a long time, my journey with NICA began in 2018 when my oldest daughter joined the Team. Cycling is a family affair as my youngest will be a sophomore on the Team this year and my husband also coaches. Beyond coaching, I'm a dedicated stay-at-home mom and proud dog mom to our 12-year-old chocolate lab, Penny.

WHAT DOES CYCLING MEAN TO YOU AND HOW HAS NICA IMPACTED YOUR LIFE?

Riding bikes is fun! But beyond the thrill of it, what truly ignites my passion is the joy of sharing adventures and witnessing riders conquer challenges, celebrating their victories in all forms. The NICA community's unwavering support and encouragement have been instrumental in shaping my journey, and I'm profoundly grateful for the camaraderie and positivity it brings to my life. Through NICA, I've found a sense of purpose, fulfillment, and joy that extends far beyond the trails.

TONY PERKINS

SRAM COACH OF THE YEAR
Idaho Interscholastic Cycling League

HAS BEEN WITH NICA 10 YEARS



SHORT BIO

Anthony Perkins, known as Tony by most, is an avid cyclist and has coached in the NICA league for the past ten years. Since the creation of the Idaho League, Tony has held the position of head coach for his local team, the Biting Goats of Madison County. In addition to his love for mountain biking, Tony has enjoyed success in cyclocross, road racing, and triathlon. When Tony is not on a bike he is active in his 39-year career as an electrical engineer and enjoying adventures with friends and family dog.

WHAT DOES CYCLING MEAN TO YOU AND HOW HAS NICA IMPACTED YOUR LIFE?

Our team is like a great big family, everyone brings their talent and enthusiasm to the sport. Cycling has helped me stay healthy and happy and I have enjoyed sharing my knowledge and love for cycling with others. NICA is an amazing organization that has helped me develop in all aspects of coaching. Our team and our league have truly embraced having fun and learning while prioritizing safety for everyone.

PRESTON PAIGE

TREK EXTRAORDINARY CHARACTER

Utah Interscholastic Cycling League

HAS BEEN WITH NICA 2 YEARS



SHORT BIO

Mountain biking requires remarkable athleticism, coordination, focus, and strength. But riding without sight demands a whole lot more. A reality that Preston Page faced when he decided to join the Viewmont High School Mountain Bike Team.

As a senior, his three-year biking career has been filled with more bumps and bruises than our team combined. Shadows and sound direct his course but it can only be his heart that pushes him forward. Preston has led our team and our community not because of who he is but who he isn't. Despite the herculean challenges he has faced he has never given up. Preston has never taken a shortcut. He has never taken the easier way out. He has fallen, flipped, and slipped but he has always gotten back up and has always finished the race - one obstacle, one incline, one mile at a time.

WHAT DOES CYCLING MEAN TO YOU AND HOW HAS NICA IMPACTED YOUR LIFE?

Just live your best life, don't be afraid of what might go wrong.

SASKIA FREEDBERG

COMMUNITY IMPACT

NorCal Interscholastic Cycling League

HAS BEEN WITH NICA 4 YEARS



SHORT BIO

My name is Saskia Freedberg (she/her), I'm a senior on the Berkeley High Mountain Biking Team in Berkeley, CA. I joined the team as a freshman completely new to biking and found a super supportive community that I have been part of for four years now. During that time I've helped organize GRiT rides and events, and worked with teammates and coaches to plan and lead weekly discussions about topics like gender expectations, consent, and mental health with the goal of strengthening our team culture and community.

WHAT DOES CYCLING MEAN TO YOU AND HOW HAS NICA IMPACTED YOUR LIFE?

NICA has given me such a great opportunity to grow as a teammate and leader and shown me the difference I can make in my community. I value the relationships that I have built through biking so much, not only my friends but my coaches, who have inspired me, pushed me, and believed in me.

FINLEY SCOTT

TREK EXTRAORDINARY CHARACTER
Idaho Interscholastic Cycling League

HAS BEEN WITH NICA 5 YEARS



SHORT BIO

I started mountain biking when I was in sixth grade. I've always loved the outdoors and exploring new places, and I plan to continue my biking journey by attending local races and continuing to ride while I am in college. Some of my other hobbies and interests include amateur rocketry, robotics, and more STEM-related activities.

WHAT DOES CYCLING MEAN TO YOU AND HOW HAS NICA IMPACTED YOUR LIFE?

NICA has taught me that not all sports are about winning. At the end of the day, it's creating memories, supporting other riders, and making it home in one piece that matters the most. The NICA community is easily the best and most supportive community I have ever had the pleasure of being a part of.

SAHARA WALKER

NICA DISTINGUISHED ALUMNI

Wisconsin Interscholastic Cycling League

HAS BEEN WITH NICA 5 YEARS



SHORT BIO

My name is Sahara Walker. I started mountain biking and racing for the CamRock team my senior year in high school and immediately transitioned to coaching for the team following graduation. I've been a coach for four years and have been a GRiT Coach Mentor for two years. When I'm not coaching, I race in the Wisconsin Off-Road Series (WORS) and attend UW Madison working towards an engineering degree.

WHAT DOES CYCLING MEAN TO YOU AND HOW HAS NICA IMPACTED YOUR LIFE?

To me, cycling is all about community. The friendships I've made through my involvement with NICA, both as an athlete and a coach, are some of the strongest I have. Beyond that, I'm coaching kids now who were middle school students on the team during my one year as an athlete. Those kids are seniors now. I've had the privilege to see them grow and help them grow, to grow with them, and to grow from them. Each race is a testament to the dedication and perseverance of these kids. Each season I coach is a personal reminder of my own dedication, perseverance, and fortitude. I tell the kids I coach that competition starts before race day; it starts at registration. Those who sign up and show up are the only ones who have the opportunity to win the race.

SOUTH CITY OTTERS

OUTSTANDING TEAM

Missouri Interscholastic Cycling League



SHORT BIO

The South City Composite Otters hail from St. Louis. Although we are an urban team located far from mountain bike trails, we keep growing thanks to our commitment to fun, inclusivity, and community. Our team membership reflects our vibrant, multicultural city. We strive to make mountain biking more accessible to traditionally underrepresented groups and give all our student-athletes opportunities to tackle new challenges and experience the joy, camaraderie, and sense of accomplishment mountain biking brings.

WHAT DOES CYCLING MEAN TO YOU AND HOW HAS NICA IMPACTED YOUR LIFE?

I think I speak for all our athletes, coaches, and parents when I say that NICA has had a profound impact on all of us. It's given us new friends, new experiences and skills, and created some awesome mountain bikers! As the founders and leaders of the team, we love spreading mountain bike joy and are so proud of the team our community has created together.



DALLEN ATACK

NICA LEGACY

Utah Interscholastic Cycling League

HAS BEEN WITH NICA 6 YEARS



SHORT BIO

Dallen joined the league in 2018 and served as League Director for six years. During his tenure, the league grew from two to six regions and from 3,100 student athletes to 7,300. He credits the success of the league to the passionate coaches, amazing staff and dedicated race crew. “We are an awesome community. As a youth development organization, we can take great pride as we strengthen the bodies, minds and character of Utah teens through the sport of mountain biking.”

WHAT DOES CYCLING MEAN TO YOU AND HOW HAS NICA IMPACTED YOUR LIFE?

I got hooked on mountain biking over thirty years ago after spending a weekend in Moab and have been an avid rider ever since. NICA and the Utah League have allowed me to share my love of mountain biking with thousands of families as we strive to get more kids on bike.



WE BUILD STRONG MINDS, BODIES, CHARACTER, AND COMMUNITIES THROUGH CYCLING