



## NICA'S FIVE CORE PRINCIPLES

### FUN

Inspiring friendship, joy and adventure

### EQUITY

Being committed to fair treatment, equal access, opportunity, advancement and elimination of barriers to encourage participation for all

### INCLUSIVITY

Everyone should be able to participate in our programs and feel welcomed, respected and supported

### RESPECT

Consideration for all others, oneself, and the outdoors

### COMMUNITY

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



## ABOUT US

The Oregon Interscholastic Cycling League was organized in 2017 to provide a fun, safe and high quality mountain biking program for students in grades 6 to 12. With the cooperation of our partners and our sponsors, we are able to provide high quality experiential education through mountain biking. Regardless of ability level, the Oregon League is committed to providing a positive experience for all student-athletes in accordance with NICA's Five Core Principles: fun, inclusivity, community, respect and equity.

## CONTACT US

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## OREGON INTERSCHOLASTIC CYCLING LEAGUE



*TO ENABLE EVERY OREGON TEEN TO DEVELOP A STRONG MIND, A STRONG BODY, AND STRONG CHARACTER THROUGH LIFELONG PARTICIPATION IN CYCLING.*



## PARTICIPATION

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Students in 6th-12th grade are welcome to join! There are no team tryouts or cuts, and all teams are co-ed. The league will follow similar categories as other high school sports, with boys and girls competing separately for individual points as well as for team points. Middle schoolers will have separate categories for boy and girl riders in each grade, as well as extra emphasis on skills development and FUN for all.



## STARTING A TEAM

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Starting a team might seem like a lot, but the Oregon League is here to help you make it happen! You bring your time, passion, and commitment to making a life-changing experience possible for teens in your community. We'll provide the training and resources developed by more than 1000 teams that have come before you. Need more details? Contact us, or visit [oregonmtb.org](http://oregonmtb.org).

## WHY WE'RE DIFFERENT

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- Fills a niche for students whose needs may not met by traditional interscholastic sports
- Gets kids outside
- Welcomes and supports diversity in ability, ethnicity, gender, orientation, and skill level
- Promotes trail-building efforts and environmental awareness
- Improves focus and academic performance in our student-athletes
- Promotes health & fitness in teens & their families



## BECOME A COACH

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Want to share the joy of cycling with middle and high school students? No prior experience is necessary to become an Oregon League coach, as we'll provide all the training that you'll need to successfully work with a team. Check out our site and send us an email if interested!

