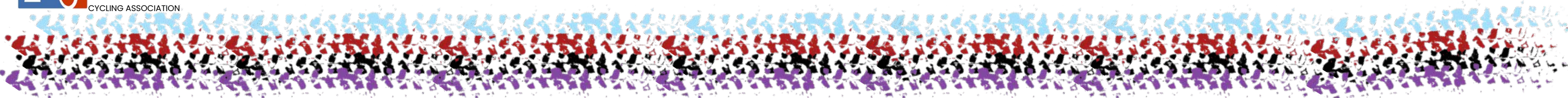
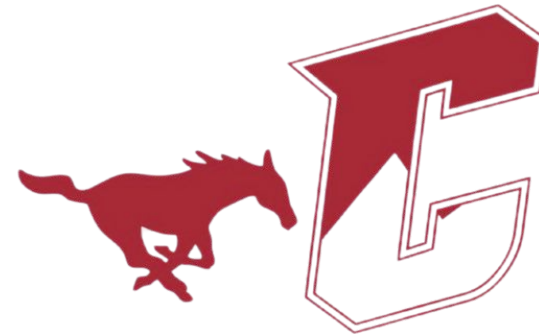




PARIKWAY PACK



What is NICA?

NICA was founded in 2009 and develops interscholastic mountain biking programs for student athletes across the United States.



NATIONAL
INTERSCHOLASTIC
CYCLING
ASSOCIATION

Fun - Inclusivity - Equity - Respect - Community

NICA is a
National
Organization

Founded in 2018



Founded in 2020

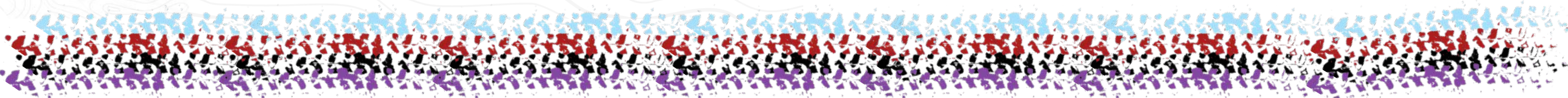


Rockwood/Parkway
team grew to 90+
athletes in 5 seasons

Founded in 2025



Inaugural year for Parkway
Pack Mountain bike team!



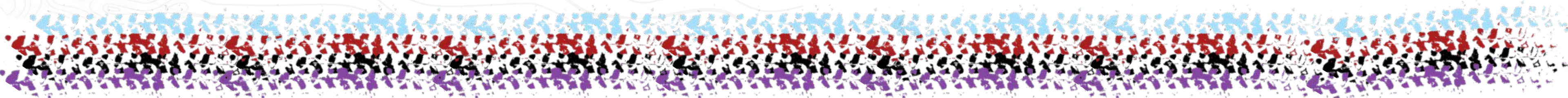


About Parkway Pack

Parkway Mountain Bike Team "Parkway Pack" includes Parkway area students grades 6-12.



If you can ride a bike, we can help you learned to mountain bike!



**PARKWAY
PACK**



Team Culture



Supportive



Kind



Prepared



Adventurous



Cooperative



Encouraging

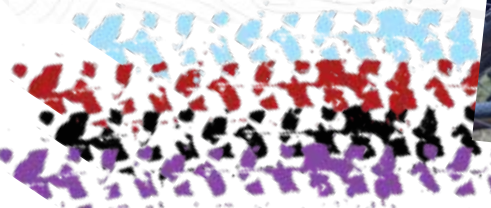
Caring



Energetic



Inclusive





Season Timeline

March 1

Coaches Registration open

April 1:

Athlete Registration open

April-June:

Try it out rides held for those athletes not sure about mountain biking

July 1:

Pit Zone "ready" (NICA registration fee due)
Bike & equipment ready
RSVP in Team Snap

August-October

5 races held at locations across Missouri



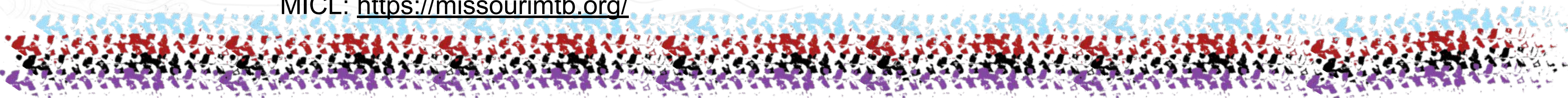
Find us here:

Email: info@parkwaypack.com

Facebook: <https://www.facebook.com/profile.php?id=61573568940415>

Website: <https://www.parkwaypack.com>

MICL: <https://missourimtb.org/>





Team Snap App

Team Snap is the app that Parkway Pack uses to communicate, set practice times and locations, and track athletes/coaches practice attendance.

<https://go.teamsnap.com/login/signin>

TeamSnap Etiquette

-Team Chat is for official TEAM communications

-It is NOT a social media app

Save non-relevant commentary and jokes for off-line conversations

-Reply directly in a new thread to minimize notifications to everyone

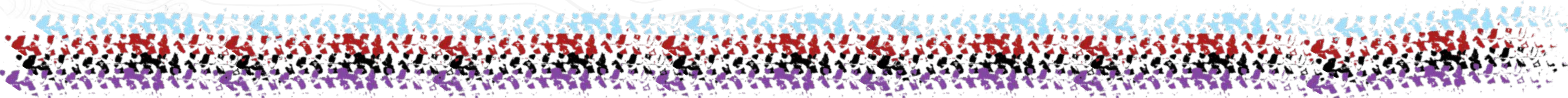
-Keeping replies purposeful and to a minimum

-Keep notifications ON

TeamSnap Check-In

•Please check in **NO LATER THAN 24hrs PRIOR to practice** so we can set practice/ride groups, ensure coach numbers meet NICA-mandated ratios

•Please have respect for our **VOLUNTEER** coaches – they spend hours each week with your athlete – please spend <30 seconds each week getting your athlete checked in





Practice Info

July - October

Tuesdays 6:00-7:30pm

Focus: Skills & Short Track/Trail

Practice held at trails close to Parkway area.

***Thursday 6:00-7:30pm (Jul 1- Aug14)**

Focus: Skill building

**Returning Athletes: consider checking out Dirt Crits for short track races at Valley Park (non-NICA!)*

Saturdays 9:30am - 12pm

Focus: Practice skills on longer trail rides, cardio/endurance

Time to get out and explore new trails around St. Louis!

Practice Locations

Castlewood State Park ~ River's Edge Park ~

Creve Coeur Park ~ Queeny Park ~

Meramec Valley Rec Complex ~ Glencoe City Park ~

ICC ~ Cliff Cave ~ Broemmelsiek

Katy Trail ~ ***Make a suggestion!***

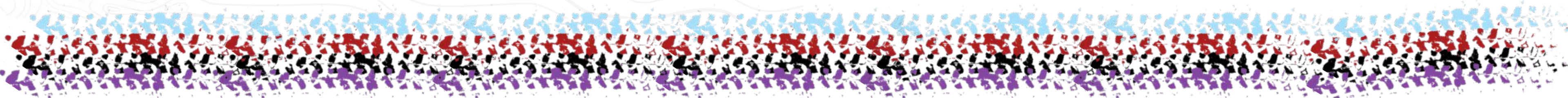
Team Snap App

Official Team Schedule Source

Times & Locations

Athletes & Coaches must RSVP for

each practice & event





Practice Expectations

1. **Helmet on at Practice!**
2. **No riding in parking lots**
3. **Be respectful towards coaches and other student athletes**

4. **Parents must check-in athletes**
(unless student athlete is a driver)

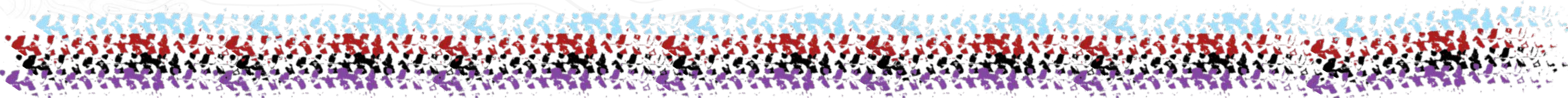
1. **Arrive 15 minutes prior to practice**
2. **Be prepared for practice/race**
3. **HAVE FUN!**

Equipment Checklist

1. **Bike** - must be FULLY FUNCTIONAL
Repairs should be performed prior to practice - *bike shops are happy to help out NICA Athletes*

Bike Shops are booked in Summer (1-3 weeks wait)

2. **Helmet** - properly fitting, adjusted
3. **Hydration** – water and/or sport drink (2 bottles or a hydration pack)
4. **Proper Shoes** - Tennis shoes or cycle shoes
5. **Bike bag/hip pack/hydration pack:**
 - a. Bike Repair Multi-tool for small fixes,
 - b. Flat Tire repair supplies – spare inner tube, tire levers, tire boot, hand pump and/or CO2 cartridges
 - c. **Nutrition** - a snack or two for trail rides
6. **Gloves, eyewear (optional)**





Missouri NICA Race Season!



Enjoy the Experience

Race weekends are about discovering new trails, building friendships, and having fun. Focus on the experience — not just the results.

Live the NICA Values

We ride with **Fun, Inclusivity, Equity, Respect, and Community**. Sportsmanship and a positive attitude are essential all weekend long.

Be There for the Team

We encourage all riders to attend both Saturday and Sunday events. We know it's a commitment — but your presence strengthens our team spirit.

There's nothing better than crossing the finish line to the cheers of your teammates!

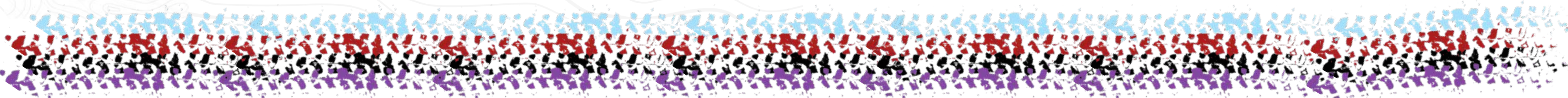
We've been working hard to build a welcoming, supportive environment — let's show up for each other!

Show your school Pride

-All racer must wear a race jersey. Parkway Pack races jerseys are set from the high school the student athlete will attend.

2025 Race Locations:

<https://missourimtb.org/race-results/2025-race-series/>



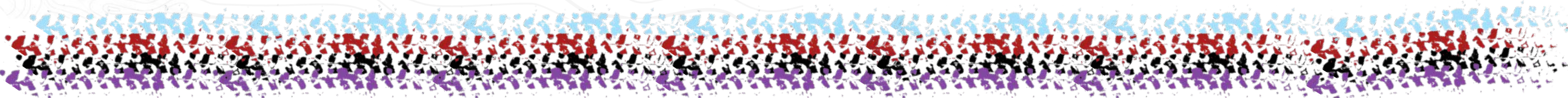


Our amazing coaches



- We don't just train student athletes, we train coaches as well!
- 100% volunteer staff
- Enthusiastic people who want to see the kids grow and succeed
- 1:6 required, 2:8 desired for trail rides
- Training
 - Background checks
 - NICA Philosophy, Safety and Risk Management
 - Concussion Training
 - Athlete Abuse Awareness Training

We always welcome new coaches - come join us!





Parkway Pack Community

It Takes A Village - Parents we need you!

- **Coaching (Do I have what it takes to be a coach?)**
- **Race Day Volunteers**
- **Fundraising**
- **Finance**
- **Chief noise maker/cheering coordinator**
- **Mechanics**
- **Carpool**
- **Web master**
- **Public relations/social media**
- **Photography**
- **Exercise/nutrition specialist**



Don't see a good fit for yourself, let us know and we can work with you to get involved!



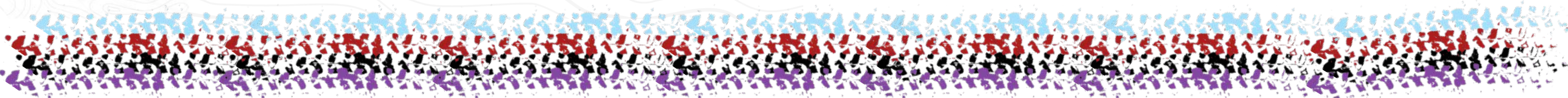
NICA Opportunities



- Providing opportunities for athletes to give time toward bike-related advocacy activities
- Our primary focus is aiding GORC with their local efforts
- GORC = Gateway Off Road Cyclists - nonprofit dedicated to advocacy, design, construction and maintenance of local multi-use trails



- League goal to increase participation to 33%
- Offering girls-only social and riding opportunities for student-athletes, moms, friends, siblings, and female coaches
- Increase girls' awareness of NICA programs
- Provide fair treatment, equal access, and eliminate barriers
- GRiT coordinator at the league and team level, Teams offer athlete GRiT ambassador opportunities
- PP has several amazing female coaches 😊





THANK YOU !