



Student-Athlete & Family Information

Thank you for your interest in the South City Composite (SCC) Otters Mountain Bike Team! SCC is a cross country mountain bike race team for grades 6-12. The team competes in the [Missouri Interscholastic Cycling League](#) (MICL), a league of the [National Interscholastic Cycling Association](#) (NICA). This is the third year of the Missouri league. There are currently 20 teams throughout the state with 5 in the St. Louis Metro area. We are the only team in the city of St. Louis. We are a “composite” team because we have athletes from more than one school, including St. Louis public schools, charter schools, and schools in surrounding suburbs.

Why join a mountain bike team? Because when you ride with a team, riding and training is more fun! In SCC, we focus on fostering a love of mountain biking, improving our skills, and increasing fitness so that each student-athlete can meet their goals. Athletes are not required to race to participate in SCC or NICA. You will receive the same valuable coaching and technical instruction whether you race or not. We set both individual and team goals and work collaboratively to attain these goals. These goals range from having a good time riding with friends, learning skills to ride on technical terrain, or competing at races. And our main goals are always to have fun and stay safe!

Our team strives to embody and further the core NICA 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.

SCC welcomes all student-athletes and there are no tryouts. No experience is necessary. In fact, 74% percent of NICA coaches and athletes have never ridden a mountain bike before joining NICA! We teach student-athletes everything they need to know to ride and race. Everyone gets to ride and participate in all events and practices. No one is required to race. Some student-athletes will only ride, play games, and cheer on their teammates during races.

All NICA coaches have training in risk management, concussion protocols, abuse awareness, and undergo criminal background checks. Many coaches are also parents of NICA student-athletes, so they are fully invested in a safe and fun experience for every team member.

In 2021, our team had 40 student-athletes and 15 certified coaches. SCC is one of the most diverse teams in the state – 28% of our athletes are girls and 18% are Black or Hispanic. Our coaching staff is 40% women. NICA also has a related program, GRiT or Girls Riding Together, that focuses on recruiting and retaining more girls and women coaches. GRiT’s goal is to increase girl/women participation in NICA to 33% by 2023. Our team is also focused on increasing access to



underrepresented groups by outreach and scholarships. Our goal is that our team mirrors the racial diversity of our larger community of St. Louis City.

Season Schedule

The regular season runs from July 1 to October 31, 2022. We practice twice per week – on Wednesday evenings at a local city park and on Saturday mornings at a nearby trail, usually Cliff Cave or Creve Coeur to start. We will ride other trails as the athletes' skills progress.

The Missouri league holds five races in the fall at different locations throughout the state. No one is required to attend, and even those who don't race are welcome to join in the fun of a race weekend! Dates for 2022 are at the end of this document.

Fees & Equipment

Each student-athlete is required to pay NICA and SCC team fees. There are scholarships available for these costs; if you are interested in a scholarship, please reach out to us. The NICA and SCC fees must be paid when you register. Team fees can be paid by cash, check, or Venmo after Pit Zone registration, and may be made in installments.

- NICA Registration Fee: \$300
- Team Fee (includes jersey): \$125
- TOTAL: \$425

The team fee includes a cycling jersey and many other things throughout the season including team swag, pizza parties, and prizes at the end of the season. All coaches are volunteers, and all funds go to benefit the team only.

All athletes must have a mountain bike in good working order, and a helmet is mandatory. Bike gloves and eye protection are also encouraged, and we will provide more details about this after you register. *Lack of a mountain bike or equipment is not a barrier to participating. We have loaner bikes and helmets available; please ask if you need to borrow a bike or helmet.* Trek Bicycles also gives some scholarships, please contact us for more details.

What is Cross Country Mountain Biking?

Cross country mountain biking is a specific form of cycling different from road riding, downhill racing, BMX, cyclocross, or track racing. Cross country requires a broad range of skills to ride up and down mountain bike trails. Team members will develop technical skills and improve their fitness through cross country riding. Our team's activities are focused on preparing for and racing at NICA-produced cross country mountain biking events only. We do not participate in "gravity" or downhill/enduro style events. Race courses do not have mandatory jumps or drops of any kind.

If you would like to join our team, please email us and you will be invited to Pit Zone, the online registration system, where you will complete the registration process.



We look forward to riding with you!

Eric Frazier - Head Coach (He/Him)
eric@missourimtb.org



Sara Pointer - Team Director (She/Her)
saraepointer@gmail.com

Important Dates

This schedule is subject to change, and we will continue to add other events. Please visit the [South City Comp](#) Facebook Page for the most up to date information.

Date/Time	Event	Location
March 1	Pit Zone Opens for Coach Registration	
April 1	Pit Zone Opens for Student-Athlete Registration Pre-Season Begins	
April 13	Returning Family Meeting, 7 pm	South City Cyclery
April 20	New Family Meeting, 7 pm	South Side Cyclery
July 1	Regular Season Begins - 2x/week practices through October	
August 27-28	Race Weekend #1	TBD
September 10-11	Race Weekend #2	TBD
September 24-25	Race Weekend #3	TBD
October 8-9	Race Weekend #4	TBD
October 22-23	Race Weekend #5	TBD
November 5-6	Tentative Rain Date (if needed)	TBD



*Practices will last about 2 hours on weekdays and 3 hours on weekends. Weekday practices will normally be held in a city park, and weekend practices will be held at local trails.

All team members are required to:

- Fill out the team sign-up form
- Pay your league and team fees (or apply for a scholarship)
- Get the release forms filled out and signed by a parent
- Get your bike and equipment checked off by one of the coaches at one of the pre-season events or at the first practice. (Any athlete who does not have a bike in good working order will not be allowed to practice but we do have loaner bikes.)
- Be listed as Race Ready in Pit Zone and set up your Team Snap profile by the start of practices. Team Snap is the app we use to communicate with all team members and parents are required to download and use the app. Athletes may use it if they wish.

Required equipment

- Helmet. Consider a helmet with MIPS if possible.
- Mountain bike
- Gloves and eye protection (recommend generic sport glasses under \$10)
- Cycling shorts (padded Lyra or baggy)
- Spare tube that fits their wheels, tools to change a flat, and a multi-tool for trailside repairs. These will be gone over in more detail during pre-season events.

Websites

Please follow our Facebook page below for the most current information.

- Team Facebook page: <https://www.facebook.com/South-City-Composite>
- Team Instagram page: <https://www.instagram.com/southcitycomp/>
- League Facebook page: <https://www.facebook.com/missourimtb.org/>
- NICA website: <https://www.nationalmtb.org/>

Team Sponsors

Please support our sponsors!

- South Side Cyclery (<https://www.southsidecyclery.com>)
- Local Harvest Grocery Store (<https://localharvestgrocery.com/lhg/>)
- Crawford-Butz Insurance (<https://www.crawfordbutz.com/>)
- Precision PT (<https://www.precisionstl.com/>)
- Stopp & VanHoy CPAs (<https://www.stoppvanhoy.com/>)
- Garcia Properties (<https://garciaproperties.com/>)
- Route 3 Films (<https://www.route3films.com/>)
- ORBT Woodworks (<https://orbtsstl.com/>)
- Frazier Strength and Endurance ([Frazier Strength and Endurance](#))