



OFFICIAL PROJECT  
NATIONAL  
INTERSCHOLASTIC  
CYCLING ASSOCIATION

After the biggest inaugural season in the history of the National Interscholastic Cycling Association (NICA), the Montana NICA league is back for 2020! NICA was founded in 2009. Since then it has grown exponentially and now has nearly 30,000 student-athletes participating in leagues in 30 states.

This will be the second Montana NICA season. In these COVID times there is some uncertainty of what our season will look like. While the race schedule for the year is posted at [montanamtb.org](http://montanamtb.org) the registration will not be open until we are sure the races can be held. That said, we are still hoping to host a full season of practice/riding and are putting together plans for how to hold practice under Phase 2 of the current [Phased reopening of Montana](#).

Practicing and racing under the NICA banner has several benefits, including:

- Extensive coach and volunteer training that covers risk management, first aid, concussion awareness, harassment, bullying, safe sport, and on-the-bike coaching skills.
- Insurance
- Background checks for all volunteers and coaches
- Inclusive, co-ed team structure

To be clear, NICA is completely independent from the Montana High School Athletic Association. This year Missoula will practice as a “composite” team open to all 6th-12th graders in our area. Depending on our rider demographics team results at races may be scored by school boundary (NICA rule).

One of the great things about NICA is its commitment to inclusivity. There are no tryouts or cuts. Everyone is invited to practice and race. Everyone who races contributes to the team’s score. NICA also has a very proactive Girls Riding Together (GRiT) program that is laser focused on recruiting, welcoming, and retaining female athletes and coaches!

Cost:                \$112.75 NICA registration (paid to NICA when registering, non-refundable)  
                          \$200 team fee (paid to Missoula Mammoths in July)  
                          \$45-80 race jersey (if racing)  
                          \$25 (MS) & \$35 (HS) race fee  
                          **Scholarships are available!**

Schedule:        Practice - Monday and Thursday; July 6th thru early October, 5:30 - 7:30 pm

Equipment:     Mountain bike (26”, 27.5”, or 29” wheels are fine), helmet

Registration:    Send an email with your student-athlete(s) name to [MissoulaMammoths@gmail.com](mailto:MissoulaMammoths@gmail.com). Then you will receive an invitation to the NICA Pit Zone registration system for the Missoula Mammoths.