



2020 COACH SUMMIT-SATURDAY

New Coach Track	Returning Coach Track	
8:00-8:20	Coffee and Registration	
8:30 - 9:15	Welcome to NorCal 2020 Overview	
9:20 – 10:30	NorCal/NICA Coaching Philosophy Morgan Fletcher, Coach Mentor – NorCal League	
10:40 -11:30	Coach Philosophy Workshop Morgan Fletcher, Coach Mentor – NorCal League	
11:40–12:40	Intro to the NorCal League Family Robert Ramirez, Program Director	Effective Team Development and Practice Management Cycling Development, NICA Level III Coaches Mark Ferry and Chris Sargent
12:45 – 1:30	Lunch	Lunch
1:30 – 1:45	Introduction to Hyper Threads Larry Nolan, NorCal Hyper Threads Partner	
1:50 – 2:45	Intro to Off the Bike Strength Training Al Painter, Santa Clara University, BA, NASM-CPT, CES, PES, TRX, Stick Mobility Coach, NICA Level 1 Coach, AFPA Triathlete Injury Prevention Specialist 15:00 Muscles: Effective Bodyweight Training For Mountain Bikers	Strength and Conditioning For High School Teams Dara Richman, DPT(doctorate of Physical Therapy), CSCS, owner/founder DaraSportsPT. John Cheetham, USA Cycling Level One Coach With Distinction, PC,CSIT, Precision Nutrition Level One Coach, NICA Level II Coach
2:55 – 3:55	Building Positive Team Culture Otis Guy, NICA Level 3 Coach Paramedic/emt, Founder of the Mountain Biking Hall of Famer	
4:05 – 5:00	Coach Roundtable Vanessa Hauswald, Executive Director – NorCal League	
5:30 – 7:00	Optional coach social hour at Chicago Fire Please RSVP to erica@norcalmtb.org	



2020 Coach SUMMIT- SUNDAY

New Coach Track	Returning Coach Track	
7:45 – 8:00	Coffee & Registration	
8:00 – 8:45	NorCal Morning Workout Al Painter, President & Founder of Integrate Fitness	
9:00 – 1:00	NICA On-the Bike Skills 101 Jared Mickel, NorCal Coach Mentor, NICA Skills Instructor	Must be pre-registered (sign up at norcalmtb.org) LUNCH INCLUDED
9:00 – 1:00	NICA On-the Bike Skills 101 Dylan Renn, NorCal Coach Mentor, NICA Skills Instructor	Must be pre-registered (sign up at norcalmtb.org) LUNCH INCLUDED
1:30 – 5:00	NICA On-the Bike Skills 201 Dylan Renn, NorCal Coach Mentor, NICA Skills Instructor	Must be pre-registered (sign up at norcalmtb.org)
1:30 – 5:00	NICA On-the Bike Skills 201 Jared Mickel, NorCal Coach Mentor, NICA Skills Instructor	Must be pre-registered (sign up at norcalmtb.org)
9:00 – 5:00	NICA Approved First Aid Otis Guy, NICA Level 3 Coach Paramedic/emt, Founder of the Mountain Biking Hall of Famer	
9:00 – 11:00	CPR Laura Fleisher and Grace Whang, Athletic Trainers-Stanford Children’s Hospital	
2:00 – 4:00	CPR Laura Fleisher and Grace Whang, Athletic Trainers-Stanford Children’s Hospital	

Important Notes

- Prerequisite Onboarding Training - Required training to be completed before Leaders’ Summit
 - o [NICA Student-Athlete Coaching Philosophy](#)
 - o [Risk Management 1 Video](#) and [Risk Management 1 Test](#) for upload into Pit Zone
 - o We recommend wearing flat pedals for all ‘On-The-Bike’ skills sessions. Helmets and mountain bikes are mandatory for On the Bike Skills Training and group ride activities.



- You will be provided with a NICA Mountain Bike Field Guide as part of your registration fees. All summit materials will be provided in an electronic format following the weekend.