



**NICA** NATIONAL  
INTERSCHOLASTIC  
CYCLING ASSOCIATION

# THE NATIONAL INTERSCHOLASTIC CYCLING ASSOCIATION AND PENNSYLVANIA INTERSCHOLASTIC CYCLING LEAGUE ANNOUNCES



**PGH<sup>°</sup>NORTH**  
INTERSCHOLASTIC CYCLING TEAM

Pittsburgh, PA – Mountain bikers in grades 6-12 in the Northern region of Pittsburgh are invited to join the newly formed “Pittsburgh North Interscholastic Cycling Team”. (*Not limited to but including: Hampton, North Allegheny, Pine Richland, Seneca Valley, Mars, North Hills, Quaker Valley school districts.*)

Participants in the Pittsburgh North Team will build fitness, skills, and self-confidence as they roll through North Park’s amazing trails with their friends and classmates. Riders are led by passionate, engaged, and certified NICA coaches who create practice and race environments that meet the needs of riders of all abilities built on the framework outlined by NICA. Male and female riders at all skill levels are encouraged to join.

All Student riders should have: Functioning mountain bike, helmet, water bottle, tire repair kit and bike multi-tool.

The Pittsburgh North Interscholastic Cycling Team works to establish and maintain a safe, quality high school and middle school mountain bike program. While racing is not mandatory, the focus of the team is to prepare riders for NICA-sanctioned races in Pennsylvania

- Provide students who have the desire to mountain bike with the coaching and camaraderie that will help them achieve both competitive and non-competitive cross-country mountain biking goals in a safe and enjoyable manner;
- Develop an awareness of what it is to be an amateur athlete that is both gracious and respectful to their community
- Create an environment in which they may discover new friendships and find role models
- Guide students toward learning new skills and disciplines, and spread the foundations of mountain bike racing across the U.S.
- Foster a responsible attitude toward the use of trails and wilderness;
- Promote the value of cycling to our community as a mode of transportation and as a lifelong sport.

**REGISTRATION:** Please contact [join@pghnorthmtb.com](mailto:join@pghnorthmtb.com) and an invite will be sent to you for the official registration. \$75 Fee. *\*One-time registration waiver is available on site for any student or parent who attends a trial practice.*

**PRACTICE TIMES:** Tuesday and Thursday from 5:30 – 7:30 p.m. at North Park. Meeting location across from Pie Traynor field. *Beginning 07.19.22*

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The North Team is a member of the Pennsylvania Interscholastic Cycling League (PICL), a youth development organization that uses mountain biking to inspire healthy lifestyles, build strong communities and engage youth in trail stewardship. PICL is a member of the National Interscholastic Cycling Association (NICA).

#### THE CORE VALUES OF NICA ARE:

Riders will be training to ride/race on singletrack trails in state and local parks and national forests. NICA courses are designed to challenge riders physically, yet not put them in harm's way.

**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.

**Community:** NICA unites diverse people, families and communities through cycling by creating fun and welcoming experiences.

**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.

#### LEARN MORE:

[pamtb.org](http://pamtb.org)

[nationalmtb.org](http://nationalmtb.org)

[pghnorthmtb.com](http://pghnorthmtb.com)

