



2025 Team Expectations and Support

- **Training Commitment**

- 1-3 practices per week (Tuesday - Thursday)
 - Be on time for practice!

- **Trails Maintenance Work**

- We recommend that each athlete try to participate in at least 2 hours of trail maintenance each season. It is a good time to learn about the trails we use, learn to respect the trails, how to leave the trail better than you found it, and honor your surroundings. Numerous opportunities will exist. Look for updates and a recurring schedule of weekly days and times.

- **Equipment Needs/Suggestion**

- Bike, helmet, shoes, glasses, jersey, riding shorts, bike specific water bottle, front mount light, BUG SPRAY, sunscreen
- If you are part of the race team, a team KIT is required, which is discounted by the team.
 - The team kit is to be worn for Non-NICA Team targeted events for the Great Lakes Cycling Race Program as well as the NICA pre-rides for all NICA athletes.
 - NICA Athletes will be loaned a NICA team specific jersey to be worn with SLS bibs/shorts at the beginning of the race season. This is a team jersey, and will need to be returned at the end of the NICA season.
 - If you are a member of NICA you will have discount opportunities on equipment and bikes.
 - The team also has a few loaner bikes if needed
 - Please talk with Coach Dave Bender prior to purchasing a new bike for your athlete

- **Communication is Key**

- We will reach out to you many times throughout the season
- Please provide your primary Email address and phone number
- Follow up on Facebook and sign up for TeamSnap before the season start

- **Parental Involvement**

- Communication, volunteer, become a Coach, fundraising, race day weekend help
 - Communicating what's happening with your child
 - Physical limitations/sickness
 - Grades to acceptable standard
 - Athlete Wellness
 - Monitor nutrition, ensure they come to practice properly fed
 - Ensure proper level of rest, don't try riding on 3 hours of sleep
 - Ensure athlete follows coaching instructions - stretch, complete at home workouts, rest when directed
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- **Rules**
 - Athletes will be required to sign the Great lakes Cycling code of conduct
 - Athletes and families are required to sign the NICA code of conduct. Athletes, families, coaches and spectators are expected to follow the NICA handbook guidelines and rules
 - We expect a positive attitude, cooperation, respect, kindness and team work - while HAVING FUN!
- **Fees**
 - Must be paid to participate
 - No student has been denied participation due to a lack of resources.
- **Great Lakes Cycling Code of Conduct Must be followed by all athletes**
- **Great Lakes Cycling Waiver and Release of Liability must be signed**

2025 Cycling events with Great Lakes Cycling team support

- **USA National Championship**
 - Road National Championships- June 28th - July 2nd... SE Wisconsin
 - MTB National Championship - July 15th - 20th... Roanoke, VA
 - Gravel National Championship - Sept 20th...La Crescent, MN
 - Cyclocross National Championships - Dec 11th - 14... Fayetteville, AR
- **Wisconsin Off-road Series**
 - WORS Englewood - May 2 - 4... Fall River, WI
 - WORS Treadfest - May 16-18... Lake Geneva, WI
 - WORS Camrock - May 31 - June 2...Cambridge, WI
 - WORS 9-mile - June 13-15... Wausau, WI
 - WORS Colectivo - July 9... Waukesha, WI
 - WORS Cable - July 11 - 13... Cable, WI
 - WORS Rockford - July 18 - 20... Rockford, WI
 - WORS Refo Ramble - August 1 - 3... Greenbay, WI
 - WORS ORA - August 16 - 17... LaCrosse, WI
 - WORS Red Barn - August 22 - 24... Waterloo, WI
- **NICA Races (6th - 12th grade only)**
 - Aug 30th - Sept 1st... Cable, WI
 - Sept 5th - 7th... Eau Claire, WI
 - Sept 12th - 14th... Minooka, WI
 - Sept 26th - 28th... Englewood, WI
 - Oct 3rd - 5th... Rhinelander, WI
 - Oct 17th - 19th...Waterloo, WI
- **Adventure Week:**
 - Marquette Riding Adventure Week June 1 - 8