

WI Coach Retreat

April 27-28, 2024 | Trek HQ

Register at wisconsinmtb.org



Get STOKED for 2024!
Inspiring sessions, On-The-Bike
training and TONS of FUN!

WISCONSIN INTERSCHOLASTIC CYCLING LEAGUE



Get excited for the 2024 season with on-the-bike training, riding, inspiring presentations and conversations with fellow team leaders and coaches from around Wisconsin.

\$100/person

includes all sessions, trainings, continental breakfast & lunch
Scholarships available at wisconsinmtb.org/scholarship-fund

REGISTER BASED ON THE ON-THE-BIKE TRAINING YOU NEED:

On-The-Bike 101/Adventure Games

On-The-Bike 201 (Completed OTB 101)

Riding & Teaching Trail Features (Completed OTB 101 & 201)

Saturday, April 27

Everyone gathers together to for morning sessions on NICA coaching philosophy and NICA friendly athlete performance training with guest speaker Tim Curry. After lunch, we ride On-The-Bike 101, On-The-Bike 201 or Riding Trail Features followed by fun, social group riding on Trek Trails.

| | | | |
|-------------|---|-------------------------|---|
| 8:30 | Check -In & Breakfast Provided | | |
| 9:00-10:00 | NICA Coaching Philosophy | | |
| 10:15-11:15 | NICA Friendly Athlete Performance Training with Guest Speaker Tim Curry | | |
| 11:15-11:45 | Team Reflection | | |
| 12:00-12:45 | Lunch Provided & Prep to Ride | | |
| 1:00-4:00 | On-The-Bike 101 | On-The-Bike 201, part 1 | Riding Trail Features (101 & 201 pre-req) |
| 4:15-5:30 | Group Rides | | |

Sunday, April 28

Self-select two of three morning sessions. After lunch, continue learning from Saturday with Adventure Games, 201 part 2 or Learn to Teach Trail features followed by more fun social riding.

| | | | |
|-------------|--------------------------------|---|--|
| 8:30 | Check -In & Breakfast Provided | | |
| 9:00-9:15 | Intro to the day | | |
| 9:30-10:30 | Q&A with Tim Curry | Spread the Word: Recruiting Coaches & Student Athletes | Streamline Team Admin: Useful tools for team management |
| 10:45-11:45 | Q&A with Tim Curry | Spread the Word: Recruiting Coaches & Student Athletes | Streamline Team Admin: Useful tools for team management |
| 11:45-12:00 | Team Reflection | | |
| 12:00-12:45 | Lunch Provided & Prep to Ride | | |
| 1:00-4:00 | Adventure Games | On-The-Bike 201, part 2 | Teach Trail Features (101 & 201 pre-req) |
| 4:15-5:30 | Group Rides | | |



Tim Curry is a Clinical and Sports Performance Exercise Physiologist teaching at the College of Western Idaho and Boise State University and works with the US Speed Skating team. Tim has ties to Wisconsin, earning his Master's Degree in Clinical Exercise Physiology from UW La Crosse. Tim also holds the American College of Sports Medicine Clinical Exercise Physiologist and Exercise is Medicine certification. Tim is also a NICA coach in Idaho.

HOTEL DISCOUNTS (\$109/NIGHT)

APRIL 26 & 27

HOLIDAY INN EXPRESS & SUITES
5150 HIGH CROSSING BLVD. MADISON

[MUST BOOK VIA THIS LINK](#)

RATE EXPIRES MARCH 27, 2024

RESERVE EARLY!

REGISTER [HERE](#)

REGISTER EARLY...SPACE IS LIMITED

