

Dear CA Parents & Guardians of Middle School Students,

I am pleased to announce that rising **6th, 7th, and 8th grade girls & boys** will have the opportunity to join the **CA Middle School Mountain Bike Club Team** for the 2023 fall season.

Students who are on another CA Middle School team can also join the Mountain Bike Club. The club will have minimal conflicts with most CA middle school athletic schedules, and all Mountain Bike Club practices, rides, and races are optional.

The club's goal is to enable students to have fun riding their bikes in nature! ([Article "Nurtured by Nature"](#)) Team members will also develop technical riding skills, improve their fitness, and learn about themselves. Our team's activities will be focused on preparing for and racing at cross-country mountain biking events produced by the [National Interscholastic Cycling Association \(NICA\)](#), and the [Ohio Mountain Biking League](#).

The league has separate male and female race categories for middle school riders at different skill levels. **The races are really fun for riders of all abilities.** Cross-country riding builds mental and physical stamina while cultivating independence and perseverance.

A high degree of parent/guardian involvement will be needed to support the club and help students get to/from practices and destination race events with their bikes.

If you or your student is interested in learning more about participating in the mountain bike club, [click here!](#) An informational meeting for parents will be **online** at 8pm on Thursday, May 4th, and **in person** for parents & students at 11am on Sunday, May 7th (location: dining hall parking lot).

If you are interested, consider watching these short videos about NICA leagues (just like Ohio's) in other states:

[NICA - Trek/Wisconsin](#)

[NICA - Utah](#)

[NICA - Girls Riding Together](#)

2023 Race Schedule (All races are optional) - Ohio Interscholastic Cycling League

- Pre-Season Prologue Time Trial: Sunday, August 12th & 13th - Freer Park - Ashland, Ohio
- Race #1: Sunday, August 26th & 27th - John Bryan State Park
- Race #2: Sunday, September 9th & 10th - Hueston Woods State Park

- Race #3: Sunday, September 23rd & 24th - Chestnut Ridge Metro Park
- Race #4: Sunday, October 7th & 8th - Camp Tuscazoar - Dover, Ohio

If you have a child interested in participating, please fill out the expression of interest form and we will send you an invite to the online meeting along with additional information. Please let me know if you have any questions in the meantime. Go Vikes!

Best,
Mary