

Dear CA Parents & Guardians of Middle School Students,

I am pleased to announce that Columbus Academy 6th, 7th, & 8th grade **girls & boys** will have the opportunity to join the **CA Middle School Mountain Bike Club Team** for the 2024 Fall season.

Students who are on a CA Middle School athletics 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](#).

NICA Ohio has separate male and female race categories for middle school and high school riders at different skill levels. The league is equally oriented towards beginners and intermediate riders. **The events 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 the mountain bike club, [click here](#) to fill out our interest form. An informational meeting for parents will be **online** Wednesday, July 10th at 8:00 p.m. and Saturday, July 13th at 9:00 a.m.

Check out these short videos about NICA leagues (just like Ohio's) in other states:

[NICA - Trek/Wisconsin](#)

[NICA - Utah](#)

[NICA - Idaho](#)

[NICA - Girls Riding Together](#)

2024 Schedule

***All practices and events are optional, and students may start practices as their summer schedule allows. Races take place on Saturdays and Sundays throughout the season. Once races begin, there will be one practice during the week and one practice on non-race weekends.**

- Practices begin: Week of August 5th (2-3 per week)
- Preseason Time Trial: August 10th & 11th - Freer Park (Ashland, OH)

- Race #1: August 24th & 25th - John Bryan State Park
- Race #2: September 7th & 8th - Hueston Woods State Park
- Race #3: September 21st & 22nd - Camp Tuscazoar (Dover, OH)
- Race #4: October 5th & 6th - Chestnut Ridge Metro Park

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!

[Mary Deeds](#)

Assistant Director of Athletics for Youth Sports