

Rogue Composite Vultures Mountain Bike Team:



This fall season, Rogue Composite and DEVO will be joining forces for the fall [NICA](#) (National Interscholastic Cycling) season. Rogue Composite is in the [OICL](#) (Oregon Interscholastic Cycling League) which is hosting 4 races and a state championship this season. NICA races are for Middle and High School students with focus on fun, inclusivity, equity, respect, and community:

- Practices start in Aug and end in Nov; No practices on school holidays (Labor day); and for severe weather (smoke, storm, anytime school is cancelled, practice will be cancelled as well).
- Practices will be held two days a week for two hours in the evenings from August to mid-September. In mid-Sept we'll move practices to account for daylight until mid-Oct, then 1.5 hour practices from mid-Oct to the end of the season due to shorter daylight hours.
- Most practices will be in the Ashland watershed, but we'll mix up the venues from around the region (Prescott, Jacksonville, MOTR, etc).
- Depending on coaching availability, we'll offer longer weekend rides during the season.
- Practices will be split into (20) high school and (20) middle school riders, but there'll be some overlap and most of the venues will be the same.
- The NICA Race schedule can be found on the [OICL webpage](#).

- Riders are required to give 8 hours of service per season through advocacy, trailwork, event volunteering, etc.

Team Fees:

- NICA fee = \$275 (This goes straight to NICA, and covers costs for the races, training for the coaches, and insurance at the races)
 - Scholarships available ([info here](#))
- DEVO fee = \$375 (This covers the coaches pay, insurance during practices, jerseys, race day nutrition, equipment, gear, awards, etc)
 - Scholarship application [here](#)

Registration:

- Riders who want to join Rogue Composite and participate in NICA races need to contact the team director (Yu Kuwabara) at ashlanddevo.yu@gmail.com so he can send you a link for registration.

Some videos that show what NICA is all about:

- [Utah Cycling League 2017](#)
- [I Play Biking](#)
- [High School Mountain Biking is Blowing Up.](#)

Parent Info night presentations.

- April - <https://youtu.be/8HANCQf7SxA>
- May - <https://youtu.be/8xHqfGEYC-8>