

Cycling Class 2020

Cycling class will run for two weeks as part of the Extended Learning Time provided by the state of New Mexico PED for the summer of 2020. Due to COVID-19 health guidelines, the face-to-face portions of Cycling Class at ALCS will be amended and/or revised to comply with the state's current guidelines.

Timeframe: Half-hour courses M-F from June 15, 2020 until June 26, 2020

Alternate Timeframe: Two-hour courses Tues and Thurs from June 1, 2020 until November 8, 2020 (AICL regular season <http://www.arizonamtb.org/>)

Personnel: 1 state certified teacher/NICA certified Level 3 Coach, 1 assistant for face-to-face group rides (when applicable), parent/guardian for encouragement and guidance

*Adult riders other than parent/guardian who ride with students will be assessed for riding ability prior to the first group ride.

Setting: Online-- Google Classroom, Strava, Love to Ride, email, Zoom, other apps that may apply

Face-to-face-- ALCS campus, trailheads in Silver City area

Materials Needed:

Electronic Equipment-- Laptops with digital cameras for teachers and students , personal smartphones and/or GPS, WiFi or other internet access for teachers and students, Youtube videos, Heart rate monitors

Safety Equipment-- Safety Equipment Checklist, approved helmet, eye protection, gloves, water bottle or hydration pack, closed toed shoes, appropriate clothing, PPE gear according to COVID-19 state guidelines, approved safely operating bicycle (approval guidelines will be listed)

Other Materials -- *Teaching Mountain Bike Skills The Skills Training Manual for NICA Coaches* by Lee McCormack, *NICA Coach Manual Starting, Managing & Coaching a High School Mountain Bike Team* published by the National Interscholastic Cycling Association

Objective: Students will gain cycling knowledge and skills that they will apply to their daily lives for a healthy lifestyle. Students will document each ride with parent/guardian signature stating the student followed teacher instruction and state/local bicycle traffic laws.

Course Outline:

Day 1 -- Introduction to Cycling--30 minutes

- Group introductions
- Why Cycling? Class overview
- Bicycle check: parts of a bike

Safety check, including all equipment (checked and signed off by parent/guardian)

- Assessment of Student ability -- on a set cycling course
- Teacher led reflection and feedback
- Review previous day, student Q & A
- Further Assessment of Student ability (if needed)
- Teacher led reflection and feedback

Day 2 -- Traffic Safety and Laws--30 minutes

- Review previous day, student Q & A
- Overview of State/local bicycle traffic laws
- Assessment of Student ability -- on a set cycling course, exam
- Teacher led reflection and feedback

Day 3 -- Basic Bicycle Maintenance and Mechanics

- Review previous day, student Q & A
- Basic Bicycle Maintenance, front to back
 - Storage
 - Lubrication
 - Equipment Check
- Teacher Demonstration/Youtube videos
- Student demonstration of learned skills
- Teacher led reflection and feedback

Day 4 -- Basic Bicycle Maintenance and Mechanics, cont.

- Review previous day, student Q & A
- Tube patching 101
- Teacher Demonstration/Youtube videos
- Student demonstration of learned skills
- Teacher led reflection and feedback

Day 5 -- Virtual/Actual group ride

- Review previous day, student Q & A
- Teacher Demonstration/Youtube videos
- Student demonstration of learned skills
- Teacher led reflection and feedback

Day 6 -- World of Cycling - history, present, etc.

- Review previous day, student Q & A

- Youtube videos/teacher led discussion
- reflection and feedback

Day 7 -- Introduction to Using Heart Rate

- Review previous day, student Q & A
- Teacher Demonstration/Youtube videos
- Student demonstration of learned skills/understanding
- reflection and feedback

Day 8 -- On the Bike Skills 101

- Review previous day, student Q & A
- Teacher Demonstration/Youtube videos
- Student demonstration of learned skills
- Teacher led reflection and feedback

Day 9 -- On the Bike Skills 101

- Review previous day, student Q & A
- Teacher Demonstration/Youtube videos
- Student demonstration of learned skills
- Teacher led reflection and feedback

Day 10 -- On the Bike Skills 101, Virtual/Actual group ride

- Review previous day, student Q & A
- Teacher Demonstration/Youtube videos
- Student demonstration of learned skills
- Teacher led reflection and feedback

Cycling Class

Cycling Class at ALCS will model the mission, vision and values of the National Interscholastic Cycling Association, or NICA. These are as follows:

NICA Mission

We build strong minds, bodies, character, and communities through cycling.

NICA Vision

Every youth is empowered to be part of a thriving and engaged cycling community.

NICA Values

- Fun: NICA inspires friendship, joy, and adventure.
- Inclusivity: NICA believes everyone should be able to participate in our programs and feel welcomed, respected and supported.

- Equity: NICA is committed to fair treatment, equal access, opportunity, advancement and elimination of barriers to encourage participation for all.
- Respect: NICA expects consideration for all others, oneself, and the outdoors.
- Community: NICA unites diverse people, families and communities through cycling by creating fun and welcoming experiences.

More information about NICA can be found at <https://www.nationalmtb.org/> .

Students who complete the Cycling Class will be able to use their cycling knowledge and skills to help and enrich their everyday lives. It will also provide a unique opportunity for students who are interested in sports, but are not your “stick and ball” type athletes. They will become more interested in a healthy lifestyle: one that includes regular exercise, healthy eating habits and making smart decisions regarding drug and alcohol use. They will experience a greater sense of obligation to their schoolwork and community involvement. Many students have increased their interest in academic pursuits and improved their grades through positive involvement in an extracurricular activity. Cycling is a healthy lifestyle that affects both human and environmental health.