



2022
COACH RETREAT AGENDA



Friday May 13, 2022

Time	Topic
4:00	Optional Ride (meet behind the lodge at the large pavilion)

Saturday May 14, 2022

Time	Topic		
7:00-8:00	Check In		
8:00-8:30	Breakfast		
8:30-9:00	Welcome/Introductions		
9:00-9:30	Break		
9:30--11:00	Adventure with Dan		
11:00-12:30	OTB 101	OTB 201	First Aid
12:30-1:15	Lunch		



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1:15-4:15	OTB 101	OTB 201	First Aid
4:30	Group Photo		
5:00	Optional Group Ride		
8:00	Campfire at WVICL Staff Cabin (Cabin # TBD)		

Sunday May 15, 2022

Time	Topic
8:00-8:30	Breakfast
8:30-12:00	Practice Simulation/Time Trial
12:00	Lunch
1:00	Coach Mixer Activity
2:00-2:30	Wrap Up/Goodbye

Important Notes:

- Be prepared to ride in any weather. Bring rain gear, layers, and spare clothing, and the tools and supplies you need to maintain your bike for a weekend of riding.



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- Leaders' Summit Registration fee includes 4 meals (Breakfast and Lunch on both days). Please send an email to cassie@westvirginiamt.org with any special dietary requests. Feel free to bring your own snacks and beverages for the weekend.
- The target audience for this year's summit is new and returning coaches, with material to cover all NICA coach licensing levels.
- **First Aid:** NICA approved first aid will meet requirements for level 3.
- **OTB 101 Classroom Portion:** Registered for OTB 101? The classroom portion is now completed online, and should be completed before the Summit. Access this class through Litmos in the Pit Zone. Email jessica@westvirginiamt.org if you have questions about this.

(see next page)

- We recommend wearing flat pedals for all 'On-The-Bike' skills sessions if you are not completely comfortable with clip-ins yet. Please come prepared to change your pedals for the skill session.
- You will be provided with a NICA Coaches Manual, and all other summit materials in an electronic format.