



## GRIT WEEKEND AT SNAKE FARM

Saturday, May 4th – Sunday, May 5th 2024

GRiT Weekend is an opportunity for the young women of Kansas NICA to connect with one another and develop their mountain bike skills alongside more experienced riders in a safe and welcoming environment. Our mission is to create a supportive community to foster the growth of women athletes and get #moregirlsonbikes. The weekend's activities will be led by a group of amazing NICA Coaches who love helping others fall in love with all aspects of riding alongside senior student athletes (Varsity / JV) who will assist in the planning and execution to develop their leadership skills. Get ready for both on and off-the-bike activities, campfires, laughs, smiles and miles, and lots of memories made! GRiT Weekend is open to the girls of NICA or any girls grades 5-11 who are interested in joining NICA. *All skill levels are welcome.*



### Weekend Priorities:

Build community through shared experiences and connection

Develop mountain bike and leadership skills

Make new friends and memories in the outdoors

We will be hosted at the location of our 4th race at the Snake Farm Ranch property minutes north of Lawrence, KS. The property is situated on 220+ acres and features access to hiking and biking trails cut through limestone hillside with the classic Kansas prairie backdrop we know and love. The girls have the opportunity to camp or sleep indoors in the Ranch barn, lock-in style.

### Snake Farm Ranch

26092 Snake Farm Rd, Lawrence, KS 66044

**[VOLUNTEER SIGN-UPS](#)**

# SCHEDULE

## Saturday, May 4<sup>th</sup>

<b>9:00 - 9:30</b>	<b>Arrival - Free Ride/Hike Around the Ranch</b>
<b>9:30 - 10:00</b>	<b>Introductions</b> Decorate Bike Name Plates Submit Reasons to Ride/Anonymous Questions Make sure everyone has a hydration plan Sign up for Prep/Serve/Cleanup for Dinner or Breakfast
<b>10:00 - 10:45</b>	<b>Senior Leader Planning Session</b>
<b>10:45 - 11:45</b>	<b>OTB Skills Groups Session 1</b> <b>(2) 30 Min Rotations</b> Each Group will have an Experienced Rider + at least 1 Coach
<b>11:45 - 12:30</b>	<b>Picnic Lunch:</b> sandwiches from Pickleman's
<b>12:30 - 1:00</b>	<b>Break / Free Time</b>
<b>1:00 - 2:30</b>	<b>OTB Skills Group Session 2</b> <b>(3) 30 min Rotations</b>
<b>3:00 - 4:00</b>	<b>Showdown Course Pre-Ride</b> Mild, Medium & Spicy groups, session tough areas
<b>4:15 - 5:15</b>	<b>Choose your own adventure:</b> Yoga, Keep Riding, Hike, Chill, Cold Tub Challenge
<b>5:15 - 6:00</b>	<b>Free Time / Meal prep for assigned crew</b>
<b>6:00 - 7:00</b>	<b>Dinner &amp; Chill</b>
<b>7:00 - 8:00</b>	<b>Non-NICA Time - Games led by Juniors &amp; Seniors</b>

## Sunday, May 5<sup>th</sup>

<b>7:30 - 8:15</b>	<b>Breakfast Prep (yogurt, granola, fruit)</b>
<b>8:15 - 8:50</b>	<b>Breakfast</b>
<b>9:00 - 10:00</b>	<b>Basics of Mountain Bike Maintenance</b>
<b>10:00 - 10:30</b>	<b>Group discussion: Taking Care of Yourself</b>
<b>10:30am</b>	<b>Departure</b>

## **NICA GRiT Weekend Suggested Packing List:**

- Sleeping Bag
- Pillow
- SleepingPad / Mat
- Folding Camp Chair or Crazy Creek Chair
- Hydration Pack / Water Bottle – BRING AT LEAST ONE!!!
- Insulated mug for coffee or hot chocolate
- Headlamp or Flashlight
- BugSpray
- Sunscreen
- Cycling clothing for Saturday afternoon
- Helmet / Shoes / Gloves – whatever you regularly use for NICA or riding a bike
- Any other cycling equipment you regularly use - bring your regular flat kit!
- Long Socks for if you take a walk in the grass to mitigate potential for getting ticks
- Swimsuit
- Towel for cold plunge and outdoor shower
- Sun Protection: sunglasses and/or hat
- Long pants
- 2 sets of street clothes for non-biking time for Saturday and Sunday
- Warm clothes for campfire and morning – a warm hoodie or jacket
- Sleeping clothes
- Warm Hat - if you tend to get cold for the evening – temperatures are TBD
- Socks and Underwear  
(probably 3 sets so you have a second set for Saturday after you ride)
- Toiletries
- Any personal medications - these will need to be administered by your parent.  
Please contact Sarah if you have meds and will not have your parent on site
- Riding Snacks for Saturday Afternoon

