



Scavenger hunt practice plan

Objectives - student-athletes will be able to...

- Problem solve with my teammates
- Have fun

Materials

- Scavenger hunt list and rules
- First Aid Kits
- Radios
- Emergency contact lists
- Bike repair kits (tubes, pumps, multi-tools, etc.)

Coaches activities: (What can assistant coaches do to help you set up, and welcome athletes)

- 1. Greet athletes and help with check in
- 2. Ensure checkpoints are marked and numbered correctly on trail
- 3. Set up a game for your team to play before you begin the trail ride
- 4. Lead a station activity and bring the required materials

Session activities: (Chronological series of events for the practice session)

- 1. Check-in
 - a. Have a game for your team to play while you're getting set up
- 2. Welcome
 - a. Ask your team "What's your good news?"
- 3. ABCDE Bike Check
- 4. State objectives for the day
- 5. Divide your team into ride groups
 - a. Handout scavenger hunt list and rules
 - o Two minutes to review the list and make a plan.
 - Everyone leaves at the same time, carefully!
- Submit photos to head coach/team director
 - Take pictures of your group with as many items on the scavenger hunt list as possible
 - Each photo is worth one point.

Scavenger Hunt Rules

- You must move as a group and take pictures of your group with the following items.
- You can take pictures in any order that you want.
- Follow all rules of the road and bike path/trail etiquette
- No cheating

Scavenger Hunt List Ideas

- Use <u>Seek by iNaturalist App</u> to identify local plants (set a number of plants that equal success)
- Take photos of trail names/markers
- Plan ahead and hide objects throughout the trail system
- Take photo of trail landmarks
- Take a photo of a business near the practice venue







- Take a photo of a group member completing a NICA appropriate trail feature
- Take a photo of group members planking/push-up/air squat/etc at a specific trail location
- Your ideas here...

Regroup after the ride

- 1. Objective review
 - a. Ask athletes if they achieved the objectives of the day
- 2. Ask for shout outs from the coach and athletes
 - a. Ask coaches to recognize athletes who had a great practice
 - b. Ask athletes to recognize other athletes who had a great practice
 - c. Ask athletes to recognize coaches who had a great practice
- 3. Officially end practice (Power Clap; Chant, Catch Phrase, etc)

Coach debrief: (Have a brief meeting with coaches after practice)

- 1. Get feedback from your coaches
 - a. What went well that we want to make sure we do again?
 - b. What could be changed to make practice sessions better?
- 2. Adjust future session plans based on feedback!

