



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.
 - o 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 [Seek by iNaturalist App](#) 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!