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Pitt County Composite FAQ

[Interest/Sign-up Form](#) | [Team Facebook](#) | [Team Instagram](#) | [NC NICA league website](#)

Who can join the team?

Any student from Pitt County or surrounding counties in 5th-12th grades are welcome! We are not associated with a specific school, and homeschooled kids are encouraged.

Why join?

We are helping students grow in mind, body, and character through cycling and getting #morekidsonbikes. We build self-confidence, leadership, problem-solving, autonomy, and lifelong advocates for outdoor recreation, while having fun! There are no tryouts or cuts in NICA – *everyone gets to ride and participate.*



My child is still thinking about it, can they come to practice and try it out?

Yes! Students and adults can attend up to three practices prior to having to register (kids) or going through a background check/training (adults).

What does the season include?

- Practices start mid December and go through early May. We typically practice 1-2x per week at Boyd Lee Park, Green Springs Park, and Wildwood Park.
- Adventure days exploring trails 1-2 hours outside of Greenville (Big Branch, Medoc Mountain, Williamson Preserve)
- Trail workdays to help maintain local trail systems
- 6 league event weekends held across the region (optional)

2026 Race Weekends

- February 28-March 1 (Browns Creek, Elizabethtown, NC) - 2hr 10min drive
- March 14-15 (Tryon Equestrian Center, Mill Spring, NC) - 5hr drive
- *March 21-22 RAIN DATE (Farris Memorial Park, Mayodan, NC) - 3hr drive*
- March 28-29 (Farris Memorial Park, Mayodan, NC) - 3hr drive
- April 11-12 (Dark Mountain, Wilkesboro, NC) - 3hr 45min drive
- April 25-26 (Rock Hill BMX, Rock Hill, SC) - 4hr drive
- *May 2-3 RAIN DATE (Farris Memorial Park, Mayodan, NC) - 3hr drive*

- May 9-10 Championship (Anglers Ridge, Danville, VA) - 2hr 45min drive
- *May 16-17 RAIN DATE (Anglers Ridge, Danville, VA) - 2hr 45min drive*

How do I register?

[Fill out our interest/sign-up form](#) – that will give us all the information we need to send you an official invite through Pit Zone, NICA’s online team platform.

Help! We need a bike!

Please connect with us! Some options:

- We know of a few folks in the community who are looking to sell bikes that would be perfect for students (often previous NICA students/coaches!)
- We can look over used bike listings with you from Facebook Marketplace, Craigslist, or Pinkbike.
- Greenville Bicycle Company is a great resource for new bikes and is one of our sponsors.
- Our league also has a limited supply of loaner bikes – let us know if you would like to apply to borrow one!

What other gear do we need besides a bike?

- A helmet! We can also recommend brands, though Greenville Bicycle Company, Dick’s Sporting Goods, and online retailers like REI, Competitive Cyclist, and Jenson will all have solid options.
- Some kind of hydration system, usually either a water bottle that goes on the bike or a hydration pack.
- Comfortable clothing for riding bikes and solid closed-toe shoes (sneakers are great, crocs not so much!).
- All other gear is not required and is just “nice to have” – this includes things like gloves, bike shorts, or bike-specific shoes.

What does an event weekend entail?

Event weekends are a big bike festival – picture hundreds of student athletes, parents, siblings, and coaches gathered together for fun, games, racing, camping and more! Many new families are surprised at how large and comprehensive these events are. Saturdays feature multiple opportunities to pre-ride the course, trail work/maintenance events, and plenty of other fun like Girls Riding Together activities, lawn games, dance parties, pie-eating contests, and more. Sundays are for racing, which kicks off around 8a and ends at 4:30p (youngest student athletes go first, high schoolers finish it out). Some venues also have an “adventure trail” option which allows



student athletes (accompanied by a coach) to have fun riding even if they're not racing (or they're done with their race!).

How can parents get involved?

Many of our parents choose to become at least level 1 coaches, which allows them to ride with our team at practices/races. You don't need prior experience – we'll teach you bike skills right along with the kids! Becoming a coach requires a background check (~\$25 for the first year, usually reimbursed by the team depending on sponsor fundraising) and several trainings on concussions, child abuse, and the basics of NICA as an organization.



If you're not interested in riding, we love parents who can be our "hype crew" at event weekends (costumes! cowbells! snacks!), helping student athletes get to the start line, making sure they're eating and drinking, and of course, cheering on student athletes along the course or at the finish! We would also welcome assistance with social media, fundraising, and other "back-end" logistics — we rely on sponsors to be able to give every student a jersey/socks and reimburse coaches for training.

The league also relies on an army of volunteers to make events run smoothly. Volunteer positions include stationary and roving course marshals, crossing guards, race sweeps, parking attendants, merch table salespeople, and more. Our team has won "top volunteer team" for the past two years — we really love to help out!

What are GRiT and Teen Trail Corps?

Girls Riding Together (GRiT) is NICA's program for female mountain bikers, who are still a minority within the sport. Our league's GRiT program is excellent! Each event weekend features a GRiT-only group pre-ride event (led/swept by female coaches) along with activities at the GRiT tent like cowbell painting, basic bike maintenance workshops, movie nights, nail painting, games, scavenger hunts, and "make your own trail mix" time among many others! There is also usually a GRiT-specific pre-season event every fall.



Teen Trail Corps is NICA's program to encourage and teach student athletes about caring for trails, as well as advocating for outdoor recreation, public lands, and trails at the local and state levels. Several event weekends will have optional TTC trail work events on Saturdays where student athletes have an opportunity to give back to the local trail system. "Trail Week" occurs in March and is a league-wide dedicated effort to contribute to trail maintenance in our

communities. The TTC tent also features lawn games, volleyball, rock crawlers, and more! Pitt County Composite organizes local trail maintenance days, usually at Wildwood Park. Students who complete enough hours of trail work are eligible for prizes like a TTC-branded bike water bottle, gloves, and a t-shirt.

How much is registration?

NC NICA has an all-inclusive fee for student athletes that pays for all league events, high-quality coaching, student and coach insurance, etc. Registration is \$420 for the first student athlete and the league is offering a \$50 discount for remaining siblings (\$370 each, see below for details on this new program). There is also a payment plan available, though PayPal charges a 5% transaction fee for recurring payments and consequently, the ultimate cost will be higher than paying upfront (see below). *Please talk to head coach Ryan Danell if cost is an issue – we may be able to work out a more informal loan through our own team community that can help avoid transaction fes.*

How does the multiple student discount work?

To access the discount:

1. Register all of your student athletes in Pit Zone as normal but click “mail a check” when you get to the payment step (don’t pay for your student athletes yet).
2. Fill out one “scholarship” application [here](#) for your family.
3. The league will then apply a store credit to your Pit Zone account within 1 week. You can then pay the remainder using any method you like (including requesting a payment plan).

How does the payment plan work?

1. Register in Pit Zone as normal, then click “mail a check” when you get to the payment step (don’t pay for your student athlete yet).
2. [Fill out this form](#) to request a PayPal invoice, which will include a 5% recurring-payment fee (for a single student athlete, the total to be requested on the form should be **\$441**). You also do this for multiple student athletes, but the 5% fee fully or nearly negates the discount for 2 and 3 student athletes. *Let us know if you need financial support.*
3. The league will verify the payment and the student will be marked as “paid” in Pit Zone.

What does the registration fee go towards?

- High-quality preseason, regular season, and postseason events
- Team and coach development
- Robust NICA programming including Girls Riding Together, Teen Trail Corps, and Adventure activities
- Coach and student athlete insurance
- NICA NC staff salaries and benefits
- NICA national fees

We will give every SA a team jersey and a pair of team socks free of charge thanks to our sponsors!

What does registration NOT include?

- Travel costs associated with event weekends (lodging, food, gas). Most venues have very inexpensive NICA-specific R/V and tent camping available onsite for \$10-20/night. Our team loves to “circle the wagons” and create a fun base camp (games, shared meals, s’mores!). We always have a mix of folks with RVs, car-camping setups, and tents.
- A bike, helmet, and other gear for your student athlete (water bottle, sunscreen, snacks, etc).
- Optional team clothing order (shirts, sweatshirts, hats, etc)

