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TRY THE TRAILS

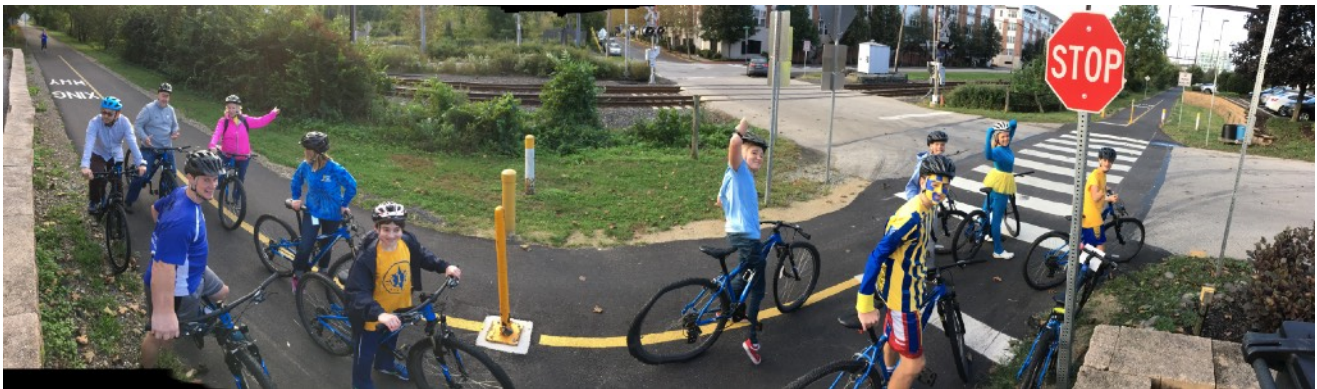


RIDING FOR FOCUS



NICA
INTERSCHOLASTIC
PROGRAM

AIM BIKES



#MoreKidsOnBikes

The Riding for Focus program has expanded from grade 8 to grades 7-8. Where AIM was one of 8 schools across the US with the program in 2017, we will be one of 100 by the end of 2019.

7 new members joined our NICA team including 3 girls. Our team goes into 2019 14-strong with a few rising freshman interested in joining.

Why Bikes?

"I love riding in the morning. It helps calm me down and quiet my busy brain." —AIM 8th Grader

Everyone can ride a bike for 20 minutes at the intensity needed to benefit from exercise. In addition to neurological benefits, social benefits keep us pedaling. *"I always feel better after a bike ride,"* remarked a sophomore team member. Riding is a natural anxiety releaser—of course we feel better!

The **participation in both programs has doubled** – awesome stuff – but this growth means we need more financial help to sustain the program.

Where do we need support?

Storage Space: Between commuters, the upper school mountain bike team, and the middle school program, we have more bikes than space to safely store them. Dreaming of a shipping container or other solution.

Scholarships: Stipends for students who may need assistance with gear, fees, and camps.

Coach Compensation: Our volunteer coaches include past national champions, current professional coaches, and elite racers. **They are not AIM staff.** They donate their time and money to get NICA coaching certification and travel to weekend races to support our students.

Tune ups: Our *Riding for Focus* bike fleet needs professional tune ups to keep bikes in good, safe working condition.

Solutions:

The *Specialized Foundation* created an **Everyday Hero Campaign** for participating schools. I hope you will consider donating to AIM's page. Please share with your bicycling friends who might also be inclined to support school cycling programs. Your gift will go toward sustaining our efforts to get more kids on bikes and give them the gift of a lifetime sport.

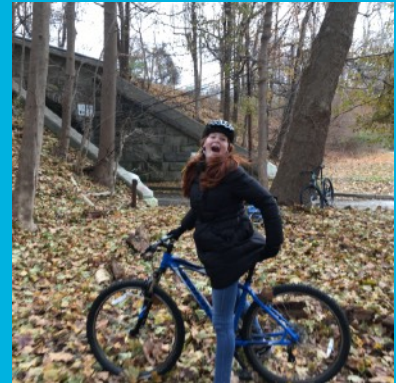
Many thanks for your thoughtful consideration; every cent counts! Support our efforts through the AIM School Bikes [Everyday Hero Campaign](#).

Happy Trails,



Anne Rock, *Riding for Focus* Program Champion & NICA Coach

Try the Trails April - May



Join Coach Rock for an intro to mountain biking.

Meet Fridays after school and ride or drive (van) to the Wissahickon trails.

FUN FACT: Did you know that the Wissahickon offers some of the most challenging mountain biking on the East Coast?

AIM has bikes available in various sizes for use.

Bike inspection and additional skills training courtesy of

Riverbend Cycles.

Spots are limited so register soon on Veracross.

(Priority given to registered NICA athletes).

Riding for Focus

“That’s my kind of class!”

A Philadelphia police officer gave a shout out of approval to our 8th graders on Port Royal Road. Who wouldn’t want to kick start their day with a bike ride?

First semester, 15 students learned that cycling elevates mood, improves focus, and relaxes busy brains. **They used math skills to calculate optimal heart rates and cadence to ride at a fitness level equal to 65-85% of their maximum heart rate for a minimum of 20 minutes.** Grooving to disco helps us find the perfect gear to attain the desired cadence.



AIM Academy’s third year of the *Riding for Focus* program includes updated BAT (Biometric Assessment Tools) to help collect data for the Specialized Foundation's Project with Stanford University. The study builds on John Ratey's initial research about the effects of cycling on the adolescent brain.

Students who participated in the program first semester have demonstrated leadership in the second semester, helping new riders understand etiquette and basic skills. **We invite parents and faculty to join us on our morning adventures!**

Hopefully, these students will continue with cycling and join the upper school mountain bike team. The Spring Try the Trails programs is a great next step. Practices begin in July 2019!

Shout outs and thanks

- Thanks to returning students Kelly, David, Sam, and David for setting a good example
- Thanks to Ms. Castorani, Mr. Markgraf, Mr. Stratton & guest riders Mr. Flemming, Dr. Gallagher, Ms. Nathan, Ms. Whelan, Ms. Fallstick and Ms. Hoerdermann
- Thanks to local retailer Riverbend Cycles for agreeing to hold skills & safety clinics & allowing use to participate in their Holiday Wrapping Fundraiser.
- And of course, the Specialized Foundation for their continued support of this initiative

NICA Program



MISSION We build strong minds, bodies, character, and communities through cycling.

VISION Every youth is empowered to be part of a thriving and engaged cycling community.

Welcome to **new team** members:

Bella Anzideo; Mei Rosenzweig; Quintin Lawson; Arielle Berkowitz; Larsson Rose; Rudy DeGeorge; Alex Ford; Declan McElligott.

Our **returning** stars : Corbin Drigalla, Charlie Foster, Sam Ozer, Jaiden Cohen, and **Captains** Thadd Lawson and Jake Saltzburg set the pace and blazed the trails.

This season's highlights included many of our student athletes going way beyond their comfort zones. Goals varied from just lining up at the start to top 10 finishes. Special shout outs to the entire team for exhibiting positive attitudes and teamwork!

AIM Academy Mountain Bike Club looks poised to enter the 2019 Season with 14 returning riders in grades 9-12. **New recruits are welcome!** The team is open to girls and boys in grades 9-12. **Registration begins April 1.** The season runs from **July 1 through mid-November.**

NEW PICL FEE STRUCTURE

PICL 2019 fees will be **bundled into one \$300 fee.** Previously, each event was paid for separately. Now, there's a one-time fee. Contact Coach Rock for more details.

Support the League: [Click here to support kids mountain biking in PA](#)



Teen Trail Corps

Mission: To engage PICL student-athletes in **trail stewardship activities**, in order to teach respect for the environment, create understanding of the relationships between trails and communities, and to engender a commitment to giving back through community service.

The TTC is a wonderful opportunity to give back to the trails that give us so much. This past season our student athletes worked with the Belmont Plateau Trails Alliance and Friends of the Wissahickon on trail projects in Philadelphia.

Kris Soffa of FOW delivered a presentation on the history of the natural area surrounding our campus, helping students connect the importance of the working with various constituencies to sustain trail access and use.



Mark your calendars! Teen Trail Corps Camp will happen from June 26-30 at the Penn State University Mont Alto Campus.

AIM is part of the **PAISBOA Sustainability Group** that meets regularly to discuss sustainability initiatives at schools. Many schools are looking at biking to school to reduce carbon emissions and improve health. We're looking creating a rainwater retention system for the new bike garage. Ideas welcome!

GRiT! Camp



This summer young lady shredders in **grades 7-12** can attend the August 14-19 **PICL's GRiT Camp**, a girls-only mountain bike camp in the Poconos. Registration is available on BikeReg.com. Four days and nights of fun and mountain bikes with an all female cast of cyclists to coach and guide you in the ways of the knobby wheels.

We'll ride, hike, swim, ramp up our skills, sing around the camp fire, watch for bald eagles, get crafty, do some yoga, sleep in cabins and chill in the woods with old and new mountain biking friends. **Check out this inspirational [2018 GRiT video](#)!**

2019 Calendar

MARCH	PICL Leaders Summit	March 22-24	Hershey, PA
APRIL	League Registration	April 1	Contact Coach Rock (arock@aimpa.org) for Pit Zone invite and instructions.
APRIL-MAY	Taste the Trails: Spring Club	Fridays April 5 to May 10 3:30-5:30	For Grades 7-12; space limited with priority given to registered NICA athletes. Join Coach Rock and returning PICL coaches for an introduction to mountain biking. AIM has bikes if you need to borrow one. Bike inspection and additional skills training courtesy of Riverbend Cycles.
JUNE	Philly MTB Phestival	June 9 9am-3pm	Fairmount Park, Pachella Field. Vendors, demos, guided rides, and more! The AIM Academy Mountain Bike Club will lead rides through our backyard training ground. Proceeds benefit the Philly Pump Track .
	New Event! NICA Mid-Atlantic Adventure Summer Day Camp	June 14-16	Raystown Lake, PA. Register on BikeReg.com
	Teen Trail Corps Camp	June 26-30	Penn State University Mont Alto Campus. Register on BikeReg .
JULY	Summer Practice	TBD	Based on coach and student-athlete availability. Coaches will communicate to parents and athletes via Team Snap.
AUGUST	GRiT Camp! Girls Riding Together,	August 14-18	Tunkhannock, PA Early <u>registration</u> ends July 1.