

# VERNON TRAILS AREA COMPOSITE (VTAC)

## MOUNTAIN BIKE CLUB/TEAM

VTAC is one of 60 Wisconsin Middle School and High School League clubs and is part of NICA (National Interscholastic Cycling Association). The objective of the club/team is to focus on the exciting sport of mountain biking with weekly practices that include riding area trail networks and instruction from certified mountain bike coaches. There are also racing and adventure riding opportunities that include group rides, camping and ability specific courses that last year drew over 2,000 riders, coaches, and spectators.

This is available to all student-athletes of all abilities from grades 6-12 and is operated as a fall sport meeting twice a week from **July through October**. Practices are on **Mondays and Wednesdays from 5:00-6:30 p.m.** and will meet at **several area trail locations and follow a carefully planned curriculum**. Registration is open from April through July.

**Any interested area cyclist entering 6-12<sup>th</sup> grade in the Fall of 2022 should direct inquiries to Suzie Howe at [22showe@gmail.com](mailto:22showe@gmail.com)**

