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SHOCKER TRACK CLUB

**High School Cross-Country -- November 2022**

**SUMMARY OVERVIEW – Document Date October 10, 2022**

**General Overview –**

The Shocker Track Club (STC) is excited to offer High School Cross Country Training for November 2022! Participating Athletes must be current high school students and complete the Shocker Track Club High School XC Waiver Form and Shocker Track Club Youth Indoor Registration Form. Coaches will facilitate distance training activities that will focus on speed development, race strategy, strength development, and endurance. Darham (Doc) Rogers is the Head Coach (316) 204-0602.

*This Summary provides complete Information. Sections, however, may be updated as necessary and change with limited notice including practice dates and locations. Please contact us with any questions or to verify various aspects of the program. A weekly Newsletter will be issued to Parents of registered athletes.*

**Program Costs -**

The November XC Joiner Registration Fee is $130 and is due at the first practice attended. Members receive two long-sleeved t-shirts, and a gear bag. Members automatically become members of the Shocker Track Club Youth Indoor Team and can participate in Indoor training beginning in December for the additional costs (See Payment 2 and Payment 3 sections) delineated below.

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| **Joiner Month** | **XC Joiner Registration Fee Pymt** | **Payment 2** | **Payment 3** |
| November | $130 November ONLY! | $25 for December | $50 includes January and February |

***Note 1 - Payments can be made via Cash, check payable to Shocker Track Club, or via Venmo (See STC Leadership for details)***

**The Season –**

The STC Cross-Country season begins on Tuesday, November 1. Practices will be held on the **identified days at 400p** –

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| **NOVEMBER 2022** |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | **1-Practice** | **2-Practice** | **3-Practice** | **4-Practice** | 5-NO PRACTICE |
| 6-NO PRACTICE | **7-Practice** | **8-Practice** | **9-Practice** | **10-Practice** | **11-Practice** | **12-XC MEET** |
| 13-NO PRACTICE | **14-Practice** | **15-Practice** | **16-Practice** | **17-Practice** | **18-Practice** | 19-NO PRACTICE |
| 20-NO PRACTICE | **21-Practice** | **22-Practice** | **23-Practice** | 24-NO PRACTICE! | **25-Practice** | 26-NO PRACTICE |
| 27-NO PRACTICE | **28-Practice** | **29-Practice** | **30-Practice** | **DEC 1-Practice** | **DEC 2-Practice** | **DEC 3-XC MEET** |

**Practice Location and What to Bring to Practice**

All XC Practices will generally be held on the Wichita State University campus beginning at 400p meeting at the Heskett Center (The Heskett Center is immediately west of the Wilkins Softball Stadium; parking is available west of the Eck Baseball Stadium.) Alternate practices will be held at College Hill Park at 304 Circle Drive, Wichita, KS 67218. Athletes should dress in layers, and always bring PLENTY of water, a towel, and necessary shoes to practice.

*Note - Because we rent access to some of Wichita State University’s facilities, and City of Wichita Parks, we will follow their guidelines for access and use. Program overview and safety guidelines are non-negotiable and will be regularly reviewed and adjusted as necessary and appropriate. Restroom access may be extremely limited.*

**Cross-Country Meets –**

Two cross-country meets are scheduled. Participation in cross-country meets is voluntary and at the expense of the athlete/parent unless noted otherwise. The first is the [NXN Regional Qualifier Meet on Saturday, November 12, 2022](https://nxrhl.runnerspace.com/eprofile.php?do=title&title_id=213&event_id=300), at the Yankton Trail Park in Sioux Falls, South Dakota. Qualifiers at that meet can compete in the [Nike Cross Nationals Meet on Saturday, December 3, 2022](https://nxn.runnerspace.com/eprofile.php?do=title&title_id=197&event_id=13) at the Glendoveer Golf Course in Portland, Oregon.

**Still Have Questions –** Contact Darren Muci at youth@shockertrackclub.com or (316) 993-6824.