



# SHOCKER TRACK CLUB

## Program Overview Outdoor Elite Intercession Season -- September 2024

Document Date August 15, 2024

### General Overview –

The Shocker Track Club (STC) is excited to offer OUTDOOR Track and Field Fitness training in September 2024. This Summary provides complete Information - including practice dates and locations - may be updated as necessary and change with limited notice. A weekly Newsletter will be issued to Parents of registered children and adults with program details.

### What We Do –

Program Coaches Alex Muci and Flex Miller will facilitate general fitness activities that will focus on speed and distance development, strength, and endurance. Other STC Coaches may also participating depending upon their availability.

### Who Is Eligible and How to Register -

Youth Athletes must be a minimum age of nine (9) to be eligible to participate in the program UNLESS they have previously trained with the Shocker Track Club Youth Team. Participating in this program is also a requirement for 9-year-old athletes IF they have interest in participating in the 2024-2025 STC Youth Indoor T&F Program that begins in October. All participants must complete a very basic Membership Participation Registration and Waiver form.

### Program Cost -

The registration fee is \$35 and is due at the first practice attended. Current Paid STC Open and Masters Team members are eligible to participate in this program at no cost.

### The Program –

The Intercession season is in September. Eight (8) practices from 615p to 745p on the days listed in the following calendar.

September 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
1	2	3	4	5	6	7
8	9 PRACTICE	10	11 PRACTICE	12	13	14
15	16 PRACTICE	17	18 PRACTICE	19	20	21
22	23 PRACTICE	24 PRACTICE	25 PRACTICE	26	27	28
29	30 PRACTICE					

### Practice Location -

All Track and Field Practices during the season will generally be held on the Wichita State University campus outside at Cessna Stadium. Practices may be held at other locations on occasion and then-current members will be advised of such.

*Note - Because we rent access to Wichita State University's facilities, we will follow their guidelines for access and use. Program overview and safety guidelines are non-negotiable.*

### Things to Bring to Practice (Important Repeat) –

Athletes should always bring PLENTY of water, a towel, and up to three pairs of shoes (i.e., flip-flops/sandals, running shoes, and track spikes) to practice. Our Coaches will let athletes know when to put on spikes. Athletes should also bring a towel and dress in layers that are appropriate for the weather and time of day. Restroom access is available but limited.

### Parent/Adult Presence and/or Participation in Practices –

We ask Parents/Guardians to remain in the bleachers during practices unless assistance is needed and requested.

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