



SHOCKER TRACK CLUB

Intercession Program Overview

Indoor Elite Fitness Intercession – “Elite FSS”

September 2026

General Overview –

The Shocker Track Club (STC) is excited to offer **INDOOR Track and Field FITNESS** (aka LOTS of running and fitness development activities) training in September 2026. This Summary provides complete Information - including practice dates and location. A weekly Newsletter will be issued to Parents of registered children and adults with program details.

What We Do –

Program Coaches Alex Muci, Steve Miller, and Steve Crosley **will facilitate general fitness activities that will focus on speed and distance endurance, strength, and agility.** Other STC Coaches may also participate depending upon their availability. No specific event work will be conducted **UNLESS** the activities warrant using such equipment or event area. Examples – Athletes **MAY** – (1) be in the Long Jump Pit, but not to practice Long Jump! (2) navigate Hurdles for agility purposes.

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 2026-2027 STC Youth Indoor T&F Program that begins in October. All participants must complete a Membership Participation Registration and Waiver form.

Program Cost -

The registration fee is \$75 and is due at the first practice attended. Registration also provides a STC t-shirt. Current Paid STC Open and Masters Team members are eligible to participate in this program at no cost. This program is also **FREE** for current Wichita State University students that plan to join our STC Open Team in October 2026.

The Program –

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

September 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 PRACTICE	2	3 PRACTICE	4	5
6	7	8 PRACTICE	9	10 PRACTICE	11	12
13	14	15 PRACTICE	16	17 PRACTICE	18	19
20	21	22 PRACTICE	23	24 PRACTICE	25	26
27	28	29				

Practice Location -

All Practices will generally be held in the [Wichita State University Heskett Center](#) or on the Campus. Practices may be held at other locations on occasion and then-current members will be advised of such. Parking is available in lots west of the WSU Eck Baseball stadium, or south of the WSU Wilkins Softball stadium.

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. 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.

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 or (316) 993-6824.