

SHOCKER TRACK CLUB

**2022 Track & Field**

**Outdoor Intercession Season -- September 2022**

**SUMMARY OVERVIEW – Document Date August 11, 2022**

**General Overview –**

The Shocker Track Club (STC) is excited to offer an OUTDOOR INTERCESSION Track and Field training for September 2022. 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 children and participating adults.

**The Season –**

The Intercession season begins and ends in September. Ten (10) practices will be held on the following days and times – 1 (Thursday at 615p to 745p), 7 (Wednesday at 615p to 745p ), 10 (Saturday at 900a to 1030a), 12 (Monday at 615p to 745p), 14 (Wednesday at 615p to 745p), 19 (Monday at 615p to 745p), 21 (Wednesday at 615p to 745p), 24 (Saturday at 900a to 1030a), 26 (Monday 615p to 745p) and 28 (Wednesday at 615p to 745p) at Wichita State’s Cessna Stadium.

**Program Costs -**

The registration fee is $30 and is due at the first practice attended. Current STC Open and Masters Team are eligible to participate in this program at no additional cost.

**What We Do –**

Coaches will facilitate general fitness activities that will focus on speed and distance development, strength, and endurance. There will be limited access to field events, but some technical work for horizontal jumps and throws is possible. Coach Alex Muci (Sprints), Coach Flex Miller (Sprints), Coach Michael Draut (Jumps), Coach Keegan Staats (Distance), Coach Cedric Shell (Jumps), Coach Lexie Reece (Throws), and Coach Jaleel Montgomery (Hurdles) will facilitate all activities.

**Who Is Eligible and How to Register -**

Youth Athletes must be a minimum age of eight (8) to be eligible to participate in the program UNLESS they previously trained with the Shocker Track Club during the 2022 Outdoor season. Because this program is separate from the recent Outdoor program and upcoming Indoor program, all participants must complete a very basic Membership Participation Waiver form.

**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 mentioned are non-negotiable and will be regularly reviewed and adjusted as necessary and appropriate. Restroom access may be extremely limited.*

**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.

**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.