

SHOCKER TRACK CLUB

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

**UPDATED - SUMMARY OVERVIEW – Document Date October 30, 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 our Head Coach (316) 204-0602 or docrogersstc@gmail.com

*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 automatically become members of the Shocker Track Club Youth Indoor Team and can participate in Indoor training at any time in November and continue into December and beyond for the additional costs (See Payment 2 and Payment 3 sections) delineated below. Members receive two long-sleeved t-shirts, and a gear bag.

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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 -**

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

**\*November 2** – 400p at [College Hill Park](https://www.google.com/maps/place/College%2BHill%2BPark/%4037.6826402%2C-97.2934467%2C651m/data%3D%213m2%211e3%214b1%214m5%213m4%211s0x87bae36947f1e3c7%3A0xc2208f6747e89ca%218m2%213d37.6826402%214d-97.2912527?hl=en&authuser=0) (304 Circle Drive)

**\*November 5** – 800a Redbud Trail (Meet/Park at Trader Joes 1800 N. Rock Road Suite 120)

**\*November 8** – 400p [Brown Thrush Park](https://www.google.com/maps/place/Brown%2BThrush%2BPark/%4037.6894569%2C-97.433176%2C651m/data%3D%213m1%211e3%214m13%211m7%213m6%211s0x87badb6ad27f182d%3A0x9396d5bf74d33d3e%212sWichita%2C%2BKS%213b1%218m2%213d37.6871761%214d-97.330053%213m4%211s0x87bae09b125fd609%3A0x840f66280e87dd4e%218m2%213d37.6904768%214d-97.4317145?hl=en&authuser=0) (533 N. Country Acres Avenue)

**\*November 11** – 900a [Brown Thrush Park](https://www.google.com/maps/place/Brown%2BThrush%2BPark/%4037.6894569%2C-97.433176%2C651m/data%3D%213m1%211e3%214m13%211m7%213m6%211s0x87badb6ad27f182d%3A0x9396d5bf74d33d3e%212sWichita%2C%2BKS%213b1%218m2%213d37.6871761%214d-97.330053%213m4%211s0x87bae09b125fd609%3A0x840f66280e87dd4e%218m2%213d37.6904768%214d-97.4317145?hl=en&authuser=0) (533 N. Country Acres Avenue)

**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.) However alternate practices will be held at [Brown Thrush Park](https://www.google.com/maps/place/Wichita%2C%2BKS/%4037.6894569%2C-97.433176%2C651m/data%3D%213m1%211e3%214m5%213m4%211s0x87badb6ad27f182d%3A0x9396d5bf74d33d3e%218m2%213d37.6871761%214d-97.330053?hl=en&authuser=0), Red Bud Trail, and [College Hill Park](https://www.google.com/maps/place/College%2BHill%2BPark/%4037.6826402%2C-97.2934467%2C651m/data%3D%213m2%211e3%214b1%214m5%213m4%211s0x87bae36947f1e3c7%3A0xc2208f6747e89ca%218m2%213d37.6826402%214d-97.2912527?hl=en&authuser=0) . 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 –**

Participation in cross-country meets is voluntary and at the expense of the athlete/parent unless noted otherwise.

Two cross-country meets are scheduled. The first is the [NXR Regional Qualifier Meet on Sunday, November 13, 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. Please advise Coach Doc Rogers of your interest in having your child registered in the XC meet. Parents/Athletes, however, MUST register directly for this meet at the link listed above. The early-bird cost is $40. We are looking into lodging options so contact us if you have an interest in knowing what we learn. 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.

**STC Team Apparel –**

Athletes can purchase additional Shocker Track Club apparel as follows –

* $25 – Black Hoodie Sweatshirt
* $10 – Black Dry-Fit Competition Jersey (required for competition)
* $5 – White SS TShirt
* $5 – Black Beanie Cap

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