



SHOCKER TRACK CLUB

Outdoor Elite Intercession Season -- September 2023

SUMMARY OVERVIEW – Document Date September 5, 2023

General Overview –

The Shocker Track Club (STC) is excited to offer an OUTDOOR ELITE INTERCESSION Track and Field training for September 2023. This Summary provides complete Information. Sections, however, may be updated as necessary and change with limited notice including practice dates and locations. A weekly Newsletter will be issued to Parents of registered children and participating adults.

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.

The Season –

The Intercession season is in September. Four (4) practices will be held on the following days and times – 11th (Monday; 615p to 745p), 13th (Wednesday; 615p to 745p), 18th (Monday; 615p to 745p), and 20th (Wednesday; 615p to 745p).

September 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 PRACTICE	12	13 PRACTICE	14	15	16
17	18 PRACTICE	19	20 PRACTICE	21	22	23
24	25	26	27	28	29	30

Program Costs -

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

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 Youth Team during the 2023 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 adjusted as necessary and appropriate.*

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 may be extremely 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 or (316) 993-6824.