



2024 OUTDOOR SPRING/SUMMER TRAINING AND JUNIOR OLYMPIC TEAM

PIPER, KANSAS

LATE APRIL - MAY - JUNE - JULY

WHAT: Track and Field training (sprint, mid-distance, hurdles, high, long, triple jump training, shot put, javelin, discus and Multi-Event training)

WHEN: Tuesday's and Thursday's

- 6:00pm-7:00pm (Ages 7-12) 7:00pm-8:10pm (Ages 13-18)

WHERE: Piper High School (4400 N. 107th st Kansas City, KS 66109) May 4th-July 29th.

TRAINING COST: \$490 - Includes 28 sessions plus our optional off day relay sessions, yoga sessions, off-day pool sessions, Hotworx Sessions, off-day workout plans are available as well as our Hot Feet Nutrition guidance.

Hot Feet Junior Olympic Team additional **\$60** (includes: meet management, registration instructions, team tent set up and tear down, travel for coaches for local meets, ice, fans, medical, spikes, etc) **2024 Uniform will need to be purchased to compete (\$80)**

Outdoor Meets are optional and are usually \$25-\$30. You will need an AAU membership card \$14

PAYMENT OPTIONS AVAILABLE

Register thru Team Snap at ([TeamSnap :: Hot Feet Track Club LLC ::](#))

For more information go to: www.hotfeetclub.com

COME JOIN THE JOURNEY!

Please contact founder JT Collor via email jtcollor@hotfeetclub.com or call/text at 913-710-8301

See you on the track, Coach T

You don't just wake up faster!