

2024 Outdoor Spring/Summer Training and Junior Olympic Team



**MAY - JUNE - JULY**

**WHAT:** Track and Field training (sprint, mid-distance, hurdles, long, triple jump training, shot put, javelin, discus and Multi-Event training) \*pole vault or \* high jump as of now

**WHEN:** Tuesday’s and Thursday’s

 5:45pm-6:45pm (**Year 2012 and Younger**) 6:45pm-7:45pm (**Years 2011-Older**)

**WHERE**: B**illy Mills Middle School** (2734 Louisiana St, Lawrence KS 66046) May 2nd-July 23rd

**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 $20-$25. You will need an AAU membership card $14

**PAYMENT OPTIONS AVAILABLE**

Register thru Team Snap at [**(TeamSnap :: Hot Feet Track Club LLC :: )**](https://go.teamsnap.com/forms/411772/signups/new)

For more information go to: [**www.hotfeettc.com**](http://www.hotfeettc.com/)

**COME JOIN THE JOURNEY!**

Please contact founder JT Collor via email [jtcollor@hotfeettc.com](mailto:jtcollor@hotfeettc.com) or call/text at 913-710-8301 See you on the track, Coach T

You don’t just wake up faster!