

2024 OUTDOOR SPRING/SUMMER TRAINING AND JUNIOR OLYMPIC TEAM



**April 30th – JULY 24th**

**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 Wednesday’s

 6:00pm-7:00pm (**Years 2012 and younger**) 7:00pm-8:10pm (**Years 2011 and Older**)

**WHERE**: **Lakewood Middle School (6601 Edgerwater Drive, Overland Park, KS 66223)**

**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. \*may also attend Lawrence or Piper training areas on Thursday’s

**(Late Start High School only program available)** Begins after your school season ends or State Championship. $370 plus uniform

**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 :: )**](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!”