

Sauganash Striders

running club founded by Coach Murphy (USATF certification)

Winter Track & Field Session - Strength/ Power/Conditioning Session January 7th to February 22nd 2020

All athletes (AGE 9-18) are welcome to attend from the motivated novice to the experienced . The focus for the athletes will be on building/maintaining a strong fitness base prior to the spring sports season. The workouts will be a mix of indoor track running, core strength development, general speed/power training and running skills/form. Please bring water bottle and running shoes.

The sessions will all be at the Northeastern Illinois University (NEIU) Physical Education Complex (3600 W Foster Avenue) in their indoor track. Entrance to Center is from Foster Avenue (between Pulaski avenue and St Louis Avenue)

In addition, the team will attend three indoor track meets (entry fees paid separately), January 11th (Feet on Fire Meet, Aurora), February 2nd (USATF Wisconsin meet, Carthage College) and February 22nd (to be confirmed) (Midwest Track & Field Invite). These meets will provide the opportunity for the athletes to compete in and prepare for many of the track events that they will see in their school spring track season (100m, 200m, 400m, 800m, 1600m, 3000m, relays, High Jump, Long Jump, Triple Jump, Shot Put, etc)

Email contact: julian.murphy@comcast.net

Phone Contact: 312-927-1441

Fee: \$200 (includes fee for use of NEIU Indoor track rental)

SESSION Practices:

Tuesday January 7th 5:00-6:15PM

Thursday January 9th 5:00-6:15PM

Saturday January 11th, Feet on Fire Track & Field Meet, Aurora, IL

Monday January 13th 5:00-6:15PM

Saturday January 18th 8:30-9:45AM

Tuesday January 21st 5:00-6:15PM

Friday January 25th 5:00-6:15PM

Tuesday January 28th 5:00-6:15PM

Saturday February 1st 8:30-9:45AM

Sunday February 2nd - USATF Wisconsin Track & Field Meet, Carthage College

Tuesday February 4th 5:00-6:15PM

Saturday February 8th 8:30-9:45AM

Tuesday February 11th 5:00-6:15PM

Saturday February 15th 8:30-9:45AM

Tuesday February 18th 5:00-6:15PM

Thursday February 20th 5:00-6:15PM

Saturday February 22nd - 9am Midwest Track & Field Meet, Sterling Illinois

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