

Sauganash Striders

running club founded by Coach Murphy

Spring Track Session I : March 9th to April 10th, 2021

- This session will focus on building run strength and skills leading into the competitive track meet season in April/May. High school runner workouts will be tailored to preparation for school season in April with a focus on building a good base and fine tuning running skills.
- TU/TH @4:30-5:30pm, Saturday @9:00-10:15am

Location: Practices will be mainly at Skokie Valley Line Trail (meet at entrance at Thome and Kostner) and occasionally (usually on the Saturday) between three outdoor 400m track facilities: Old Orchard Junior High (9310 N. Kenton Ave Skokie) and River Park (5011 N Albany Ave, Chicago) and Montrose Lakefront track, Chicago (we meet at the wilson exit at Lakeshore drive).

Spring Track Session II : April 13th to May 16th, 2021

- This session will continue with run strength and skills combined with the opportunity to compete in 2-4 track meets (entry fees separate) with other clubs and individuals.
- TU/TH @5:00-6:15pm, Saturday @9:00-10:15am
- Location: Similar to session I but will likely utilize the track more to get runners more used to running in environment similar to meets

BOTH sessions are designed for motivated novice and experienced runners and jumpers. The focus for the athletes will be on general speed training and running skills. Additionally, the program will focus targets toward the individuals strengths and interest in specific track & field events. The running events at the meets range from the 100m all the way up to the 3000m distance. In addition to the running events we will cover high jump, long jump, shot put and javelin. If you are just interested in doing field events you can sign up to do just that. Practices will be held rain or shine. Please bring water bottle with you name on it. All athletes will receive a Sauganash Striders tech T-shirt.

Spring I Session Only Fee: \$160

Spring II Session Only Fee: \$160

Spring I & II Total fee: \$270