

**Shocker Track Club Youth Team**

**Practice Manual**

**2013-2014**

**April 2014**

**Updates to this Practice Manual will be provided during the season.**

**Shocker Track Club**

1845 Fairmount

Wichita, Kansas 67260

(316) 978-5544

[youth@shockertrackclub.com](mailto:youth@shockertrackclub.com)

www.ShockerTrackClub.com

**ATHLETE NAME**

The Shocker Track Club (STC) is a 501(C)(3) organization that helps supports Wichita area Track and Field and Cross Country activities.

**TABLE OF CONTENTS**

TOPIC PAGE

Forward 2

Mission Statement 3

Eligibility 3

Coaches 3

Participation Conditions 4

Athlete’s Responsibilities 5

Parent’s Responsibilities 5

Workouts 6

- Sprints

- Distance

- Throws

- Jumps

- Pole Vault

Practice Tracking 12

Records Tracking 13

Notes 14

**FORWARD**

The Shocker Track Club (STC) Practice Manual has been designed to provide youth athletes with a training, practice and workout structure for year-round use, and was developed in a collaborative effort between leadership of the STC youth team and the coaching staff of Wichita State University Track and Field.    WSU Track and Field Coaches have a presence at STC Youth practices, and will work closely with STC Youth Coaches to implement appropriate strategies to develop athletes for success in the youth track season, and ultimately prepare them for future collegiate opportunities.

**STC YOUTH TEAM MISSION**

The Shocker Track Club Youth Team operates under the auspices of the Shocker Track Club Board of Directors.

**The Mission of the Shocker Track Club Youth Team is to provide opportunities for youth to compete in track and field from an introductory level, to high-level competition, under the framework of USATF guidelines.**

Oversight, Coaching, and Support is performed in a way that:

- Provides opportunities for participating youth to have fun,

- Provides opportunities for youth to improve as track and field athletes, and

- Teaches youth to set goals and develop character through sportsmanship,

So that:

- Youth participants develop a life-long love of the sport,

- The club develops the best youth athletes in the community,

- Youth participants develop to their fullest potential, and grow to become responsible athletes and citizens.

**ELIGIBILITY**

If an athlete is also participating in track and field in a KSHSAA affiliated high school or middle school, the athlete may NOT participate with Shocker Track Club during the school season. Anytime before or after the school season the athlete may participate without restriction. Middle school athletes that choose not to participate with their school’s team may participate with Shocker Track Club year-round. If your school is not KSHSAA sanctioned, the athlete can participate with Shocker Track Club year-round.

**STC YOUTH COACHES**

STC Coaches serve at the pleasure of the Executive Committee of the Board of Directors of Shocker Track Club and report to the Director of the STC Youth program. Coaches are selected after applying for positions and are interviewed by representatives of STC and Wichita State Track and Field.

The selected candidate must –

- Be a current USATF (assigned to Missouri Valley Association and Shocker Track Club)

- Be a current AAU (assigned to Shocker Track Club) member.

- Complete and pass a USATF background check.

- Be experienced in working with youth track and field athletes of various ages.

Coaches provide youth coaching services for the STC Youth program by -

* Following and implementing the Mission of the STC Youth Team.
* Stressing fun, safety, and effective instruction, to help create an environment that promotes learning, encourages a love of the sport, promotes an attitude of encouragement toward other team members with a Shocker Track “Club”/Team mindset, and motivates athletes to come out year after year.
* Being responsible for ensuring that the coaching, training and practice activities as developed by Wichita State University Track and Field Coaches are implemented by the STC Youth Coaches.
* Relaying information pertaining to meet day entries to parents, etc.
* Tracking daily progress of youth team athletes to ensure that goals are met.
* Staying in constant communication with Director and/or Assistant Director of the STC Youth program.
* Attending STC Youth practices and participating in coaches’ meetings on a regular basis to ensure readiness and preparedness to work with STC Youth athletes.
* Attending STC Youth Meets in which STC youth athletes are competing.
* Refraining from performing officiating duties at any meet in which STC youth members are competing unless coaching duties are not necessary. *(It is understood that at some meets many attending adults are asked to serve as volunteer officials. However, it shall be understood that the primary duty of STC Youth Coaches is to provide and perform coaching support to STC Youth athletes.)*

**PARTICIPATION CONDITIONS**

* The Shocker Track Club has a clear and specific vision about what youth track and field should be, and about what youth behavior and parent should be. Participation by the athletes and parents is strictly voluntary. Anyone who finds our vision and methods incompatible with their own should reconsider participating.
* Athletes are expected to support teammates at all times. There is great power in the synergy of positive energy. We will teach and expect positive behavior at all times. Mistreating or making fun of teammates will ABSOLUTELY NOT be tolerated.
* Athletes are expected to be attentive and not disruptive. We have precious few hours together and the nature of certain workouts require a very timely schedule. ANY disruptive behavior will result in being dismissed from practice. Continued disruptive behavior will warrant dismissal from the team.

Coaches are in charge of practices; what they say goes! Questions should be directed to the Director, or Assistant Director, of the Shocker Track Club youth team, or the Assistant Director of Track and Field for Wichita State University.

* An athlete or parent that fails to comply with the coaches’ estimation of what these principles entail, will be counseled. Any repetition of behavior will result in being expelled from practice and/or from the team.

When we participate in events, we expect the officials of the event to be treated with complete respect and appreciation. If there is an issue with the officials, simply contact one of the Shocker Track Club coaches. The coaches will handle ALL issues with the officials.

**STC YOUTH ATHLETE’S RESPONSIBILITIES**

Athletes represent our organization, the coaching staff, their families, and themselves. We expect all athletes to observe the following guidelines:

* Respect others and their property including your coaches (and their decisions)
* Accept constructive feedback
* Put forth a 100% effort during practice and meets
* B**E ON TIME** and stay in assigned areas
* Eat properly. Junk food (pop, candy, chips, cookies, etc.) is not allowed before or during practice or at meets.
* Attend all practices and meets
* Compete in assigned or designated events
* Use appropriate language at all times (Inappropriate language will not be tolerated)
* Avoid the use of illegal drugs and alcohol
* Avoid fighting

**PARENTS’ RESPONSIBILITIES**

Parents are important to the success of the athlete and the track club and we ask the parents to observe the following:

* Consider volunteering!
* Maintain a positive attitude
* Pay all fees in a timely manner
* Realize that once an athlete is at a given facility, they are under the supervision/jurisdiction/guidelines of the STC Youth Team management and coaching staff.
* Ensure that the athlete is at practice and at meets on time
* Remain in the seating area at practice and meets
* Ask questions of STC Youth management and coaches at an appropriate time and in an appropriate manner.

**TRAINING and WORKOUT INFORMATION**

**Workout Sessions (all):**

### STC Mixed Warm Up (30 minutes)

* + 400m Jog
  + (With) Basic Static Stretching
  + (With) Dynamic Stretching / Drills [10 min]
    - Toe Walks
    - Toe Hops
    - Heels
    - “A” Skips
    - “B” Skips
    - “C” Skips (right, left)
    - Quick Steps
    - Frankenstein’s
    - Lunge w/quick step
    - Backwards run
    - Straight leg bounds
    - Low walks (front, back, side)
  + Hurdle Mobility [10 min]
    - Side walks
    - Side skips
    - Side kicks (M.S./H.S. only)
    - Can Cans
    - Walk overs
    - Over & back
    - Snake (M.S./H.S. only)

### Instructional Training Unit (30 minutes) – 50% increase for H.S. (depending upon the athlete)

* + Day 1 (Speed Day) = 6 x 30-60m @ race pace
  + Day 2 (Speed Endurance Day) = 6 x 100-150m @ tempo pace
  + Day 3 (Endurance/Hill Day) = 7 min run + 6 hills

### Cool Down / General Strength (30 minutes)

* + Cool Down = 400m skip/jog/skip/jog (alternating 100m)
  + General Strength – sample
    - Fire Hydrants
    - Crunches
    - Pedestal (L, R, F, B)
    - Scorpions
    - Iron Cross
    - Rocket Jumps
    - Back Hypers
    - Push Ups

# Ballistic Training

## Training Philosophy:

* April/May’s Focus – Conditioning/Training to Train & Skill Acquisition
* June’s Focus – Training to Compete
* July’s Focus – Training to PR

**Training Mini-Lessons (H how To’ s):**

* Basic Training (April/May): General Sprinting & Running
* Week of June 3: Basics of Hurdling
* Week of June 9: Throwing
* Week of June 16: Long Jump
* Week of June 23: Starting Blocks / 60m
* Week of June 30: High Jump
* Week of July 7: 200m
* Week of July 14: Relays
* Week of July 21: 400m

Bear in mind that for youth ages 6-14, many races will feel like its double the race for a high school athlete or adult (i.e. – 60m feels like 100m, 200m feels like 400m, 400m feels like 800m…)

# Middle Distance / Distance Training

Preseason Schedule (April-May)

Workout sessions to consist of long slow running at a conversational pace. Running times will vary between 15-45 min depending on age and conditioning of the athlete. Fartlek/Indian runs maybe incorporated into this period of training to increase the endurance aspect of middle/long distance running.

Strengthening will be included with emphasis on core strengthening of the athletes. Competitive Season (May-July)

Middle/ Distance runners will follow a “hard”/”easy” schedule in an alternating fashion.

Speed Workouts to consist of Fartlek, Interval/Ladder type workouts to increase speed and endurance of the athlete on hard days.

“Easy day “ run to consist of conversational pace running with times consisting of 15-45 min depending on age and condition of the athlete. These types of runs are designed to offer the athlete a recovery period after a speed workout and help maintain a base throughout the track season.

Strengthening will be included with emphasis on core strengthening of the athlete.

All workouts to consist of warm up and cool down between 5-12 min of slow jogging with some gentle static stretching prior to and end of workouts.

**THROWING EVENTS**

**(Shot Put, Discuss, Javelin)**

INFORMATION WILL BE PROVIDED AT A LATER DATE.

**JUMPS**

**(High Jump, Long/Triple Jump)**

INFORMATION WILL BE PROVIDED AT A LATER DATE.

**POLE VAULT**

INFORMATION WILL BE PROVIDED AT A LATER DATE.

**PRACTICE AND WORKOUT TRACKING CHART**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| DATE | ACTIVITY | ACTIVITY | ACTIVITY | ACTIVITY | MARK | MARK |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

**PERSONAL RECORDS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event | Mark | Date | Event | Mark | Date |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**NOTES**