

Shocker Track Club Youth Team

Newsletter No. 7

July 1, 2018

**Hello STC Parents and Athletes!**

**Shout Out!**

A big shout out to Ms. Lisa Goetz for coming out of the stands to run in the 2000m Steeplechase in Thursday’s Summer Series Meet! Ms. Goetz performed well! We hope to see more of our parents and coaches on the track at the final Summer Series Meet on July 12th!

**Practices This Coming Week – (Repeat and Update)**

Welcome to July! We will practice July 2 and 3, and then be “off” for July 4th. Additionally, there will NOT be a Summer Series meet on Thursday, July 5th.

**Important Information (Repeat)**

We have finalized our procedures for lockdowns and dealing with inclement weather challenges. Please see Darren Muci if you have specific questions. If a future situation necessitates the need to clear the track/field we will utilize a speaker system to clearly communicate the situation and provide clear instructions for “emergency movement” of all of us.

**Shocker Summer Series Meets (Updated and Repeat)**

The final Shocker Summer Series Meet is July 12th. Shocker Track Club Youth Team members should check in at the Registration Table with Gilda Muci before heading to the track. Parents can accompany their child/children on the infield during the meets, but are cautioned to be mindful of the events on the track and the Long/Triple Jump runways. STC Athletes planning to compete in the Pole Vault at the Thursday Summer Series meets are asked to arrive by 530p to help Acting Head Coach Tyler Knight set up the pit and carry out the poles. If an athlete is unable to arrive by 530p, please text Coach Tyler at 316-680-7685 to discuss the poles that are needed.

**Smug Mug Photo Account (Repeat)**

Our Smug Mug account for storage of photos taken at practices and track meets is at [www.shockertrackclub.smugmug.com](http://www.shockertrackclub.smugmug.com)

**Warm-Up Activities (Repeat)**

Mondays have been designated as “Team Days” this season. All athletes will warm up together before separating for work in specific areas. As such, the warm-up activities may be a little longer than normal, and typically begin with a warm-up jog.

**Kansas Sunflower Games (Repeat and Update)**

The Kansas Sunflower Games will be held in Topeka, Kansas, July 13-14. Athletes MUST register themselves online. Information is attached. The deadline to enter is Saturday, July 7th. The deadline to enter and receive a t-shirt is today! We highly recommend competing in this meet as it is typically very well organized! Please let Gilda Muci/Stephanie Knab know if you are registering your child/children! Here is a link - [2018 Sunflower Games](https://www.sunflowergames.com/index.php/sports/track-and-field)

**Late July Practices (Repeat)**

Due to the scheduled complete replacement of the Cessna Stadium track, we will move practices beginning July 16th indoors to Wichita State’s Heskett Center. This is on the east side of the main campus and north of the Library. The Heskett Center has a 200-meter track with 6 lanes. I am working with Wichita State Track and Field to have access to hurdles, the high jump pit, and the pole vault pit at our practices. More details will be provided as we finalize our plans.

**Team Celebration (New)**

We have started planning for our annual end-of-the-season team cookout. As soon as we have a date identified we will provide you with details!

**Diversity in Membership (Repeat)**

Our diversity is important to us. We now have over 100 kids practicing which means that we will have exceptional diversity in skills, abilities and capabilities, in addition to diversity in age, gender, ethnicity, and STC Adult team members. We also have some athletes that compete in a variety of competitive programs, including Track and Field for Special Olympics and Paralympic athletes. Some of these athletes may require our Coaches to spend a little more time explaining the activities and drills. We will not, as a matter of course, identify any athlete that may need special attention, but we expect our athletes to be understanding, compassionate and caring of each other. We will need the assistance of our parents to ensure that we have a positive environment for all of us. Should you have any questions please contact Darren Muci at practice, via phone at 316-993-6824, or email at president@shockertrackclub.com.

**Trying New Events (Repeat)**

Many of you are interested in seeing your child/children try multiple events! After completion of the warm-up activity, our Coaches will ask the kids for their interests for that evening. Please encourage your child/children to visit with one of the coaches, or a member of the Leadership Team – Stephanie Knab, Gilda Muci, or Anita Curtis – for assistance. Thank you for trusting the process.

**Parents at Practices (Repeat)**

We need all parents to stay in the stands during practice, as the track is packed with kids and activities. There are three exceptions –

1. Parents of Pole Vault athletes may be on the field or in the East stands.
2. You can apply to be one of our “Kid Wrangler” Assistant Coaches that assist in various areas (e.g., timing running events, pit raking, bar setting, implement retrieving, etc.) during practice. This will require you to complete an STC Application, then become a member of USA Track and Field ($30), complete the USATF Background Check process ($16), and complete the United States Olympic Committee (USOC) online SafeSport Training. Please see a member of our Leadership Team if you are interested in pursuing this option.
3. You may join one of our other Shocker Track Club Teams for Adults - (Open Team - $50, Masters Team - $50, Road Racing Team - $110) and practice on the track during the Youth Team practices. Membership includes a Team Jersey. You may not, however, make anything more than “incidental and friendly” contact with any of the kids. See Darren Muci for details.

**Footwear – Track Spike Shoes (Repeat and Update)**

We have a few pairs available (new and used) to give away or sell for a $10 donation. We also have replacement spikes available if any athletes have “open spike positions.” See Operations Director Gilda for details. Locally we recommend our friends at First Gear Running Company at 111 North Mosley in Old Town as a great source for spikes! STC Athletes should show their STC Youth wristband for a discount.

**Shocker Track Club Adult Teams (New)**

A few of you have asked about membership in one of our Shocker Track Club teams for adults. Membership is open to anyone and includes a team jersey, team wristband, and the ability to practice for free whenever the Shocker Track Club Youth Team is practicing depending upon the season. Please email Darren Muci at president@shockertrackclub.com if you have questions.

Here is a short overview –

Open Team – Designed for athletes up to the age of 29 - Membership options –

$50 – practice with the Youth Team indoors beginning in October 2018 through February 2019

$100 - practice with the Youth Team indoors beginning in October 2018 through February 2019 and outdoors beginning in April 2019 through July 2019

Masters Team – Designed for athletes over the age of 30 - Membership options –

$50 – practice with the Youth Team indoors beginning in October 2018 through February 2019

$100 - practice with the Youth Team indoors beginning in October 2018 through February 2019 and outdoors beginning in April 2019 through July 2019

Road Racing Team – Designed for competitive distance road racers or track athletes of all ages

Three workouts are held weekly throughout the year and led by team co-directors Curt Rierson and Emily Green Maier

$110 – includes a $10 donation to the fund for assisting elite Road Racing athletes

**Please contact us at any time if you have questions!**

**Stephanie Knab, Director, Youth Team Gilda Muci, Youth Team Operations Director Anita Curtis, Youth Team Mom**

**Attachment –**

* Kansas Sunflower Games Track and Field Information