

Shocker Track Club Youth Team

Newsletter No. 4

June 10, 2018

**Hello STC Parents and Athletes!**

**Practices This Coming Week – IMPORTANT!**

**We continue with a schedule of three practices per week – Monday, Tuesday and Wednesday - from 6:45 p.m. to 8:15 p.m.** Remaining practice dates in June are 11, 12, 13, 18, 19, 20, 25, 26, and 27. We also expect to continue seeing large numbers of additional athletes joining the Club. Director Stephanie Knab will spend some time at the beginning of each practice this week introducing kids to each other and the Coaches. **Also, please remind your child/children to sign-in before they head to the track!**

**Warm-Up Activities (NEW!)**

Mondays have been designated as “Team Days” this season, which means 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 an 800m warm-up jog. This part of practice is important for our coaches to establish a structure that will help the athletes develop a pattern that will help them be successful in track and field and other sports. After the warm-up activities, we will make certain that the athletes have as much time as necessary to practice and learn about other events, and then stretch before they leave practice for the evening.

**Trying New Events (NEW!)**

Many of you are interested in seeing your child/children try multiple events. Many of the kids are also interested! 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.

**Diversity in Membership (NEW!)**

Our diversity is important to us. We expect to have over 100 kids practicing in our program before the end of this week, 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](mailto:president@shockertrackclub.com).

**Wristbands (Repeat)**

Please make certain that your athlete(s) remember(s) to bring/wear their STC wristbands to practice. This will help our leadership and coaches easily identify our members. We will replace any broken wristbands.

**Parents at Practices (Repeat and Update)**

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.

**Smug Mug Photo Account**

We have created a Smug Mug account for storage of photos taken at practices and track meets. The link is – [www.shockertrackclub.smugmug.com](http://www.shockertrackclub.smugmug.com)

**USATF Missouri Valley Association Meets (Repeat)**

The Missouri Valley Association Championship meet is **June 16, 2019** at William Jewell College - Liberty Missouri. Complete information is available at this link – [USATF Missouri Valley Association Youth Championship Meet](https://www.athletic.net/TrackAndField/meet/348144/register) - and **accompanies this newsletter.** Your child MUST be a member of USATF to compete in this meet. Please let Gilda Muci know if you plan to have your child compete, and then complete the Meet Registration Form and provide payment to Gilda. We will register your child and have STC representatives at the meet. STC will provide bottled water and healthy snacks for USATF meets that STC Coaches attend. Parents are welcome to bring additional snacks and beverages to share! Please contact Gilda Muci ([youthoperations@shockertrackclub.com](mailto:youthoperations@shockertrackclub.com)) or Anita Curtis ([teammom@shockertrackclub.com](mailto:teammom@shockertrackclub.com)) if you have questions!

**Shocker Summer Series Meets (Repeat)**

Shocker Track Club Youth Team members compete for free in these relaxed Thursday night meets. Information is attached.

**AAU Meets (Repeat)**  
Some of you may be interested in having your child compete in the AAU meets listed below. STC will NOT have Coaches at these meets. Should you choose to have your child compete in AAU meets, you will need to purchase an AAU membership for your child and register your child on your own – [www.coacho.com](http://www.coacho.com) for the meets. Your child may wear their Shocker Track Club jerseys while competing. **June 21—24,** **Regional Qualifier (Region 16) Fred Hughes Stadium,** **Missouri Southern University, Joplin, Missouri**

**Late July Practices (NEW!)**

Due to the scheduled complete replacement of the Cessna Stadium track, we will need to move practices beginning July 16th. This will significantly challenge us, but we plan to move our practices indoors to Wichita State’s Heskett Center. This is on the east side of the main campus and north of the Library. More details will be provided as we finalize our plans.

**Coaches (Repeat and Update)**

Our roster of coaches continues to change at little due to circumstances beyond our control. **Expected Coaches are -**

**Pole Vault Throws Horizontal Jumps Sprints**

Tyler Knight Matt Byers Meghan Holmes Erin Hart

Andrew Brown Krisha Parmar Isaac Smallwood Alex Muci

Jaimie Bookout Craig Curtis Mike Wells

Hannah Buller

Mike Bailey

**High Jump Hurdles Distance Multis**

Chelsea Baker Erin Hart Curtis Hernandez Chelsea Baker

Chelsea Baker Kyle Martens Gavyn Yetter

**Possible Coaches –** Isaac Clark (Distance), Marqus Wilson (Sprints), and Zach Budda (High Jump)

**Footwear (Repeat)**

Athletes should always bring their track-spikes to practices. We have a few pairs available (new and used) that we will give away this week. 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. It’s my understanding that Burlington Coach Factory also has spikes. Any sporting goods “big box retail” store in Wichita may have some spikes available, although smaller sizes are sometimes difficult to find. We can also recommend Eastbay.com at [Eastbay Track Shoes](https://www.eastbay.com/_-_/keyword-kids+track+and+field+shoes)

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

**Darren Muci, President, Shocker Track Club Stephanie Knab, Director, Youth Team**

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

**Attachments –**

* USATF Missouri Valley Association Championship Meet Flyer
* Shocker Summer Series Meet Schedule