

Shocker Track Club Youth Team

Newsletter No. 8

July 8, 2018

**Hello STC Parents and Athletes!**

**Shout Out!**

We had one athlete qualify for the USATF Junior Olympics this weekend in the 1500m and 3000m races! Congratulations!

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

This is our last week of practice at Cessna Stadium. We will practice July 9, 10, and 11. The final Shocker Summer Series meet on Thursday, July 12th.

**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.

**Late July Practices (Updated and 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, north of the Library, and west of the Wilkins Softball stadium and tennis courts. The entrance is on the SW corner of the building. The Heskett Center has a 200-meter track with 6 lanes on the 2nd Floor. 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. Maps of the Wichita State campus are attached. Parking will be available in Lot 15 (highlighted in Yellow).

**Kansas Sunflower Games (New)**

We will have eight (8) athletes competing in the Kansas Sunflower Games in Topeka, Kansas, on July 13 and 14. Gilda Muci and Darren Muci will be at the meet and set up our STC Tent. If you have not contacted Gilda or Darren and advised that your child/children will be competing, please do so as soon as you can so that we can coordinate this weekend.

**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!

**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.

**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.

**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)

**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.

**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](mailto:president@shockertrackclub.com).

**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.

**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.

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

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](mailto: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 –**

* Maps of Wichita State University