

**SHOCKER TRACK CLUB**

**2018 - 2019 Youth INDOOR Season**

**Track & Field and Pole Vault**

**PARENT/ATHLETE INFORMATION GUIDE**

**USA Track and Field Member Club**

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**Dated September 24, 2018**

**AMENDED – October 7, 2018**

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**Shocker Track Club, Inc.**

**c/o Wichita State University Track and Field**

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**youth@shockertrackclub.com** **or** **asstyouth@shockertrackclub.com**



**ABOUT THE SHOCKER TRACK CLUB**

**About this Document**

Carefully review this document. It contains important information for your reference during the indoor season and is yours to keep.

**Who We Are**

The Shocker Track Club (STC) was formed in 2011 and is a 501(C)(3) Non-Profit Organization as defined by the I.R.S. STC is governed by a volunter Board of Directors. Its primary function is to provide Officials and Volunteers for Wichita State University Track and Field and Cross Country, and its own, track meets. STC additionally supports athletics teams for Youth (athletes between the ages of 5 and 19), Open (for athletes between the ages of 19 and 29), Masters (for athletes over the age of 30), Road Racing (long distance runners), and Elite (for athletes that are high achieving and typically post collegiate).

**Affiliation**

Shocker Track Club is a USA Track and Field Member Club and a member of the Missouri Valley Association. We STRONGLY encourage all athletes to purchase a $20 USATF membership at [www.usatf.org](http://www.usatf.org))

**Youth Track Team**

The Shocker Track Club Youth Team operates under the auspices of the STC Board of Directors and is managed by a Director and Assistant Director that are members of the Board of Directors. STC is the only club in the region that is a USATF Member Club, can provide coaching and training in every event, is affiliated with a NCAA Division I university, and has Coaches with NCAA Division I, II, or NAIA athletic or coaching experience. Separate indoor and outdoor seasons provide opportunities for nearly eight months of training.

**Youth Team Mission Statement**

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.

**Participation Eligibility**

This youth program is for athletes between the ages of 5 and 19 through the summer after high school graduation). 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. Home school or Middle school athletes that choose not to participate with their school’s team may participate. If your school is not KSHSAA sanctioned, the athlete can participate with Shocker Track Club.

**Financial Support Program**

Athletes in need of assistance are encouraged to apply for grants through the Genesis Foundation for Fitness and Tennis. Details are available at <http://www.genesisfoundationwichita.com>

Shocker Track Club has developed a program to provide limited financial support for athletes in need.

See the Team Director, Operations Director, Team Mom, or Team Dad for details.



**2018 – 2019 Shocker Track Club Youth Indoor Track & Field and Pole Vault**

**TEAM MEMBERSHIP REGISTRATION OVERVIEW**

**INFORMATIONAL MEETINGS**

Informational meets are held to provide an overview of the program to interested parents and athletes.

Meetings will be held on Monday, September 24, 2018, and Monday, October 22, 2018, in the Wichita State University Track and Field Team Room at Cessna Stadium at 630p.

**JOINER REGISTRATION FEES and FEE PAYMENT DUE DATES**

The fees listed below are for the full season

**FEES ARE TO BE PAID ALL AT ONCE IN CASH or CHECK - NO REFUNDS AFTER 2ND PRACTICE**

Registration Fees do not include any Meet Entry Fees, or USATF Membership

The Joiner Registration Fee is the amount to be paid on the day joined during the identified month. The fee is one-time, and covers all expenses to participate in practices through the final day of practice, and the “Registration Amenities” listed below.

**ALL REGISTRATION AMENITIES**

All Registration Fees Include Practice Time, Coaching, Team T-Shirt, Competition Jersey, Gear Bag, and Wristband, and – if joining BEFORE February, 1, 2019 – free participation in the Shocker Track Club Bill Butterworth Indoor Track Meet scheduled for Saturday, February 2, 2019 at Wichita State University’s Heskett Center.

**Track and Field Training (Ages 5 through 18)** (\* = tentative or alternative site)

**Joiner Registration Fees – October - $150, November - $140, December - $130, January - $120, February - $110**
First practice is Monday October 1, 2018.

Practices are held Monday and Wednesday from 630p to 800p - 39 tentative practices as follows -

October (10 practices) - 1, 3, 8, 10, 15, 17, 22, 24, 29, **31\***

November (8 practices) - 5, 7, 12, 14, 19, **21\*,** 26, 28

December (6 practices) - 3, 5, 10, 12, **17\*, 19\***

January (9 practices) - 2, 7, 9, 14, 16, 21, 23, 28, 30

February (6 practices) - 4, 6, 11, 13, 18, 20

**Pole Vault Training (All ages)** (\* = tentative or alternative site)

**Joiner Registration Fees – November - $180, December - $160, January - $140, February - $120**
First practice is Thursday, November 1, 2018.

Practices are held Tuesday & Thursday from 630p to 830p and Saturday from 100p to 300p - 45 practices as follows -

November (12 practices) - 1, 3, 6, 8, 10, 13, 15, 17, 20, 24, 27, 29

December (10 practices) - 1, **4\*,** 6, 8, 11, 13, 15, 18, 20, 22\*

January (13 practices) - 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 29, 31

February (10 practices) - 2, 5, 7, 9, 12, 14, 16, **19\*,** 21, 23
One Saturday each month is designated for Swimming Pool drills – tentatively November 17, December 15, January 12 or 19, and February 16.

**Participating in Track & Field AND Pole Vault Training Costs**

If an Athlete chooses to participate in both programs, $30 will be deducted (the value of the t-shirt, jersey, and gear bag) from the total combined cost of the applicable Joiner Registration Fee.



**2018 – 2019 Shocker Track Club Youth Indoor Team**

**IMPORTANT PRACTICE INFORMATION, DECORUM and GUIDELINES**

**PARTICIPATION CONDITIONS FOR PARENTS/GUARDIANS/FAMILY MEMBERS**

The Director, Youth Operations Director, and Team Mom are in charge of the Youth program.

Coaches are in charge of practice venues

If you have questions about an aspect of the program, you are encouraged to contact the Youth Team Director or Assistant Director after, or during a break in, practice.

**OUR COACHES AND LEADERS**

All STC Leadership Members and Coaches have completed a Shocker Track Club Leadership/Coach Application, are USATF Members, have passed a USATF background check, and have completed the United States Olympic Committee (USOC) SafeSport Training

**TRACK & FIELD PRACTICE OVERVIEW**

Practice Location – Wichita State University Heskett Center

Events – All indoor events in Track and Field EXCEPT for Pole Vault. All implements are provided.

Ages 5 through 18. Members of Shocker Track Club Adult Teams may also practice at the same time.

Alternate Practice Location – Wichita State University Cessna Stadium

**POLE VAULT PRACTICE OVERVIEW**

Practice Location – Northeast Magnet High School in Bel Aire, Kansas.

Event – Pole Vault only. Poles are provided for practices and meets.

All Ages are welcome.

Alternate Practice Location – Wichita State University Heskett Center and TBD

**PRACTICE CONCEPTS and GOVERNANCE**

Coaches have developed practice strategies, and drills and activities for each event in track and field. All implements and equipment are provided to support and enhance the drills. Each practice begins with dynamic warm-up drills.

Unfortunately some athletes may become injured during practices. Many of our Coaches are CPR certified and will take appropriate action. We will, however, notify parents/guardians of any injuries, contact 9-1-1 if appropriate, and also document and report them to USATF.

**WHAT TO BRING TO PRACTICE**

Athletes should dress in layers, wear running shoes, and bring a water jug, hand-towel, and spiked track shoes.

**PARENTS/GUARDIANS AT PRACTICE**

Parents must stay in the seating area or stands during practice; there are, however, two options –

1. Parents 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 requires you to complete an STC Application, become a member of USA Track and Field ($30), complete and pass the USATF Background Check ($16), and complete the United States Olympic Committee (USOC) online SafeSport Training.
2. Parents Of Track and Field athletes may join one of our other Shocker Track Club Teams for Adults - (Open Team - $60, Masters Team - $50, Road Racing Team - $120) 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 kids.

Contact Darren Muci at president@shockertrackclub.com for details.

A parent, guardian or family member that fails to comply with the above, or with requests from the Director, Assistant Director, or Coaches, may be asked to leave the practice site.



**2018 – 2019 Shocker Track Club YOUTH Indoor Team**

**GENERAL INFORMATION and EXPECTATIONS**

**Governance and Oversight**

The Shocker Track Club Youth Team operates under the auspices of the Shocker Track Club Board of Directors. Separate indoor and outdoor seasons provide opportunities for nearly eight months of training.

**Mission Statement**

**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.**

**Participation Eligibility**

This program is for youth athletes above the age of 5 through 19. If an athlete is also participating in a KSHSAA affiliated high school or middle school, the athlete may not participate with Shocker Track Club DURING the school season. Home school or Middle school athletes that choose not to participate with their school’s team may participate. If your school is not KSHSAA sanctioned, the athlete can participate with Shocker Track Club.

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* **Participation Conditions for Athletes**

We have a VERY clear and specific vision and mission about what youth track and field practices should be, and about what youth and adult behavior 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. Shocker Track Club is about development of character, respect, friendships and teamwork. We will NOT compromise these principles at any time. Athletes are expected to support teammates at all times. We will teach and expect positive behavior at all times. Mistreating or making fun of teammates will not be tolerated. Athletes are expected to be attentive and not disruptive. ANY disruptive behavior will result in being dismissed from practice. Continued disruptive behavior may warrant dismissal from the team.

**Participation Conditions for Parents**

The Director and Assistant Director are in charge of the Youth program with assistance from the Team Mom and Youth Operations Director. Coaches are in charge of practices. What they say goes! If you have questions about an aspect of the program, you are strongly encouraged to contact the Youth Team Director or Assistant Director. 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.

**Keeping You Informed**

Brief parent meetings may be held before or after each practice. A team newsletter will be issued bi-monthly via email. Specific-topic emails are periodically issued. Parents are STRONGLY ENCOURAGED to monitor their email and the Shocker Track Club social media platforms.

STC maintains a website – [www.ShockerTrackClub.com](http://www.ShockerTrackClub.com), two Youth Facebook pages (Shocker TC – Youth and Shocker Track Club Youth Team), and a Twitter account @STCYouthTeam. If you have questions about an aspect of the program, you are strongly encouraged to contact the Youth Team Director or Assistant Director.



**2018 - 2019 Shocker Track Club Youth Indoor Team**

**TRACK MEETS**

**ALL LISTED ARE TENTATIVE UNLESS SPECIFIED OTHERWISE**

**GENERAL INFORMATION**

All track meets are optional. Your child can participate in any, or all, of the meets.

The cost of each track meet typically ranges from $10.00 to $25.00.

Parents must register their child/children for the meets

Parents are responsible for transportation to and from meets unless other arrangements are made.

**USA TRACK and FIELD MEETS**

***If you desire to have your child compete in USATF qualifying meets purchase:***

*USATF Youth Membership $20* [*www.usatf.org*](http://www.usatf.org) *(Assign your child to Club 28-4080)*

Parents must forward a scanned copy of your child’s birth certificate to youth@missourivalley.usatf.org

USA Track & Field will contact youth members directly to provide important membership information.

**OPEN COMPETITION SCHEDULED MEETS (Tentative ONLY)**

**Additional information will be provided as the dates approach.**

**January 2019 Meets**

Missouri Valley Association vs. Ozark and Oklahoma Associations Border War Indoor

January 12, 2019 – Pittsburg, Kansas – Pittsburg State University – Plattner Center

National Pole Vault Summit

January 18-19, 2019 – Reno, Nevada

Kansas State University Youth Open

Sunday, January XX, 2019 - Manhattan, Kansas – Ahearn Field House

**February 2019 Meets**

Shocker Track Club Bill Butterworth Indoor – All Ages

Saturday, February 2, 2019 - Wichita, Kansas – Heskett Center

Kansas University Open – HIGH SCHOOL ONLY

Sunday, - Lawrence, Kansas

Pittsburg State University Youth Open

Saturday, February xx, 2018 - Pittsburg, Kansas – Plattner Center

Kansas State University Lance Lenard NEK Scholarship Open

Sunday, February xx, 2018 - Manhattan, Kansas - Ahearn Fieldhouse



**2018 – 2019 Shocker Track Club Youth Indoor Team**

TEAM LEADERSHIP and COACHES

**Youth Team Director – Stephanie Knab Aranda**

STC Board Member, (315) 751-6033, Former Wichita State High Jumper

 youth@shockertrackclub.com

**Youth Team Mom - Anita Curtis**

STC Board Member, (620) 253-2858, Former Fort Hays State University athlete

 (teammom@shockertrackclub.com)

**Youth Team Operations – Gilda Muci**

STC Board Member, (316) 990-6824, USATF Certified Official

(youthoperations@shockertrackclub.com)

**Multi Events – Patric Jackson**

Head Multi-Events Coach, STC Board Member, (316) 993-5642, Former Wichita State University Jumper

**Throws – Krisha Parmar**

Head Throws Coach, (316) 708-4766, Former Wichita State University Thrower

youththrows@shockertrackclub.com

**Distance – Tonya Nero**

Head Distance Coach, (316) (868) 380-1894, Former Wichita State Distance Runner and Shocker Track Club Elite Team Member

**Sprints – Alex Muci**

Head Sprints Coach, (316) 734-6824, Wichita State University Student

**Hurdles – Chelsea Baker**

Head Hurdles Coach,Former Friends University National Champion and All-American Multi-Event and High Jump Athlete

**Horizontal Jumps – Meghan Holmes**

Head Horizontal Jumps Coach, Former Wichita State University All-Conference Triple Jumper

**High Jump – Chelsea Baker**

Head High Jump Coach,Former Friends University All-American Multi-Event and High Jump Athlete

**Pole Vault – Denis Fraizer**

Head Pole Vault Coach(STC Board Member), former Wichita State Pole Vaulter, (316) 680-0852 (polevault@shockertrackclub.com)

Assistant Head Pole Vault Coach **Tyler Knight** (STC Board Member)Former Wichita State Pole Vaulter and STC Elite Team Member

Assistant Pole Vault Coach - **Andrew Brown** - Former University of Nebraska - Kearney Pole Vaulter – STC Masters Team Member

Assistant Pole Vault Coach – **Jaimie Bookout** – Former University of Kansas Pole Vaulter – STC Elite Team Member

Assistant Pole Vault Coach – **Tina Clausen** – Former Friends University Pole Vaulter and Multi-Event Athlete

Assistant Pole Vault Coach – **Mike Bailey –** Super Active Dad

**Pole Vault Team Dad – Darren Muci**

STC President, president@shockertrackclub.com, (316) 993-6824



**KSHSAA RECOMMENDED CONCUSSION & HEAD INJURY INFORMATION RELEASE FORM 2017**

**All student athletes and parents/guardians must review this form before the student participates in any athletic practice**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

**Symptoms or Signs May Include One of More of the Following**

* Headaches, “Pressure in head”, Nausea or vomiting, Neck pain, Balance problems, dizziness, Blurred or double or fuzzy vision, Sensitivity to light or noise, Feeling sluggish or slowed down, Feeling foggy or groggy, Drowsiness, Change in sleep patterns, Amnesia, “Don’t feel right”, Fatigue or low energy, Sadness Nervousness or anxiety, Irritability, More emotional, Confusion, Concentration or memory problems, (forgetting game plays), Repeating the same question or comment, Appears dazed or vacant facial expression, Confused about assignment, Forgets plays Is unsure of game, score, or opponent, Moves clumsily or displays incoordination, Answers questions, slowly, Slurred speech, Shows behavior or personality changes, Can’t recall events prior to hit or after hit, Seizures or convulsions, Any change in typical behavior or personality, Loses consciousness.

**If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after sustaining a concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance from a Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO). Close observation of the athlete should continue for several hours. You should also inform your child’s coach if you think that your child may have a concussion Remember it is better to miss one game than miss the whole season. When in doubt, the athlete sits out!

**Cognitive Rest & Return to Learn**

The first step to concussion recovery is cognitive rest. This is essential for the brain to heal. Activities that require concentration and attention such as trying to meet academic requirements, the use of electronic devices (computers, tablets, video games, texting, etc.), and exposure to loud noises may worsen symptoms and delay recovery. Students may need their academic workload modified while they are initially recovering from a concussion. Decreasing stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time. This may involve staying home from school for a few days, followed by a lightened school schedule, gradually increasing to normal. Any academic modifications should be coordinated jointly between the student’s medical providers and school personnel. No consideration should be given to returning to physical activity until the student is fully integrated back into the classroom setting and is symptom free. Rarely, a student will be diagnosed with post-concussive syndrome and have symptoms that last weeks to months. In these cases, a student may be recommended to start a non-contact physical activity regimen, but this will only be done under the direct supervision of a healthcare provider.

**Return to Practice and Competition**

The Kansas School Sports Head Injury Prevention Act provides that if an athlete suffers, or is suspected of having suffered, a concussion or head injury during a competition or practice, the athlete must be immediately removed from the competition or practice and cannot return to practice or competition until a Health Care Professional has evaluated the athlete and provided a written authorization to return to practice and competition. The KSHSAA recommends that an athlete not return to practice or competition the same day the athlete suffers or is suspected of suffering a concussion. The KSHSAA also recommends that an athlete’s return to practice and competition should follow a graduated protocol under the supervision of the health care provider (MD or DO).

For current and up-to-date information on concussions you can go to:

http://www.cdc.gov/concussion/HeadsUp/youth.html <http://www.kansasconcussion.org>