

Shocker Track Club Youth Team

Newsletter No. 5

June 17, 2018

**Hello STC Parents and Athletes!**

**Shout Out (New)**

A big shout out to Ms. Christie Williams for coming out of the stands to run in the 400m in Thursday’s Summer Series Meet! Ms. Williams performed well and rocked her STC jersey! We hope to see more of our parents and coaches on the track in future meets!

**Summer Series Pole Vault (New)**

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.

**USATF Missouri Valley Association Region 9 Championship Meet July 5-8, 2018 (New)**

The Missouri Valley Association Championship meet is **July 5-8, 2019** at Arkansas-Little Rock University in Little Rock, Arkansas. Preliminary information for registration is attached. Only athletes that competed in last week’s USATF meet in Liberty, Missouri, or are Pole Vaulters or Multi-Event Athletes may compete in this meet. Your child MUST also 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 so that we can register your child for this meet. General information is available at this link - <https://www.athletic.net/TrackAndField/meet/345592/register> Contact Gilda Muci ([youthoperations@shockertrackclub.com](mailto:youthoperations@shockertrackclub.com)) or Stephanie Knab ( [youth@shockertrackclub.com](mailto:youth@shockertrackclub.com) ) if you have questions!

**Kansas Sunflower Games (New)**

The Kansas Sunflower Games will be held in Topeka, Kansas, July 13-14. Athletes MUST register themselves online. Information is attached. Here is a link - <https://www.sunflowergames.com/index.php/sports/track-and-field>

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

Remaining practice dates in June are 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 continue 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 (Repeat)**

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 (Repeat)**

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 (Repeat)**

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)**

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)

**Shocker Summer Series Meets (Repeat)**

Shocker Track Club Youth Team members compete for free in these relaxed Thursday night meets. Please check in at the Registration Table with Gilda Muci before you head 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. Information is attached.

**Late July Practices (Repeat)**

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)**

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

**Pole Vault** Tyler Knight Andrew BrownJaimie Bookout Hannah Buller Mike Bailey

**Throws** Krisha Parmar Craig Curtis

**Horizontal Jumps**  Meghan Holmes Isaac Smallwood

**High Jump** Chelsea Baker Stephanie Knab

**Sprints**  Erin Hart Alex Muci Mike Wells

**Hurdles** Erin Hart Chelsea Baker Meghan Holmes Gavyn Yetter Stephanie Knab

**Distance**  Curtis Hernandez Kyle Martens

**Multi-Events** Chelsea Baker Gavyn Yetter

**Footwear (Repeat)**

Athletes should always bring their track-spikes to practices. We have a few pairs available (new and used) to give away. 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. 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!**

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

**Attachments –**

* USATF Missouri Valley Association Region 9 Championship Meet Information
* Kansas Sunflower Games Track and Field Information
* Shocker Summer Series Meet Schedule