

Shocker Track Club Youth Team

Newsletter No. 9

July 15, 2018

**Hello STC Parents and Athletes!**

**Shout Out!**

Ten (10) athletes competed in the Kansas Sunflower Games in Topeka, Kansas, on July 13 and 14! All performed well!

**Remaining Practices This Month – (Update)**

IMPORTANT – Practices are from 630p to 800p at the Heskett Center through the end of this month.

**Late July Practices at the Wichita State Heskett Center (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. Maps of the Wichita State campus are attached. Parking will be available in Lot 15 (highlighted in Yellow).

As noted above, practices are from 630p to 800p. We will continue practicing on Monday, Tuesday and Wednesday evenings through July 30th.

The entrance to the Heskett Center is on the SW corner of the building.  It is a two-story brick building.

Upon entrance the check-in desk will be to your right.  Tell the attendants that you are there for Shocker Track Club Youth Team Practice. You will be directed to walk down a long hallway to the east.  Just before the emergency exit there is a door with steps up to the 2nd floor.  Take the stairs! Our check-in table will be on the far side of the track.

**Things to note -**

-It will be hot up there - there is NO A/C on the 2nd floor - BRING PLENTY OF WATER AND TOWELS!

- We WILL NOT have High Jump or Pole Vault pits available.

- We WILL have access to the Long/Triple Jump Pit, Hurdles, Starting Blocks, and Pole Vault Drill Equipment.

- We WILL also have indoor shot puts, and other workout implements available.

- Trust us, we WILL have good workouts and will keep the kids busy!!  
  
**For Pole Vaulters -** The drills and activities that our experienced coaches - all of whom still compete - will lead beginning next week include-  
- basic gymnastics.   
- Pole carrying drills using poles and free weights.   
- Pull-up and takeoff drills using various apparatus belonging to Wichita State T&F.   
- warm-up and speed work.   
- Body weight strength and conditioning activities.

All of the above activities are highly beneficial to Pole Vaulters, and definitely helpful to their overall development.  And all will be conducted under the direction of our Coaches.

**For Throwers** – When appropriate, Coaches will escort athletes across campus to the Throws field SW of Cessna Stadium. They will return to the Heskett Center by our 800p release.

**For Distance Runners –** Distance runners may train on campus when they can be accompanied by our Coaches.

**Team Celebration (New)**

Our annual cookout will be Tuesday, July 31st at Cessna Stadium. We will continue to provide details. A flyer is attached.

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

The final Shocker Summer Series Meet WAS July 12th. There are no more outdoor meets this summer.

**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.

**Parents at Practices at the Heskett Center (UPDATE and Repeat)**

Bleachers will be provided for seating for parents, but you may bring your portable chairs. Please also bring plenty of water to drink.

**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.

**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**

[Youth@shockertrackclub.com](mailto:Youth@shockertrackclub.com) [youthoperations@shockertrackclub.com](mailto:youthoperations@shockertrackclub.com) teammom@shockertrackclub.com

**Attachments –** Maps of Wichita State University **and** Flyer about our Team Cookout