

Shocker Track Club Pole Vault Group

Newsletter No. 1

November 4, 2018

**Hello STC Pole Vault Parents and Athletes!**

Welcome back, or to, the Shocker Track Club Pole Vault program! We are excited to be back for our fifth season at NE Magnet High School. We already have 25 athletes and are expecting up to ten more this coming week. This is the first of what we hope to be weekly newsletters through the end of February. We strongly encourage you to share this newsletter with your child/children so that they are also informed.

**Practices in November -**

Looking ahead to this week, please note that neither Gilda Muci nor I will be at practice on Tuesday, so the Director of our STC Youth Team, Stephanie Knab Aranda, and our Head Sprints Coach, Alex Muci will staff the registration/information table. Please be nice to them! ☺ Stephanie is also a Science Teacher at NE Magnet! Denis may be running a little late on Tuesday. All of us will be available on Thursday. And on Saturday our Coaches will be Andrew Brown and Mike Bailey.

**Practices in December -**

This is a little early, but it’s important for you to know that we will NOT be practicing on Tuesday, December 4th. As such we will offer all Pole Vaulters the opportunity to work out with the Shocker Track Club Youth Track and Field Team on Monday and Wednesday, December 3rd and 5th at Wichita State University’s Heskett Center. Complete details will be provided as we approach that date.

**Fundraiser –**

We will have a fundraiser on December 4th – *bring the flyer with you (it is the in STC Gear Bag)* - at Freddie’s Frozen Custard and Steakburgers on Rock Road between Central and Douglass from 500p to 900p. Additional details will be provided as we approach that date!

**Apparel –**

We have a few extra team t-shirts ($15), sweatshirts ($25), and beanie caps (($15) for sale. Please purchase one of these limited edition items while they are available! We may also have a few pairs of spike shoes available to give away or sell for a $10 donation. See Youth 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.

**Track Meets -**

We are still waiting for announcements for January meets, but we are aware of the following –

* January 12, 2019 – Pittsburg State University
* January 18-19, 2019 – National Pole Vault Summit in Reno, Nevada. Denis Fraizer and Tyler Knight will be in attendance. See Gilda and Denis if you are interested in details.
* January 19, 2019 – Pittsburg State University

We will have coaches at the January 12th meet, but are unsure of the availability of coaches for the January 19th meet. We will know more in early January.

**Practice Warm-up Activities –**

All practices will begin with warm-up activities and drills. Athletes that arrive after the start of practice should complete a series of warm-up activities before starting activities on the raised runways. Our coaches can be consulted for direction!

**Buddy System Safety –**

Now that we have changed the clocks, it will be dark upon our arrival at NE Magnet. Please try to use the buddy system when entering the building after 700p. We also strongly encourage athletes/parents to walk out of the building in pairs. Athletes can contact me at 316-993-6824, Denis at 316-680-0852, or Gilda Muci at 316-990-6824 for assistance in entering or exiting the building.

**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)

**Coach Profile –**

We are excited to have Denis Fraizer, Tyler Knight, Andrew Brown, Jaimie Bookout, Tina Clausen, and Mike Bailey coaching this season. Gilda Muci, Stephanie Knab Aranda, and I will staff the Registration/Information Table. This season we will introduce all of our coaches by sharing a little about them. Today we will share information about our Head Coach, Denis Fraizer!

Denis started pole-vaulting in 7th grade at Hutchinson Trinity Catholic JH & HS. He jumped 7’-6” in his first meet and ended his high school career by vaulting a then school record 15’-6”! It remains the school record! In high school Denis was also the 1982 Kansas Relays High School Champion and later the State of Kansas 2A Boys State Champion!

After high school Denis vaulted and threw Javelin at Wichita State University.

After college Denis started coaching High School in 1985 at South HS. Today he coaches PV at Bishop Carroll, the Catholic Diocese Schools Junior High League, USD 259 – City League, and, of course, the “Shocker Track Club”!

Denis has been married to Carol Fraizer for 35 years; they have 4 children and 8 grand children.  Denis is the son of the long time Coach and Official Don Fraizer.

Denis now works at Spirit AeroSystems and is also the owner of Trophies Plus, Inc. His son Tyler Fraizer is a former Collegiate PV coach at the University of Memphis where he was the 2016 Olympic PV coach for Pauls Pujats of Latvia. Tyler is now the Athletic Director at Bishop Carroll High School. Denis’ daughter Karlee Gluszek is a Graduate Assistant Athletic trainer for the Wichita State University Track and Field Team. Denis is also the BIGGEST NOTRE DAME FAN ALIVE!

**Coaching Tip of the Week –**

**This week’s tip is from Denis – “**Be a good student and teammate. To get better at anything, you must be willing to practice. Having a willingness to accept constructive criticism and use it in a positive way is also very important. Be willing to listen to different coaches and the advice they give you. We have an excellent group of coaches that are very knowledgeable in the event.  Every Vaulter is different. We all have different attributes to offer. Find your strengths and weaknesses and work on them.  Be willing to help your teammates.  Catch each other’s takeoff marks. Be positive and helpful at all times.  Leave your attitudes at the door.  When I hear some one say “I Can’t do it!”  You will always hear me say, “You can’t do it YET! ”.   Over time, with hard work and an open mind…you can achieve anything you set your mind to! Thank you, Denis!

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

**Darren**

**Darren Muci, Pole Vault Team Dad Denis Fraizer, Pole Vault Head Coach**

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