

Shocker Track Club Pole Vault Group

Newsletter No. 2

November 11, 2018

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

Welcome to week three of practices. The first five practices were very successful from our perspective. We now have 28 athletes and are expecting about five more this week. We have also learned that Friends University Vaulters will be joining us soon.

**Practices in November -**

Looking ahead to this week, it will be cold Tuesday evening, so please encourage your child/children to dress accordingly. This coming Saturday will also be an optional swimming pool practice day. Complete information accompanies this Newsletter, but should you have any questions, please contact Denis Fraizer or Darren Muci. The gym will be open for athletes that choose not to participate in the swimming pool drills.

**Arrival at Practice and Warm-up Activities -**

Generally, we will arrive at Northeast Magnet by 600p to begin setting up for practice. Should your child/children arrive before the Coaches, please refrain from being on the runways or pits. Walking or jogging on the running track is acceptable. 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 (REPEAT)**

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.

**Practices in December (REPEAT)**

This is a little early, but 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 from 630p to 800p Complete details will be provided as we approach that date.

**Fundraiser (REPEAT)**

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 (REPEAT)**

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 (REPEAT)**

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.

**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 –**

Again, 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 Assistant Coach, Tyler Knight.

Tyler is from Rose Hill, Kansas. In addition to being one for our Coaches, Tyler is a member of the Shocker Track Club Elite Team and serves as the “Athlete Liaison”. He is also a member of the Board of Directors of the Shocker Track Club. (*After typing that I realize that I failed to mention last week that Denis Fraizer is also a member of the Board of Directors of the Shocker Track Club*.). Tyler -

* Is the Rose Hill School Pole Vault Record Holder at 15'-0”
* Was an All-State/All-Metro Kicker in 2012
* Is No. 6 all time Wichita State Pole Vault (5.20m/17'0.75")
* Was a 3-time Missouri Valley Conference scorer
* Has coached 3 State Qualifiers (2 medalists) in 2 years coaching for USD 259
* Has a 75lb Lab/Mastiff named Cambria
* Is a nutrition coach as well as owner/founder of "The Nutrition Vault"
* Always enjoys his favorite meal of chicken, potatoes, and asparagus

**Coaching Tip of the Week –**

**This week’s tip is from Tyler – “**Everything you do should be a progression. Warm ups start slow and get faster and more intense. Drills start simple and get more complex. Your run should start powerful and get faster towards the end. Don't get ahead of yourself in training. Trust the process and when all else fails, go back to the basics.” Thank you, Tyler!

**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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