

Shocker Track Club Pole Vault Group

Newsletter No. 3

November 18, 2018

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

Welcome to week four of practices. The first eight practices were very successful from our perspective. We now have 30 athletes and will eventually have eleven Friends University Vaulters with us. Saturday’s swimming pool drill day was very successful and fun for all, although the water was cold! Thanks to Piper Simons for assisting with “pole management!”

**Practices in November -**

Due to Thanksgiving, we only have one practice this week – Tuesday! We hope that you and your families will have a wonderful Thanksgiving holiday!

**November Birthdays –**

I’ve been meaning to recognize birthdays for the athletes! Here are the November birthday celebrants – Brian S., and Taylor L. ☺

**REPEAT INFORMATION (Really IMPORTANT Information) –**

**Arrival at Practice and Warm-up Activities (REPEAT) -**

Generally, Coaches 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)**

**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 Track (2nd floor) from 630p to 800p. Our PV Coaches will work with our Track and Field Coaches to provide two outstanding workouts for the athletes. Please try not to miss these opportunities.**

**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. A percentage of all sales will be returned to our Youth team. 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)**

I have uploaded several photos from recent practices. 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 I’ll share some information about myself – Darren Muci.

I was born in Wichita and participated in track through middle school (junior high back then). I was a little kid, so I didn’t participate in track in high school, instead lettering in golf as a senior. But Track and Field has always been my favorite sport, however, so I volunteered to help the Officials at meets held at Wichita State University. After college I moved to California for a little while and met my wife, Gilda! We returned to Wichita in 1987; she has enjoyed every minute of living in Kansas! Ask her to tell you about it! ☺ In 1988 we answered an article in the newspaper to help officiate at the State High School Track Meet. We were hooked and have been officiating ever since. I’m now a Master-level High Jump Official. In 2010 I was asked by the Assistant Director of Wichita State University Track and Field, John Wise, to help form an Officials organization for Wichita State’s meets. That initial meeting “hatched” the concept of what is now Shocker Track Club, Inc. What was just going to be an organization of Officials has turned into a 501(C)(3) Non-Profit organization with 30 Board members, an Attorney and CPA on retainer, with teams for Youth, Open, Elite, Masters and Road Racing athletes. We also do some fundraising for Wichita State University Track and Field, provide Officials for Wichita State’s meets, and also photograph various activities of Wichita State’s athletes through our Shocker Track Backers program. I have really enjoyed being the leader of the organization and have especially enjoyed the opportunity to compete for our Master’s team. I’m back in training and hope to compete at our Bill Butterworth Indoor meet in early February. I recently retired from the Wichita Public School District after 32 years of service to them and Sedgwick County, so now I’m “free” to provide a little more volunteer time for Shocker Track Club until I find a new job,

**Coaching Tip of the Week –**

**This week’s tip is from Darren – “Training is supposed to be hard work. But approach it from a perspective of making it fun! Remember that working out hard now will provide you with many opportunities to do some neat and exciting things later in life.”**

**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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