

Shocker Track Club Pole Vault Group

Newsletter No. 5

December 2, 2018

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

Welcome to week six! We now have 31 athletes and expect to have a couple more joining us this week.

**This Week –**

This is a “different week” for us; here goes –

**Practices -**

1 – We CANNOT have practice on Tuesday, December 4th because of a program that evening at NE Magnet, sooooooo…..

2 – All Pole Vaulters are able to attend optional – **but we highly suggest that athletes attend** – practices at Wichita State University’s Heskett Center from 630p to 800p on –

* Monday, December 3rd – Coach Tyler Knight will be in attendance to work with the Vaulters
* Wednesday, December 5th – Athletes will work out with our STC Youth T&F Coaches and athletes. Typically, there are valuable speed and strength development activities.

The Heskett Center is immediately west of the Wilkins Softball Stadium. Parking is available in a lot immediately west of the Eck Baseball Stadium. The entrance to the Heskett Center is at the southwest corner of the building. Upon entrance turn to your right; you will see the check-in desk. Tell the attendants that you are headed upstairs for Shocker Track Club Track practice. You will be directed down a long hallway. Just before you reach the emergency exit doors you will find a door with steps leading to the 2nd floor track. Turn left at the top of the stairs and walk to the other side of the track. You will see the STC Youth Track and Field check-in table near the bleachers.

**Fundraiser (REPEAT) –** We will have a fundraiser on December 4th – *bring the attached flyer with you (it is the in STC Gear Bag)* - at Freddy’s Frozen Custard and Steakburgers at 310 North Rock Road between Central and Douglass from 500p to 900p. A percentage of all sales will be returned to our Youth team. Please consider attending and supporting this important event!

**Other Information –** Darren and Gilda will be out Saturday officiating a Track Meet at Kansas State University. Three alumni of our Shocker Track Club Youth Team now compete for Kansas State, including Pole Vaulter Hannah Buller! Additionally, PV Coach and STC Elite Team Member Jaimie Bookout will make her competitive debut in the Women’s Pole Vault. Competition begins at 10:00 a.m. for Hannah and Jaimie; good luck to both of them!

**Practices in December -**

Our Coaches will continue to implement more creative activities at the beginning and near the end of practices. All activities will have activities designed to develop skills and building strength.

**December Birthdays –**

Our December babies are Dean S., and Brian A.! Happy birthday, Guys! We will fit in ten (10) strength-building push-ups for you at an upcoming practice! ☺

**USA Track and Field Membership (NEW!) -**

We highly recommend that you consider purchasing a 2019 USATF membership for your child/children. The cost is $20. In addition to being connected to the governing body of Track and Field, the membership provides you with secondary insurance coverage when participating in any of our STC practices and meets, and other USATF and AAU meets that we support. A membership can be purchased online at [www.usatf.org](http://www.usatf.org).

**Shocker Fitness with Coach Bolt –**

If you are looking for a great total-body fitness program, we highly recommend the **Shocker Fitness with Coach Bolt** program. Complete details are attached. Five (5) separate ten-week sessions are held during the year beginning in early January. The cost is $55 and provides access to three one-hour workouts on Mondays, Wednesdays and Fridays from either 530a to 630a, or 545p to 645p.

**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.

**Apparel (REPEAT)**

We have a few extra team t-shirts ($15), STC sweatshirts ($25), and STC 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 February 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
* February 2, 2019 – STC Bill Butterworth Indoor – Remember that your child/children compete for free in this meet!

We will have coaches at the January 12th meet, but are unsure of the availability of coaches for the January 19th meet and 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. We will have a new profile next week!

**Coaching Tip of the Week –**

This week’s inspirational quotes are –

“Running is like mouthwash; if you can feel the burn it’s working.”

“If there is no struggle, there is no progress.”

**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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Attachments