

Shocker Track Club Pole Vault Group

Newsletter No. 6

December 9, 2018

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

Welcome to week seven! We were disappointed that only three Vaulters attended last Monday’s practice at the Heskett Center with Tyler Knight We will have another opportunity in February and hope that we will have better participation.

**This Week –**

We have a full week of practices that includes optional swimming pool work on Saturday! Information about swimming pools drills is attached.

**Practices in December -**

We only have four more practices this month – 11th, 13th, 15th (which is also a swimming pool training session), and the 18th We will let you know if we can add a day.

**Alumni, Coach and Competition Update –** At Saturday’s meet at Kansas State University, Coach Jaimie Bookout cleared 3.65m (11’-11-3/4”) to finish second in her first competition in several months! Current Kansas State Vaulter (and former STC Youth Vaulter) Hannah Bullercleared 3.50m (11’-5-3/4”) to finish third. Congratulations to Jaimie and Hannah! Hannah will be back for four practices in December and January during the semester break for workouts and to assist in coaching. At Friday’s Wichita State University Intrasquad Meet, Tyler Knight competed in the Pole Vault (clearing 4.73m / 15’-6-1/4” for 2nd), 60H (8.38 for 2nd), and High Jump (2.00m / 6’-6-3/4” for 4th). Congratulations to Tyler! Other former STC Youth Vaulters competed over the weekend as follows – At the Wichita State Intrasquad meet - Garrett Kennedy cleared 4.58m (15’-0-1/4”), Jewel Eck cleared 3.53m (11’-7”), and Alyssa Wheeler cleared 3.53m (11’-7”). Congratulations to Garrett, Jewel, and Alyssa! Competing for Washburn University at the Mel Tjeerdsma Classic at Northwest Missouri State University, Amira Linson cleared 3.42m (11’-2-1/2”). Congratulations to Amira! Current Friends University athletes Nicole Reichenberger and Makayla Hollis also competed at the Mel Tjeerdsma Classic at Northwest Missouri State University. Nicole and Makayla both cleared 3.12m (10’-2-3/4”). Congratulations to Nicole and Makayla!

**Coach Profile –**

Today’s profile is for Coach Mike Bailey! Mike has always tried to challenge himself in adventurous ways (e.g., Go carts, all types of skiing, sailing, motor cross, windsurfing, kitesurfing, etc.) and has loved every minute of it! Mike believes that his daughter Becca got her sense of adventure from him and that’s why they are now pole vaulting together! Mike believes that life can be as full of adventure as you want! On a more normal level, Mike has been married for 20 years to Niki. They also have an older son. Mike works for the Bombardier Flight Test Center operating an engineering aircraft simulator, and he and his wife run an online business selling radio-controlled aircraft that they manufacture themselves.

**Coaching Tip of the Week –**

This week’s tip is from Mike Bailey - When things are not going your way, do not get frustrated. Go back to the basics, do some drills and allow yourself to reset then try again.

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

**USA Track and Field Membership (Repeat) -**

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 (Repeat) –**

Parents - 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.

**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)

**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