

Shocker Track Club Outdoor Youth Track and Field

Newsletter No. 1

April 7, 2019

**Hello STC Youth Track and Field Parents -**

Welcome to Shocker Track Club; thank you for choosing us! As promised, here is your first Newsletter of the outdoor season! Please know that we look forward to working with your child/children, and you, this season.

**This Week –**

* **Our only official practice this week is Tuesday** due to Wichita State hosting its annual KT Woodman Track Meet beginning Wednesday. It will be sunny and 81 on Tuesday, so kids should make certain that they come to practice hydrated and ready for the first challenge of practice in warmer weather.
* We are attempting to add an **optional practice** for Sunday, April 14th sometime in the afternoon. As soon as we know if we can schedule it, we will let you know.

**Track Meets –**

There is a Youth track meet scheduled in Halstead, Kansas, at Halstead High School, on Saturday, April 27th. Halstead is about 30 minutes NW of Wichita. We have attached maps of the area for your use. Attached is the list and schedule of events. Please review it with your child/children and be thinking about possible events. We will issue a survey in next Sunday’s Newsletter to begin the registration process. Participation in track meets is always optional, but we will not have practice that Saturday so that we can support the athletes that choose to attend.

**Practice Tip of the Week –**

Practices will start as close to **600p** as possible. Between now and the end of May, athletes that arrive early may start warm-up activities on the track (e.g., walking or jogging) on their own, but please make certain that at least one coach is available to observe. All practices will begin with warm-up activities and drills. We will work hard to engage the athletes in standard drills, ab-work, and stretching at every practice. If your child/children needs/need to leave before the end of practice, please encourage them to complete some stretching exercises before they go to bed. We will continue to stress the importance of hydrating before, during, and after practice, and will take numerous breaks. We also recommend that children consider eating bananas, avocados, and pickles after practice.

**Coach Profile –**

This week’s Coach Profile is for Paul Wagoner! Paul is also a member of our Shocker Track Club Masters team. Paul’s son trains with us and is already an accomplished young pole vaulter. Paul attended Wichita East High School where he vaulted 14’-00” and won the State 6A title in 2000! He didn’t have a Pole Vault coach in high school, so he went to camps and talked to other coaches at track meets to learn what to work on. Vaulting is in Paul’s family as two of his siblings were also Vaulters at East High. Paul competed for Hutchinson Community College before “life happened”. He has since worked in the glass business and currently works for Bell Mirror and Glass.

**Paul’s Coaching Tip –**

“Ask lots of questions, listen and take it all in!

**Our Sponsors -**

We are pleased to announce the following sponsors for our outdoor season - **Westar Energy, Hiland Dairy, Wichita Sports Forum, and First Gear Running Company!** Their logos, and those of other supporters, will adorn the backs of our team t-shirts this season. We encourage you to support our sponsors where possible and mention that you are appreciative of their support! When purchasing shoes for running or warm-up activities, we recommend our friends at First Gear Running Company at 111 North Mosley in Old Town as a great source!! STC Athletes should show their STC Youth wristband for a discount.

**Safety –**

As noted in the informational PowerPoint, we think about providing a safe environment for your child/children at all times. Ensuring that your child wears their STC Team wristband, and signs the attendance roster, at all practices helps us. We will also have at least one visit at each practice from a representative of the Wichita State University Police Department.

**Parents at Practices -**

As we have discussed, we are thrilled to have Parents at our practices! Parents can become involved and closer to the action on the track within the following parameters:

* + Parents of Pole Vault athletes can be on the field near the runways beginning in June.
  + Parents can apply to be one of our “Kid Wrangler” Assistant Coaches -
    - That assist in various areas (e.g., timing running events, pit raking, bar setting, implement retrieving, etc.) during practice.
    - You must complete an STC Application, become a member of USA Track and Field ($30), complete and pass the USATF Background Check ($16), and complete the United States Olympic Committee (USOC) online SafeSport Training.
  + Parents of Track and Field athletes may join one of our other Shocker Track Club Teams for Adults -

Open Team-$60; Masters Team-$50; or Road Racing Team-$120 == All include a Team Jersey

* + - Members can practice on the track during the Youth Team practices
    - Interaction w/children other that your own should be limited to “incidental and friendly” contact
    - Apply to join the new Parent Crew (Two (2) to Four (4) Members) -
  + Helps engage all parents in the program and encourages all Kids at practices and meets!
  + Helps staff the Registration Table During Practices!
  + Organizes Beverages and Snacks at Practices, Track Meets, and Shocker Summer Series Meets!

**USA Track and Field Membership -** **Purchase online at** [**www.usatf.org**](http://www.usatf.org) **for $20 -**

**We highly recommend that you consider purchasing a 2019 USATF membership for your child/children**. 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, meets, and USATF and others meets that you attend.

**Apparel -**

The Team T-Shirts and Jerseys have been ordered and should be available the week of April 22nd. We have a few extra team t-shirts ($15), a new, limited availability, fun t-shirt, and STC sweatshirts. We may also have a few pairs of spike shoes available to give away or sell for a $10 donation.

**Smug Mug Photo Account -**

We will occasionally take photographs of practices and at meets. 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!

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**Attachments –**

* Halstead Youth Track Meet Information
* Map View of Halstead, Kansas