

Shocker Track Club Outdoor Youth Track and Field

Newsletter No. 2

April 14, 2019

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

I trust that you had a great week! We are ready to get back to work!

**This Week –**

We have practices on Tuesday (high 81), Thursday (high 57), and Saturday (high 77) – please make sure your child dresses/children dress appropriately for the practices. We will continue to introduce the athletes to various events as we prepare for our first track meet.

**Track Meet –**

As noted last week, there is a Youth track meet scheduled in Halstead, Kansas, at Halstead (Kansas) High School, on Saturday, April 27th. The cost is $15 and is payable to Shocker Track Club. Attached is the list and schedule of events. 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. To start the registration process for the meet, click on the link below and complete the Google forms survey. The survey must be completed by 1000p on Monday, April 22nd if you desire for your child/children to compete.

**Here is a link to the Google docs Survey >>** [**https://forms.gle/RZktUFGmu6yzv7uP7**](https://forms.gle/RZktUFGmu6yzv7uP7)

**Practice Tip of the Week –**

So, it’s April in Kansas! As such we should always expect extreme weather to present challenges. Please make certain that your child/children dresses in layers as it is much easier to remove or add clothes as practice activities progress than it is to look for something to put on. Also –

* All practices will begin with warm-up activities and drills. We will 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.

**Coach Profile –**

Today I’ll share some information about myself – Darren Muci. I was born in Wichita and participated in track through 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, so I volunteered to help the Officials at meets held at Wichita State University. In 1988 my wife and I saw an article in the newspaper asking people to help officiate at the State High School Track Meet. We were hooked and have been officiating ever since. I’m now a USATF 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, and teams for Youth, Open, Elite, Masters and Road Racing athletes. I have really enjoyed being the leader of the organization and have especially enjoyed the opportunity to compete for our Master’s team.

**Coaching Tip of the Week –**

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

**Our Sponsors (repeat) -**

We are pleased to announce the following sponsors for our outdoor season - **Westar Energy, Hiland Dairy, Wichita Sports Forum, and First Gear Running Company!** Banners indicating their support now hang in Cessna Stadium on the east side bleachers. 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 (repeat) –**

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

**Parents at Practices (repeat) -**

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 (repeat) -**

We highly recommend that you purchase 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, and any track meets in which your child/children participates.

**Apparel (repeat) -**

The Team T-Shirts and Jerseys have been ordered and should be available the week of April 22nd. We also have a few extra team t-shirts ($15), a new, limited availability fun t-shirt ($15), and STC sweatshirts (limited sizes at a clearance price of $20) for sale. We may also have a few pairs of spike shoes available to give away or sell for a $10 donation.

**Smug Mug Photo Account (repeat) -**

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