

Shocker Track Club Youth Team

Newsletter No. 6

June 24, 2018

**Hello STC Parents and Athletes!**

**Important Information (New)**

Last week presented us with a couple of interesting challenges. Tuesday’s lockdown was the first. We are still refining our procedures, but I will share that if a future situation necessitates the need for a lockdown we will utilize a speaker system to clearly communicate the situation and provide clear instructions for “emergency movement.”

On Wednesday we had a collision on the track between two of our athletes. You no doubt noticed that Wednesday the track was especially crowded due to a larger-than-normal group of athletes training with the First Gear Running Company team. We will work with our Coaches to take extra time to coordinate our workouts, and will attempt to combine some of our activities with the First Gear group where possible.

**AAU Meet Update (New)**

Five (5) STC Youth athletes qualified to compete in the AAU Junior Olympics Meet in late July after qualifying in the top 6 of their events in this past weekend’s AAU qualifier meet in Joplin, Missouri! Congratulations to our athletes and their parents!!! This is an awesome accomplishment! Complete information is available at - [AAU Joplin Results 2018](https://trackmeet.io/meets/1250)

**Summer Series Pole Vault (Repeat)**

STC athletes planning to compete in the Pole Vault at the Thursday Summer Series meets are asked to arrive by 530p to help Acting Head Coach Tyler Knight set up the pit and carry out the poles. If an athlete is unable to arrive by 530p, please text Coach Tyler at 316-680-7685 to discuss the poles that are needed.

**USATF Missouri Valley Association Region 9 Championship Meet July 5-8, 2018 (Repeat)**

The Missouri Valley Association Championship meet is **July 5-8, 2019** at Arkansas-Little Rock University in Little Rock, Arkansas. Preliminary information for registration is attached. Only athletes that competed in the USATF meet in Liberty, Missouri, or are Pole Vaulters or Multi-Event Athletes may compete in this meet. Your child MUST also be a member of USATF to compete in this meet. Please let Gilda Muci know if you plan to have your child compete, and then complete the Meet Registration Form and provide payment to Gilda so that we can register your child for this meet. General information is available at this link - <https://www.athletic.net/TrackAndField/meet/345592/register> Contact Gilda Muci (youthoperations@shockertrackclub.com) or Stephanie Knab ( youth@shockertrackclub.com ) if you have questions!

**Kansas Sunflower Games (Repeat)**

The Kansas Sunflower Games will be held in Topeka, Kansas, July 13-14. Athletes MUST register themselves online. Information is attached. This is typically a very well organized meet! Here is a link - [2018 Sunflower Games](https://www.sunflowergames.com/index.php/sports/track-and-field)

**Practices This Coming Week – (Repeat and Update)**

Remaining practice dates in June are 25, 26, and 27. We will practice July 2 and 3, and then be “off” for July 4th. Additionally, there will NOT be a Summer Series meet on Thursday, July 5th. Stephanie Knab will continue spend some time at the beginning of each practice this week introducing kids to each other and the Coaches. **Also, please remind your child/children to sign-in before they head to the track!** Please make certain that your athlete(s) remember(s) to bring/wear their STC wristbands to practice. This will help our leadership and coaches easily identify our members. We will replace any broken wristbands.

**Warm-Up Activities (Repeat)**

Mondays have been designated as “Team Days” this season, which means all athletes will warm up together before separating for work in specific areas. As such, the warm-up activities may be a little longer than normal, and typically begin with an 800m warm-up jog. This part of practice is important for our coaches to establish a structure that will help the athletes develop a pattern that will help them be successful in track and field and other sports. After the warm-up activities, we will make certain that the athletes have as much time as necessary to practice and learn about other events, and then stretch before they leave practice for the evening.

**Trying New Events (Repeat)**

Many of you are interested in seeing your child/children try multiple events. Many of the kids are also interested! After completion of the warm-up activity, our Coaches will ask the kids for their interests for that evening. Please encourage your child/children to visit with one of the coaches, or a member of the Leadership Team – Stephanie Knab, Gilda Muci, or Anita Curtis – for assistance. Thank you for trusting the process.

**Smug Mug Photo Account (Repeat)**

We have created a Smug Mug account for storage of photos taken at practices and track meets. The link is – [www.shockertrackclub.smugmug.com](http://www.shockertrackclub.smugmug.com)

**Diversity in Membership (Repeat)**

Our diversity is important to us. We now have expect to have over 100 kids practicing in our program before the end of this week, which means that we will have exceptional diversity in skills, abilities and capabilities, in addition to diversity in age, gender, ethnicity, and STC Adult team members. We also have some athletes that compete in a variety of competitive programs, including Track and Field for Special Olympics and Paralympic athletes. Some of these athletes may require our Coaches to spend a little more time explaining the activities and drills. We will not, as a matter of course, identify any athlete that may need special attention, but we expect our athletes to be understanding, compassionate and caring of each other. We will need the assistance of our parents to ensure that we have a positive environment for all of us. Should you have any questions please contact Darren Muci at practice, via phone at 316-993-6824, or email at president@shockertrackclub.com.

**Parents at Practices (Repeat)**

We need all parents to stay in the stands during practice, as the track is packed with kids and activities. There are three exceptions –

1. Parents of Pole Vault athletes may be on the field or in the East stands.
2. You 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. This will require you to complete an STC Application, then become a member of USA Track and Field ($30), complete the USATF Background Check process ($16), and complete the United States Olympic Committee (USOC) online SafeSport Training. Please see a member of our Leadership Team if you are interested in pursuing this option.
3. You may join one of our other Shocker Track Club Teams for Adults - (Open Team - $50, Masters Team - $50, Road Racing Team - $110) and practice on the track during the Youth Team practices. Membership includes a Team Jersey. You may not, however, make anything more than “incidental and friendly” contact with any of the kids. See Darren Muci for details.

**Shocker Summer Series Meets (Updated and Repeat)**

There are only two more Shocker Summer Series Meets remaining – June 28th and July 12th. Shocker Track Club Youth Team members compete for free in these relaxed Thursday night meets. Please check in at the Registration Table with Gilda Muci before you head to the track. Parents can accompany their child/children on the infield during the meets, but are cautioned to be mindful of the events on the track and the Long/Triple Jump runways. Information is attached.

**Late July Practices (Updated and Repeat)**

Due to the scheduled complete replacement of the Cessna Stadium track, we will need to move practices beginning July 16th. This will significantly challenge us, but we plan to move our practices indoors to Wichita State’s Heskett Center. This is on the east side of the main campus and north of the Library. The Heskett Center has a 200-meter track with 6 lanes. I am working with Wichita State Track and Field to have access to hurdles, the high jump pit, and the pole vault pit at our practices. More details will be provided as we finalize our plans.

**Footwear (Repeat)**

We have a few pairs available (new and used) to give away or sell for a $10 donation. See 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. It’s my understanding that Burlington Coach Factory also has spikes. We can also recommend Eastbay.com at [Eastbay Track Shoes](https://www.eastbay.com/_-_/keyword-kids%2Btrack%2Band%2Bfield%2Bshoes)

**Please contact us at any time if you have questions!**

**Stephanie Knab, Director, Youth Team Gilda Muci, Youth Team Operations Director Anita Curtis, Youth Team Mom**

**Attachments –**

* USATF Missouri Valley Association Region 9 Championship Meet Information
* Kansas Sunflower Games Track and Field Information