SHOCKER TRACK CLUB

2019 Youth OUTDOOR Spring/Summer Season Track & Field

PARENT/ATHLETE INFORMATION GUIDE

USA Track and Field Member Club

Dated March 26, 2019

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ABOUT THE SHOCKER TRACK CLUB

About this Document

Carefully review this document. It contains important information for your reference during the indoor season and is yours to keep.

Who We Are

The **Shocker Track Club (STC)** was formed in 2011 and is a 501(C)(3) Non-Profit Organization as defined by the I.R.S. STC is governed by a volunter Board of Directors. Its primary function is to provide Officials and Volunteers for Wichita State University Track and Field and Cross Country, and its own, track meets. STC additionally supports athletics teams for Youth (athletes between the ages of 5 and 19), Open (for athletes between the ages of 19 and 29), Masters (for athletes over the age of 30), Road Racing (long distance runners), and Elite (for athletes that are high achieving and typically post collegiate).

Affiliation

Shocker Track Club is a USA Track and Field Member Club and a member of the Missouri Valley Association. We STRONGLY encourage all athletes to purchase a $20 USATF membership at www.usatf.org)

Youth Track Team

The **Shocker Track Club** Youth Team operates under the auspices of the STC Board of Directors and is managed by a Director and Assistant Director that are members of the Board of Directors. STC is the only club in the region that is a USATF Member Club, can provide coaching and training in every event, is affiliated with a NCAA Division I university, and has Coaches with NCAA Division I, II, or NAIA athletic or coaching experience. Separate indoor and outdoor seasons provide opportunities for nearly eight months of training.

Youth Team Mission Statement

The Mission of the **Shocker Track Club** Youth Team is to provide opportunities for youth to compete in track and field from an introductory level, to high-level competition, under the framework of USATF guidelines.

Participation Eligibility

This youth program is for athletes between the ages of 5 and 19 through the summer after high school graduation. If an athlete is also participating in Track and Field in a KSHSAA affiliated high school or middle school, the athlete may not participate with **Shocker Track Club** DURING the school season. Home school or Middle school athletes that choose not to participate with their school's team may participate. If your school is not KSHSAA sanctioned, the athlete can participate with Shocker Track Club.

Financial Support Program

Athletes in need of assistance are encouraged to apply for grants through the Genesis Foundation for Fitness and Tennis. Details are available at http://www.genesisfoundationwichita.com

Shocker Track Club has developed a program to provide limited financial support for athletes in need. See the Team Director or Youth Operations Director for details.

2019 Shocker Track Club Youth Outdoor Track & Field
TEAM MEMBERSHIP REGISTRATION OVERVIEW

INFORMATIONAL MEETINGS

Informational meets are held to provide an overview of the program to interested parents and athletes.
Dates are **Tuesday, March 26, 2019, Tuesday, April 23, 2019, and Tuesday, May 28, 2019** in the Wichita State University Track and Field Team Room at Cessna Stadium at **630p**.

JOINER REGISTRATION FEES and FEE PAYMENT DUE DATES

The fees listed below are for the full season
FEES ARE TO BE PAID ALL AT ONCE IN CASH or CHECK - NO REFUNDS AFTER 2ND PRACTICE
Registration Fees do not include any Meet Entry Fees or USATF Membership
The Joiner Registration Fee is the amount to be paid on the day joined during the identified month. The fee is one-time and covers all expenses to participate in practices through the final day of practice, and the "Registration Amenities" listed below.

REGISTRATION AMENITIES

All Registration Fees Include Team T-Shirt, Competition Jersey, Water Bottle, and Wristband, and free participation in the Shocker Summer Series Track Meets held at Wichita State University's Cessna Stadium on select Thursdays in May, June and July.

REGISTRATION JOINER FEES

Joiner Registration Fees – April - $210, March - $190, June - $170, July - $150
One free try-it-out practice is allowed before payment is required.
Athletes joining the week prior to the beginning of a month pay an additional $5 per each practice attended.
Limited "Foundation Funds" are available to assist needy athletes.
2019 High School Graduates Fees are as follows –
$50 – Any graduate that has signed a Letter of Intent with either Wichita State University or Friends University.
$100 – Any graduate that has signed a Letter of Intent with any university in the State of Kansas.

SCHEDULED PRACTICE DATES

(Weather and Issues Beyond our Control May Cause Cancellation, Postponement, or Location Change)
First practice is Tuesday, April 2, 2019.
Location – Wichita State University Cessna Stadium and the WSU Campus
Training is provided in all outdoor Youth events in Track and Field. Pole Vault training begins in June.
All implements are provided
April – Select Tuesday and Thursday evenings (600p to 730p) and select Saturday afternoons (100p to 230p)
11 total practices on - 2, 4, 6, 9, 16, 18, 20, 23, 25, 27 (if Halstead, Kansas meet is cancelled), and 30
May – Tuesday and Thursday evenings from 600p to 730p
8 total practices on - 2, 7, 14, 16, 21, 23, 28, and 30
June - Monday, Tuesday and Wednesday evenings from 645p to 815p
12 total practices on 3, 4, 5, 10, 11, 12, 17, 18, 19, 24, 25 and 26
July - Monday, Tuesday and Wednesday evenings from 645p to 815p
15 total practices on 1, 2, 3, 8, 9, 10, 15, 16, 17, 22, 23, 24, 29, 30, 31

2019 Shocker Track Club Youth Outdoor Team
IMPORTANT PRACTICE INFORMATION, DECORUM and GUIDELINES

PARTICIPATION CONDITIONS FOR PARENTS/GUARDIANS/FAMILY MEMBERS

The Director, Youth Operations Director, and Team Mom are in charge of the Youth program.
Coaches are in charge of practice venues
If you have questions about an aspect of the program, you are encouraged to contact the Youth Team Director or Assistant Director after, or during a break in, practice.

OUR COACHES AND LEADERS

All STC Leadership Members and Coaches have completed a Shocker Track Club Leadership/Coach Application, are USATF Members, have passed a USATF background check, and have completed the United States Olympic Committee (USOC) SafeSport Training

TRACK & FIELD PRACTICE OVERVIEW

Practice Location – Wichita State University Heskett Center
Events – All events in Track and Field (Pole Vault begins in June). All implements are provided.
Members of Shocker Track Club Adult Teams may also practice at the same time*
Alternate Practice Location – Wichita State University Cessna Stadium

PRACTICE CONCEPTS and GOVERNANCE

Coaches have developed practice strategies, and drills and activities for each event in track and field. All implements and equipment are provided to support and enhance the drills. Each practice begins with dynamic warm-up drills. Unfortunately some athletes may become injured during practices. Many of our Coaches are CPR certified and will take appropriate action. We will, however, notify parents/guardians of any injuries, contact 9-1-1 if appropriate, and also document and report them to USATF.

WHAT TO BRING TO PRACTICE

Athletes should dress in layers, wear running shoes, bring water, hand-towel, sandals/flip-flops and spiked track shoes.

***PARENTS/GUARDIANS AT PRACTICE**

Parents must stay in the seating area or stands during practice; there are, however, three options –

(1) Parents can be on the field near the Pole Vault runways during Pole Vault practice
(2) 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. This requires you to 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.
(3) Parents of Track and Field athletes may join one of our other Shocker Track Club Teams for Adults - (Open Team - $60, Masters Team - $50, Road Racing Team - $120) 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 kids.

Contact Darren Muci at president@shockertrackclub.com for details.

A parent, guardian or family member that fails to comply with the above, or with requests from the Director, Assistant Director, or Coaches, may be asked to leave the practice site.

2019 Shocker Track Club Youth Outdoor Team
GENERAL INFORMATION and EXPECTATIONS

Governance and Oversight
The Shocker Track Club Youth Team operates under the auspices of the Shocker Track Club Board of Directors. Separate indoor and outdoor seasons provide opportunities for nearly nine months of training.

Mission Statement
The Mission of the Shocker Track Club Youth Team is to provide opportunities for youth to compete in track and field from an introductory level, to high-level competition, under the framework of USATF guidelines.

Participation Eligibility
This program is for youth athletes above the age of 5 through 19 (recent high school graduates). Athletes participating in a KSHSAA affiliated high school or middle school, the athlete may not participate with Shocker Track Club DURING the school season. Home school or Middle school athletes that choose not to participate with their school's team may participate. If your school is not KSHSAA sanctioned, the athlete can participate with Shocker Track Club.

Participation Conditions for Athletes
We have a VERY clear and specific vision and mission about what youth track and field practices should be, and about what youth and adult behavior should be. Participation by the athletes and parents is strictly voluntary. Shocker Track Club is about development of character, respect, friendships and teamwork. Athletes are expected to support teammates at all times. We will teach and expect positive behavior at all times. Mistreating or making fun of teammates will not be tolerated. Athletes are expected to be attentive and not disruptive. Any disruptive behavior will result in being dismissed from practice. Continued disruptive behavior may warrant dismissal from the team.

Participation Conditions for Parents
The Director and Assistant Director are in charge of the Youth program with assistance from the Team Mom and Youth Operations Director. Coaches are in charge of practices. What they say goes! If you have questions about an aspect of the program, you are strongly encouraged to contact the Youth Team Director or Assistant Director. An athlete or parent that fails to comply with the coaches' estimation of what these principles entail, will be counseled. Any repetition of behavior will result in being expelled from practice and/or from the team. When we participate in meets, we expect the Officials of the event to be treated with complete respect and appreciation. If there is an issue with the Officials, simply contact one of the Shocker Track Club coaches. The coaches will handle ALL issues with the officials.

Keeping You Informed
Brief parent meetings may be held before or after each practice. A team newsletter will be issued weekly via email. Specific-topic emails are periodically issued. Parents are STRONGLY ENCOURAGED to monitor their email and the Shocker Track Club social media platforms. STC maintains a website – www.ShockerTrackClub.com, two Youth Facebook pages (Shocker TC – Youth and Shocker Track Club Youth Team), and a Twitter account @STCYouthTeam. If you have questions about an aspect of the program, you are strongly encouraged to contact the Youth Team Director or Assistant Director.

Communication Tool
We are exploring the possible use of a web-based communication tool/app to be able to communicate with all parents for short messages. Once the tool/app is determined we will make an announcement.

2019 Shocker Track Club Youth Outdoor Team
TRACK MEETS

ALL LISTED ARE TENTATIVE UNLESS SPECIFIED OTHERWISE

Additional information will be provided as the dates approach

Not all STC Youth Team Coaches can attend each meet! Please check with Youth Leadership to confirm availability.

GENERAL INFORMATION

All track meets are optional. Your child can participate in any, or all, of the meets.
The cost of each track meet typically ranges from $10.00 to $25.00.
STC will register your child/children for the meets unless specified otherwise
Parents are responsible for transportation to/from meets and overnight lodging unless other arrangements are made
Hotel Room Blocks are arranged if appropriate

USA TRACK and FIELD MEETS

If you desire to have your child compete in USATF qualifying meets purchase:
USATF Youth Membership $20 www.usatf.org (Assign your child to Club 28-4080)
Parents must forward a scanned copy of your child's birth certificate to youth@missourivalley.usatf.org
USA Track & Field will contact youth members directly to provide important membership information.

Grandview Invitational
LTBD, Grandview, Missouri – June 1, 2019

Olathe Invitational
LTBD, Olathe, Kansas – June 8, 2019

Missouri Valley Association Championship
LTBD, Independence, Missouri – June 15, 2019

USATF Region 9 Champions
Catoosa High School, Catoosa, Oklahoma – July 4-7, 2019

USATF Hershey Junior Olympics Outdoor Championship Meet
Sacramento State University, Sacramento, California – July 22-28, 2019

OPEN COMPETITION SCHEDULED MEETS (Tentative ONLY)

Membership in USATF is NOT required to compete in the following meets

Halstead Youth Track Meet (Grades Pre-K through 6 ONLY)
Halstead High School; Halstead, Kansas - Saturday, April 27, 2019
Online Information >> https://halsteadtrack.herokuapp.com

Garden Plain Barb Hunt Memorial Day Track Meet
Garden Plain High School; Garden Plain, Kansas - Monday, May 27, 2019
Online Information >> http://www.gardenplaintrackclub.com/schedules.html

Sunflower State Games
Topeka, Kansas – Friday and Saturday, July 12-13, 2019
Online Information and Registration >> https://www.sunflowergames.com/index.php/sports/track-and-field

2019 Shocker Track Club Youth Outdoor Team

TEAM LEADERSHIP and COACHES

This list will be updated as additional Coaches are added

***=CPR Certified / #=AED Certified**

Interim Youth Team Director – Darren Muci
(316) 993-6824, youth@shockertrackclub.com

Youth Team Operations – Gilda Muci
STC Board Member, (316) 990-6824, USATF Certified Official
(youthoperations@shockertrackclub.com)

Head Distance – Tonya Nero
Head Distance Coach, (316) (868) 380-1894, Former Wichita State Distance Runner and Shocker Track Club Elite Team Member
youthdistance2@shockertrackclub.com

Head Sprints – Alex Muci *#
Head Sprints Coach, (316) 734-6824, Wichita State University Student
youthsprints@shockertrackclub.com

Head Throws – Krisha Parmar
Head Throws Coach, (316) 708-4766, Former Wichita State University Thrower
youththrows@shockertrackclub.com

Head Multi-Events - Horizontal Jumps and High Jump – Patric Jackson*
Head Multi-Events Coach, STC Board Member, (316) 993-5642, Former Wichita State University Jumper
youthcoach@shockertrackclub.com

Head Hurdles and High Jump – Chelsea Baker
Head Hurdles Coach, Former Friends University National Champion and All-American Multi-Event and High Jump Athlete
youthhurdles@shockertrackclub.com

Head Pole Vault – Denis Fraizer*#
Head Pole Vault Coach (STC Board Member), former Wichita State Pole Vaulter, (316) 680-0852
polevault@shockertrackclub.com

Assistant Horizontal Jumps Coach
Meghan Holmes – Former Wichita State Horizontal Jumper and STC Elite Team Member

Management Intern and Assistant Multi-Events Coach
Dylan Biedron – Former Friends University Multi-Event Athlete and Friends University Assistant Coach

Assistant Pole Vault Coaches
Tyler Knight (STC Board Member) Former Wichita State Pole Vaulter and STC Elite Team Member eliteliaison@shockertrackclub.com
Andrew Brown - Former University of Nebraska - Kearney Pole Vaulter – STC Masters Team Member
Jaimie Bookout – Former University of Kansas Pole Vaulter – STC Elite Team Member
Paul Wagoner – Former Hutchinson Community College Pole Vaulter – STC Masters Team Member
Mike Bailey – STC Masters Team Member

KSHSAA RECOMMENDED CONCUSSION & HEAD INJURY INFORMATION RELEASE FORM 2017

All student athletes and parents/guardians must review this form before the student participates in any athletic practice
A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

What can happen if my child keeps on playing with a concussion or returns too soon?
Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

Symptoms or Signs May Include One of More of the Following
Headaches, "Pressure in head", Nausea or vomiting, Neck pain, Balance problems, dizziness, Blurred or double or fuzzy vision, Sensitivity to light or noise, Feeling sluggish or slowed down, Feeling foggy or groggy, Drowsiness, Change in sleep patterns, Amnesia, "Don't feel right", Fatigue or low energy, Sadness Nervousness or anxiety, Irritability, More emotional, Confusion, Concentration or memory problems, (forgetting game plays), Repeating the same question or comment, Appears dazed or vacant facial expression, Confused about assignment, Forgets plays Is unsure of game, score, or opponent, Moves clumsily or displays incoordination, Answers questions, slowly, Slurred speech, Shows behavior or personality changes, Can't recall events prior to hit or after hit, Seizures or convulsions, Any change in typical behavior or personality, Loses consciousness.

If you think your child has suffered a concussion
Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after sustaining a concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance from a Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO). Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion Remember it is better to miss one game than miss the whole season. When in doubt, the athlete sits out!

Cognitive Rest & Return to Learn
The first step to concussion recovery is cognitive rest. This is essential for the brain to heal. Activities that require concentration and attention such as trying to meet academic requirements, the use of electronic devices (computers, tablets, video games, texting, etc.), and exposure to loud noises may worsen symptoms and delay recovery. Students may need their academic workload modified while they are initially recovering from a concussion. Decreasing stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time. This may involve staying home from school for a few days, followed by a lightened school schedule, gradually increasing to normal. Any academic modifications should be coordinated jointly between the student's medical providers and school personnel. No consideration should be given to returning to physical activity until the student is fully integrated back into the classroom setting and is symptom free. Rarely, a student will be diagnosed with post-concussive syndrome and have symptoms that last weeks to months. In these cases, a student may be recommended to start a non-contact physical activity regimen, but this will only be done under the direct supervision of a healthcare provider.

Return to Practice and Competition
The Kansas School Sports Head Injury Prevention Act provides that if an athlete suffers, or is suspected of having suffered, a concussion or head injury during a competition or practice, the athlete must be immediately removed from the competition or practice and cannot return to practice or competition until a Health Care Professional has evaluated the athlete and provided a written authorization to return to practice and competition. The KSHSAA recommends that an athlete not return to practice or competition the same day the athlete suffers or is suspected of suffering a concussion. The KSHSAA also recommends that an athlete's return to practice and competition should follow a graduated protocol under the supervision of the health care provider (MD or DO).

For current and up-to-date information on concussions you can go to:
http://www.cdc.gov/concussion/HeadsUp/youth.html http://www.kansasconcussion.org