

Shocker Track Club

indoor 2010 - 2020 Youth Track & Field / Polo Veuit

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SHOCKER TRACK CLUB

Mission

The Shocker Track Club, Inc., (STC) is a 501(C)(3) organization that helps support Wichita State University Track and Field and Wichita area Track and Field and Cross Country activities.

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What STC Does ...



- Provide Certified USATF Officials and Meet Volunteers for Wichita State Track and Field meets
- Promote and Support Wichita State Track &Field
- Support our own -
- Elite Team (High Achieving Adults)
- Open Team (Adults ages 19-29)
- Road Racing Team (Adults of All Ages)
- Masters Team (Adults ages 30 and up)
- Youth Team (Youth ages 5-18)
- Plan and Facilitate 3-5 annual Track & Field meets
- Facilitate an Athlete Recruiting Combine
- Direct the Shocker Track Backers program

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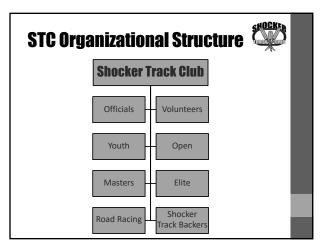
How STC Operates...



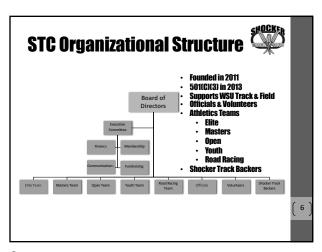
- STC solicits small sponsorships to assist in covering expenses
- STC pays rental and usage fees for access to Wichita State University Cessna Stadium and Heskett Center for practices and meets.
- STC pays rental and usage fees for access to the USD 259 Northeast Magnet High School for practices.

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STC Board of Directors



Board Officers & Chairs

- · Darren Muci, President, Youth Team
- · Chris Ellis, Vice President
- · Larry Staton, Secretary, Masters Team
- · Chad Green, Treasurer
- Steve Rainbolt, WSU Head Coach
- John Wise, WSU Asst Head Coach and Elite Team Director
- · Curt Rierson, Road Racing Team
- Emily Green Maier, Road Racing Team
- Rob Garcia, Officials

- **Board Members**
- Cole Davis, Friends University Head Coach
- Anita Curtis
 Cole Davis, F
 Vic Everett
- Dylan Hartnett
 Curtis Hernandez
- Amber Hetzendorf
- Ine Hoover
- Patric Jackson
- JK Kornelson
- J Means, USD 259 Athletics Director
- Mark Schwarm
 Paul Wagoner
- Paul Wagoner
- Gilda Muci
- Chandra Andrews
 - Bill Faflick Ryan Patton

Shamoya Pruitt

Mike Holladay Ryan

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Shocker Track Club

USA Track & Field Affiliation

Missouri Valley Association Club No. 28-4080

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USATF Youth Membership



Shocker Track Club is a USATF Certified Club

- We STRONGLY recommend that Youth and Open athletes purchase a 2020 USATF membership for \$20 beginning on November 1st.
- Parents/Guardians MUST purchase a USATF membership for their child if they wish for their child to participate in USATF championship-track meets.
- www.usatf.org
 - Club no. 28-4080

USATF Membership Benefits



- 10% discount in the USATF Online Store
- Subscription to Fast Forward magazine
- Exclusive members-only news items
- Exclusive members-only contests
- Secondary Sports accident insurance coverage
- Special shopping discounts and offers
- · Discount tickets to USATF events

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Shocker Track Club

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STC Youth Team 2019 - 2020

STC YOUTH TEAM OVERVIEW





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Youth Team – Mission



Provide opportunities for youth to train and compete in track and field from an introductory level, to high-level competition, under the framework of USATF guidelines.

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Youth Team – Overview



- Coaching for ALL Youth Ages 5 through 18
- · Coaching in every event in Track & Field
- Practices at Wichita State University's Heskett Center, Cessna Stadium, or on the Campus, and NE Magnet High School for Pole Vault
- Nearly all Coaches have NCAA Division 1, 2, or NAIA Competition experience
- Coaching strategies based upon Wichita State University and USATF concepts
- Strong connections to Wichita State University, Friends University, and Kansas State University

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Sportsmanship



Shocker Track Club is about development of character, respect, friendships and teamwork.

Expectations of Athletes are:

- Support teammates at all times
- Exhibit positive behavior
- Be attentive
- Respect STC Leadership and Coaches

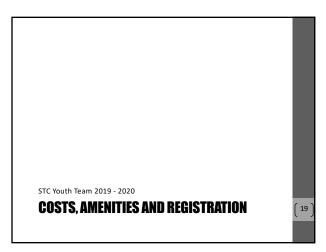
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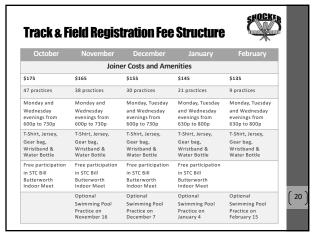
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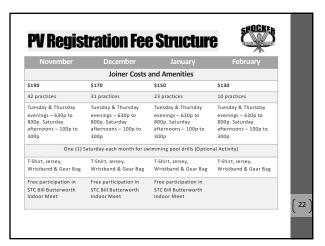
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Fee Structure – Track & Field



- · Ages 5 through 18
- Join in October for \$175 -- Fee includes:
 - Coaching/Practice Time at Wichita State University Heskett Center
 - · All indoor events except for Pole Vault
 - Mondays and Wednesdays from 630p to 800p
 - October 3, 2019 through February 19, 2020
 - 47 total practices
 - Team T-shirt, Jersey, Gear Bag, Wristband and waterbottle.
 - Free Participation in STC Butterworth Indoor Meet
 - Joiner fees for November = \$165, December = \$155, January = \$145, and February = \$135

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Fee Structure – Pole Vault



- · Ages 10 and Above
- Join in November for \$190 -- Fee includes:
 - Coaching/Practice Time at Northeast Magnet High School in Bel Aire, Kansas
 - Includes four (4) swimming pool training sessions
 - Tuesdays and Thursdays from 630p to 830p and Saturdays from 100p to 300p
 - November 2, 2019 through February 22, 2020
 - 42 total practices
 - Team T-shirt, Jersey, Gear Bag, Water bottle and Wristband.
 - Free Participation in STC Butterworth Indoor Meet

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• Joiner fees for December = \$170, January = \$150, and February = \$130

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Apparel and Gear



- · STC Provides -
- LS T-Shirt, Competition Jersey, Gear Bag, Wristband, Water bottle, Replacement Spikes, Note Pad
- STC has available for purchase -
 - · Hoodie Sweatshirt (grey)
 - · Limited quantities of:
 - · low cost track spike shoes
 - · seasonal t-shirts
 - · Crewneck Sweatshirt (black)
- · We suggest that the following be purchased
 - · Black shorts (compression or split)
- · At practice Athletes should -
- Dress in layers and bring water (No A/C at Heskett Center Track!)
 Bring Running Shoes, Spikes and Sandals

Before You Commit...



- · Observe a practice
- One FREE try-it-out practice



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How to Register...



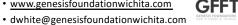
- Access <u>www.shockertrackclub.com</u>
- Scroll down to the News Post about Youth Team, or access the Youth pull-down menu
- Review Parent Informational Guide Packet
- Review Parent Informational PowerPoint
- Complete .pdf Online Registration Forms
 - Complete the .pdf form, follow instructions and click
 - If your browser does not allow online submittal, save the .pdf document and email to youth@shockertrackclub.com
- Pay Cash/Checks payable to Shocker Track Club

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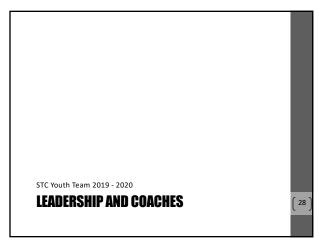
Need Some Assistance?



- STC Youth Foundation Fund -
- Limited funding available
- Application Required
- Foundation Funds 60% of the full season fee
 - \$76 for Track and Field OR \$70 for Pole Vault
- Multiple Child Discount
- Genesis Foundation for Fitness and Tennis -
 - www.genesisfoundationwichita.com



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Leaders and Coaches



- All STC Youth Leadership and Coaches MUST:
- Have applied to Shocker Track Club
- · Be interviewed
- Be USATF members
- Have passed a USA Track & Field background check
- Have completed USOC SafeSport Training
- Review USATF Coaching Ethics Summary

The above applies to parents/guardians that want to assist their own children during official practices.

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Team Leadership



- Darren Muci, Youth Team Director
 - president@shockertrackclub.com
 - 316-993-6824
- Gilda Muci, Youth Team Operations
 - youthoperations@shockertrackclub.com
 - 316-990-6824
- Denis Fraizer, Head Pole Vault Coach
 polevault@shockertrackclub.com

 - 316-680-0852
- Patric Jackson, Head Coach, High Jump and Warm-Up
 - youthcoach@shockertrackclub.com
 - 316-883-5642
- Michael Draut, Head Coach, Horizontal Jumps
 - youthjumps@shockertrackclub.com
 - 316-644-1923

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Track & Field Head Coaches



• Tonya Nero

 Alex Muci **Sprints** Patric Jackson • Tom Allen

Michael Draut

Gilda Muci

High Jump Hurdles Horizontal Jumps

Distance

Youth Operations

Legend – USATF Level 1 Certified USATF Level 1 and 2 Certified Current High School Coach Former NCAA D1 or D2 Athlete Current Elite Level Athlete

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Track & Field Asst Coaches



Multi-Events Marcus James Caitlin Bauer Throws Lexie Reece Throws Jason Unruh Distance Dylan Biedron Multi-Events

USATF Level 1 Certified USATF Level 1 and 2 Certified Current High School Coach Former NCAA D1 or D2 Athlete Current Elite Level Athlete

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Pole Vault Head Coach



Denis Fraizer

Pole Vault

USATF Level 1 Certified USATF Level 1 and 2 Certified Current High School Coach Former NCAA D1 or D2 Athlete Current Elite Level Athlete

Pole Vault Asst Coaches



• Andrew Brown

Lead Asst Coach • Paul Wagoner Lead Asst Coach Jaimie Bookout Lead Asst Coach

• Marcus James

Assistant Coach

Max McPhail

Assistant Coach

• Shane Milledge

Assistant Coach

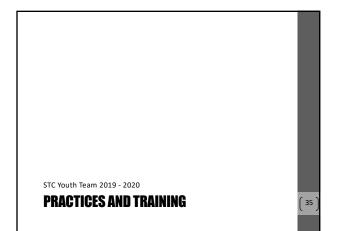
Darren Muci

Team Dad

USATF Level 1 Certified
USATF Level 1 and 2 Certified
Current High School Coach
Former NCAA D1 or D2 Athlete

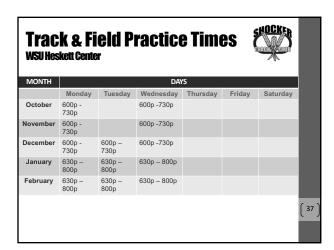
Current Elite Level Athlete

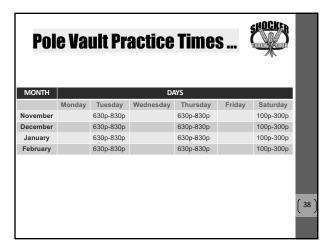
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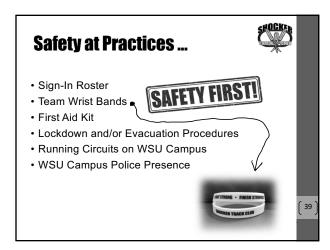


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Who Is At Practice • STC Youth Team Leadership STC Youth Team Coaches STC Youth Athletes STC Adult Team Members • STC Youth Alumni









Goal Setting



- Developing Plans for -
- Getting and Staying in Track & Field shape
- Preparing for Indoor Track Meets
- Preparing for Outdoor Season
- Identifying Short- and Long-Term Goals
- Tracking Data
 - Parental Assistance



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Coaching Philosophy



Oversight, Coaching, and Support is performed in a way that:

- provides opportunities for participating youth to have fun,
- provides opportunities for youth to improve as track and field athletes, and
- teaches youth to set goals and develop character through sportsmanship.

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Practice Philosophy



Practices are planned, organized and facilitated to:

- Be safe
- · Have fun!
- Promote fitness
- Understand the importance of good nutrition
- Develop skills and knowledge of Track and Field
- · Teach goal setting
- Learn about the preferred event(s)
- · Challenge athletes to work hard



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Preparing for Practice...



- · Before practice -
- · Avoid large meals within two hours
 - · Limit Swimming or strenuous activities
- Hydrate

· At practice athletes should -

- Dress in layersBring Water and/or Sport Drinks
- · Bring Running Shoes, Spikes and Sandals
- Hydrate

After practice -

- Hydrate
- Eat Bananas or Pickles

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T&F Practices Look Like ... Warm-up Jog

- Dynamic Warm-up Drills
- Running the Foundation for...

 - DrillsSpeed Work
 - Endurance Work
 Time Trials
 Starting Blocks
 Fitness Tests
- · Strength Building Work
- Implement use as appropria
 Specific Event Work
- Event Form Drills
 Cool Down
- Static Stretching



Hydrate BEFORE, DURING and AFTER practice!

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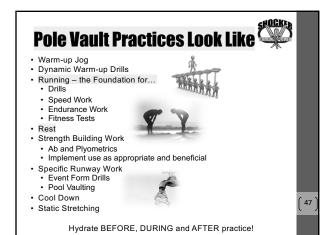
Kids Benefit at Track & Field....

- Introduction to Dynamic Track Warm Up
- Fitness Activities
- Introduction to Events

• November -

- Introduction to Dynamic Track Warm Up · Specific event work
- December –
- Advanced Event Training Begins Intrasquad Meet
- January
- Advanced Event Training with competitive focus
- Specific Event Focus
 Indoor and Advanced Competitive Track Meets
- February –
- Advanced Event Training with competitive focus
- Specific Event Focus
- Indoor and Advanced Competitive Track Meets

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Kids Benefit at Pole Vault....

- November -
- Introduction to Dynamic Track Warm Up
- · Fitness Activities
- · Introduction to Events
- December -
 - Introduction to Dynamic Track Warm Up
 - Begin specific event work
 - Overnight Pole Vault Camp (optional activity
- January
 - Advanced Training
 - · Competitive Track Meets
- Advanced Event Training with competitive focus
- Specific Event Focus
- Advanced Competitive Track Meets

Optional Swimming Pool Drills

- Saturdays NE Magnet High from 100p to 200p
 - November 16, December 7, January 4, February 15
 - · This is NOT play time!
 - Provides an opportunity for "Aqua-Kinetic" resistance training to help strengthen appropriate muscles
- Pole Vault (Shallow End to Deep End) -
- · Learning how to get inverted (upside down)
- Learning to stay close to the pole to shoot upward instead of outward at the finish of the vault.
- Experience the sense of weightlessness thus slowing down to make it easier to get body in the proper position.
- Track and Field (Shallow End (4' deep)) -
 - Gets runners off their feet but still have an intense workout
 - Great way for runners to rehab from injuries and prevent further injuries.

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Equipment at T&F Practices ...



- Track Implements -
- Starting Blocks, Hurdles, etc.
- · Field Implements -
 - Shot Put
- Strength Building Equipment -
 - Hula-Hoops, Jump-Ropes, Bands, Bullet-Belts, Bungee Belts, Parachutes, etc.
 - Plyo-/Jump Boxes
- Weight Training -
 - Medicine Balls, Weight Plates/Rings

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Running On WSU Campus...



- Seven (7) Circuits
- · Accompanied by Coach or Adult
- · Coach carries cell phone



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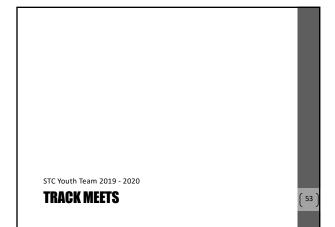
Equipment at PV Practices ...



- Poles
- Strength Building Equipment -
 - · Rings, Swing Ropes
- Weight Training -
 - Medicine Balls, Weight Plates/Rings
- Track Implements -
- · Mini-Hurdles, etc.

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STC Presence at Meets ...



- Participation in Meets is Voluntary!
- STC Coaches attend most Open or USATF Meets
- Not all Coaches can attend every meet
- STC Registers kids for Open (when possible) and USATF sanctioned meets
- Parents are responsible for track meet fees, transportation to meets, lodging for meets.
- STC Leadership and Coaches bring -
 - First Aid Kit
 - Beverages and Snacks
 - STC Tent and/or Banner
 - Implements

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Youth Track & Field Meets



TENTATIVE – JANUARY 2020 MEETS – STC Coaches WILL ATTEND!

- · National Pole Vault Summit
 - January 17-18, 2020 Reno, Nevada
 - ALL Ages
- Prentice Gudgen Invitational High School
 - January 18, 2020 Pittsburg State University
 - High School Open
- Shocker Track Club Bill Butterworth Open
- January 25, 2020 Wichita State Heskett Center
- ALL AGES
- University of Kansas High School Open
 - January 26, 2020 Anschutz Pavilion
 - High School Open

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Youth Track & Field Meets



TENTATIVE - FEBRUARY 2020 MEETS - STC Coaches WILL ATTEND!

- Wichita State University High School Open
 - February 1, 2020 Wichita State Heskett Center
 - · High School Only
- University of Missouri High School Series
 - February 16, 2020 University of Missouri Hearnes Center
 - High School Only

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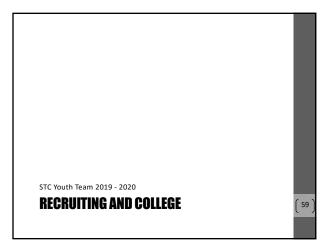
National Pole Vault Summit

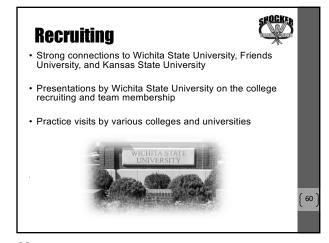


- www.polevaultsummit.com
- January 17-18, 2020
- Reno, Nevada

Pole Vault Summit Registration Information					
Type	Athlete	Coach	Parent	Spectator	
Normal By 11/30/2019	\$130.00	\$85.00	\$50.00	\$40.00	
Late Through 1/3/2020	\$160.00	\$85.00	\$50.00	\$40.00	











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Preparing for Recruitment...



Questions to Ask on Recruiting Visits:

- Daily Athlete Schedule
- Practice Time
- Weightlifting Time
- Competition Schedule
- Athlete Retention Rate
- Academic Requirements and Support
- Study Hall Requirements
- Travel Team Selection
- Training Plans
- Maintaining Scholarships

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University Connections Track Meets Coaching Staff • Wichita State University • Wichita State University · Wichita, Kansas • Wichita, Kansas · Kansas State University • Pittsburg State University Manhattan Kansas Pittsburg, Kansas • High Point University • University of Kansas High Point, North Carolina · Lawrence, Kansas • Washburn University • University of Missouri Topeka, Kansas • Columbia, Missouri · Friends University Wichita, Kansas 64 • Emporia State University · Emporia, Kansas 64

To The Future...

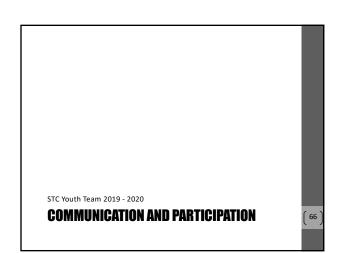


Former athletes in the STC Youth Program have earned scholarships (and currently compete) at:

- Wichita State University (4)
- · Kansas State University (2)
- Emporia State University (2)
- Washburn University (2)
- Friends University (4)
- Missouri S & T University (1)
- Fort Hays State University (2)Fresno Pacific University (1)
- North Carolina A&T State (1)
- Louisiana-Monroe (1)
 West Point U.S. Army (2)
- University of Colorado at Colorado Springs (1)

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Communication Methods





- Pre-, Mid-, or Post-Practice discussions
- · Regular Newsletters sent via email
- Website www.shockertrackclub.com
- Facebook Pages
- Twitter @STCYouthTeam

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Parents/Guardians



Parents are important to the success of the athlete and the Shocker Track Club.

- · Please observe the following:
 - · Maintain a positive attitude
 - Realize that your athlete is under the supervision/jurisdiction/guidelines of the STC Youth Team management and coaching staff
 - Ask questions of STC Youth management and coaches at an appropriate time and in an appropriate manner
 - Ensure that the athlete is at practice and at meets on time
 - · Pay all fees in a timely manner
 - Remain in the seating area at practice and meets ...

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Parents at Practices



- ...There are three exceptions -
- Parents of Pole Vault athletes can be on the field near the runways
- 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
 - 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.
- Parents of Track and Field and Pole Vault athletes may join one of our other Shocker Track Club Teams for Adults...
 - Open Team \$80/\$150, Masters Team \$80/\$150, Road Racing Team \$125
 \$10 Discount (Open and Masters) for Parents of STC Youth T&F and PV Team Members
 - Practice on the track during the Youth Team practices
 - Membership includes a Team Shirt or Jersey
 - Parents may not, however, make anything more than "incidental and friendly" contact with any of the kids other than their own.

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

Parent Crew



New This Year!

STC Youth Team Track Crew Parents!

- Two (2) to Four (4) Members
- Helps track practice data
- Helps staff the Registration Table During Practices!
- Organizes Beverages and Snacks at Practices, Track Meets, and Shocker Summer Series Meets!
- Encourages all Kids at practices and meets!

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 ${\bf Contact\ Gilda\ Muci\ at\ } {\color{blue} \underline{youthoperations@shockertrackclub.com} for} {\color{blue} \underline{details}}.$

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Sponsors



- Our sponsors are key to assisting us in facilitating our program. Your patronage of the following companies is appreciated!
 - Westar Energy
 - Wichita Sports Forum Home of Aviate Extreme Air Sports
 - Boyle Consulting Group, Inc.
 - First Gear Running Company
 - Spectrum Promotional
 - Muci Family Foundation
 - Hiland Dairy
 - 94 West Design

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Parent Businesses



• If you have a business and would like us to share contact information with fellow parents please let us know so that we can include the information in our weekly Newsletters!



