



SHOCKER TRACK CLUB

2020 - 2021

Youth Track & Field INDOOR Season

SUMMARY OVERVIEW – August 25, 2020

General Overview –

The Shocker Track Club (STC) Youth Team is excited to again offer INDOOR Track and Field training for the 2020 – 2021 Fall/Winter season. This Summary provides general information; complete information and online Registration Forms will be available by Tuesday, September 1, 2020 at www.shockertrackclub.com.

Practices will be held inside Wichita State University's Heskett Center or on the Wichita State campus.

STC provides training in every event in Track and Field; all implements are provided. Information on Pole Vault will be provided later in the fall. Athletes ages 5 through 18 are eligible to participate. The first practice will be Wednesday, September 9, 2020 at 600p until 730p.

Wichita State Heskett Center Governance –

As we know, 2020 continues to be a year unlike any other. We have spent weeks discussing the development of a Youth program that will provide a safe environment for athletes, parents, visitors and our Coaches. Because we rent Heskett Center track access from Wichita State University we will follow their guidelines for access and use. Some of their guidelines, and ours, may seem overly controlling, but they have implemented for the safety of all of us. As such, the program overview and safety guidelines mentioned are non-negotiable. They will, however, be reviewed daily and adjusted as necessary and appropriate. Before committing to join the program we urge you to carefully consider if you can support them.

Health and Safety Procedures -

ALL patrons (adults and children) MUST wear a facemask when entering, navigating, observing STC Youth practice activities, and leaving the Heskett Center. Individuals that refuse to be in compliance will be asked to leave by Heskett Center management. Athletes will be asked to complete a health assessment and have their forehead temperature taken before being allowed to participate in practice activities. Athletes may remove facemasks when participating in practice activities.

Program Costs -

Due to many uncertainties, we are implementing a new payment structure program for this indoor season. As in the past, one free try-it-out practice is allowed before registration payment is required. ALL participants in September will pay \$20. If continuing - or when joining in either October, November, December, January, or February - the "Registration Joiner Fee" of \$100 is due for that month and covers all activities AND provides all program "General Amenities" (see below for details). Participation in additional months has a separate fee of \$20 each for November, December, January and February that must be paid at the first practice attended that month. Thus, the maximum amount that would be paid during the entire Indoor season (from September through February) would be \$200.

Foundation Program -

Limited "Foundation Funds" are available to assist financially challenged athletes in affording the Program Registration Fees by reducing the maximum amount paid by 50%. An application must be completed. See the STC Team Director or Youth Operations Director for details. STC reserves the right to limit the number of financially challenged athletes accessing "Foundation Funds" based upon availability. Athletes in need of additional assistance are encouraged to apply for grants through the [Genesis Foundation for Fitness and Tennis](http://www.genesisfoundationwichita.com). Details are available at <http://www.genesisfoundationwichita.com>

General Amenities of the Program -

The "Registration Joiner Fee" includes participation in all practices from the first day joined through the end of each practice in that month. All Athletes paying the "Registration Joiner Fee" receive a STC Team T-Shirt, Competition Jersey, Gear Bag, Wristband, and IF HELD in early 2021 free participation in the either the Shocker Track Club Bill Butterworth Indoor Meet, OR the Wichita State University Track and Field Youth Indoor Meet.

Track and Field Practice and Training Program -

All practices in September through December are held from 600p to 730p.

In January and February practices are from 630p to 800p.

We utilize a phased program for progressive skill development thus the practices are scheduled as follows –

September (4 practices) - Wednesdays – 9, 16, 23, and 30

- Optional practices MAY be added if determined to be possible and beneficial

October (8 practices) - Mondays and Wednesdays - 5, 7, 12, 14, 19, 21, 26, 28

November (9 practices) - Mondays and Wednesdays - 2, 4, 9, 11, 16, 18, 23, 25, 30

December (8 practices) - Monday, Tuesday and Wednesday - 1, 2, 7, 8, 9, 14, 15, 16

January (12 practices) - Monday, Tuesday and Wednesday - 4, 5, 6, 11, 12, 13, 18, 19, 20, 25, 26, 27

February (12 practices) - Monday, Tuesday and Wednesday - 1, 2, 3, 8, 9, 10, 15, 16, 17, 22, 23, 24

Apparel and Gear at Practices –

The Wichita State Heskett Center IS NOT air conditioned! Athletes MUST bring PLENTY of water as the water fountains are off-limits. Athletes should bring a towel and dress in layers that are appropriate for the weather and time of day. Athletes should also bring/wear - running shoes, spiked track shoes, and sandals to every practice. Athletes MUST wear face masks when entering the Heskett Center, and when not participating in practices. We also recommend for Athletes that do not eyeglasses to consider wearing safety glasses/goggles while participating in practices.

Our Leaders and Coaches -

All STC Leadership Members and Coaches are USATF Members, have passed a USATF/NCSI background check, and have completed the United States Olympic Committee (USOC) SafeSport Training. Some also coach at the collegiate or high school level, and some are USATF Level 1 and 2 Certified Coaches. Coaches will wear facemasks, safety glasses, and gloves during practices. Indoor Head Coaches are – Tom Allen (Hurdles), Michael Draut (Jumps), Patric Jackson (Dynamic Warm-up and Jumps), Alex Muci (Sprints), Tonya Nero (Distance), and Lexie Reece (Throws). Key Assistant Coaches are – Steve Miller (Sprints), Chris Buckman (Distance), and Jayne Roberts (Multis). Other Assistant Coaches will be announced soon.

Track Meets –

Participation in track meets is voluntary and at the expense of the athlete/parent unless noted otherwise. Select STC Coaches and Leaders will attend the meets and bring implements and appropriate equipment. A complete list of indoor meets will be published when confirmed. In previous seasons we took kids to Pittsburg State University, our own STC Indoor meet, Wichita State University, the University of Kansas, and the University of Missouri. When appropriate and possible, blocks of hotel rooms are reserved for use at the expense of parents.

USA Track & Field Affiliation -

The Shocker Track Club is a member of USA Track & Field and its Missouri Valley Association. In November, Parents are strongly encouraged to purchase a 2021 USATF membership (\$25) for their child at www.usatf.org.

Parent Information -

Newsletters are issued weekly via email to keep parents and athletes informed of program activities. Parents are asked to provide an email address that they will regularly access to review the information.

Parent/Adult Presence and/or Participation in Practices –

We ask Parents/Guardians to remain in the Stadium bleachers during practices. However, Parents of paid STC Youth Team athletes may join either the Shocker Track Club Open (for adults ages 19 through 29) or Masters (adults over the age of 30) teams and practice on the track at the same time with the STC Youth Team! A \$10 discount off the STC Open or STC Masters regular season membership fee (the regular season fee is \$80) is offered to parents of children registered for the STC Youth program for the fall/winter indoor season. Contact Darren Muci at president@shockertrackclub.com for details.

Informational Meetings and Information Communication -

Parents/Guardians can learn more about the STC Youth program by participating in Zoom Conference Meetings. Dates and times will be announced at www.shockertrackclub.com

Still Have Questions –

Contact Darren Muci at youth@shockertrackclub.com or (316) 993-6824.