



# SHOCKER TRACK CLUB

**2021**

## **Youth OUTDOOR Season Track & Field**

### **PARENT/ATHLETE INFORMATION GUIDE**

**Document Date – March 23, 2021**

**UPDATED – May 4, 2021**

*(Sections May Be Updated As Necessary)*

### **USA Track and Field Member Club**



*Because we rent the Heskett Center track access and Cessna Stadium from Wichita State University and the Athletic Department, 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.*

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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, is a 501(C)(3) Non-Profit Organization as defined by the I.R.S., and governed by a volunteer Board of Directors. Its primary function is to provide Officials and Volunteers for Wichita State University Track and Field meets, and its own, track meets. Shocker Track Club, Inc., is NOT, however, formally affiliated with Wichita State University Track & Field/Cross-Country. STC additionally supports athletics teams for Youth (athletes between the ages of 6 and 18, and May 2021 high school graduates), 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). STC is the only club in the State that is a USATF Member Club, can provide coaching and training in every event, is informally affiliated with a NCAA Division I university, and has Coaches with high school, community college, NCAA Division I, II, or NAIA athletic or coaching experience. Separate indoor and outdoor seasons provide opportunities for nearly nine months of training.

### **Affiliation**

**Shocker Track Club** is a USA Track and Field Member Club and a member of the Missouri Valley Association. We STRONGLY encourage all Youth athletes to purchase a \$25 USATF membership at [www.usatf.org](http://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, Operations Director, and Coaches, some of whom are members of the Board of Directors.

### **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 6 and 18 and through the summer after high school graduation. If an athlete is also participating in Cross-Country 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**

Limited "Foundation Funds" are available to assist financially challenged athletes in affording the Program Registration Fees and Track Meet Participation. An application must be completed. See the Team Director or Youth Operations Director for details. 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>



## 2021 Shocker Track Club Youth OUTdoor Track & Field TEAM MEMBERSHIP REGISTRATION OVERVIEW

### TRACK & FIELD PRACTICE OVERVIEW

April Practice Location – Wichita State University Heskett Center (Alternate Location – Wichita State’s Cessna Stadium)

Events – All indoor events (for ages 6 through 18) in Track and Field EXCEPT for Pole Vault. All implements are provided.

Note 1 – There is NO air conditioning inside the Heskett Center on the 2<sup>nd</sup> floor track!

Note 2 - Members of Shocker Track Club Open and Masters Teams may also practice at the same time.

### INFORMATIONAL MEETINGS

Parents/Guardians can learn more about the STC Youth program by participating in Zoom Conference Meetings on Sunday evenings at 700p beginning on March 21, 2021. Register in advance for this meeting by clicking >> [STC Youth Info Mtg](#) . After registering, you will receive a confirmation email providing information about joining the meeting.

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.

### JOINER REGISTRATION FEES and FEE PAYMENT DUE DATES

The Joiner Registration Fee is \$125.00. The Joiner Registration Fee is one-time and covers all expenses to participate in practices through the final day of practice in the month joined, and the “Registration Amenities” listed below. The Registration Joiner Fee is the amount to be paid on the day joined during any identified month. One free try-it-out practice is allowed before registration payment is required. **FEES ARE TO BE PAID ALL AT ONCE IN CASH or CHECK - NO REFUNDS AFTER 2<sup>ND</sup> PRACTICE.** The Joiner Registration Fee does not include any Track Meet Entry Fees, or USATF Membership. Participation in additional months has a separate fee of \$25 that must be paid at the first practice attended that month. Thus, the maximum amount that would be paid during the entire outdoor season (from April through July) would be \$200.

*To Clarify - Participation in additional months AFTER paying the “Registration Joiner Fee” of \$125 has a separate fee of \$25 that must be paid at the first practice attended that month. Example – Join in April – Pay \$125. Return in May – pay \$25. Skip June – pay \$0. Return in July – pay \$25. Total amount paid = \$175.*

May 2021 high school graduates are not eligible for the STC Financial Support Program, but have the following special rates as applicable to May 2021 high school graduates –

- \$80 – May 2021 high school graduates that trained with the STC Youth 2020-2021 Indoor Program or have signed a Letter of Intent with any university or college in the State of Kansas.
- \$50 – May 2021 high school graduates that trained with the STC Youth 2020-2021 Indoor Program and have signed a Letter of Intent with Wichita State University or Friends University.

### REGISTRATION AMENITIES

All Registration Fees Include Practice Time, Coaching, Team SS T-Shirt, Team Fun T-Shirt, Competition Jersey, Water Bottle, Wristband, and – IF HELD – free participation in the Wichita State University Shocker Summer Series Track Meets typically held on Thursday evenings in June and July.

### TRACK & FIELD TRAINING

44 total available practices at Wichita State University Heskett Center or Cessna Stadium (\* = tentative or alternative site). The first practice will be Tuesday, April 6, 2021 from 630p until 800p inside Wichita State University’s Heskett Center.

All weekday practices in April and May are held from 630p to 800p. *Sunday afternoon practices are from 200p to 330p.*

All weekday practices in June and July are held from 645p to 815p. Practice dates are as follows -

April (10 practices) – Tuesdays and Thursdays and Sundays – 6, 8, 11, 13, 15, 18, 20, 22, 27 and 29

May (8 practices) – Tuesdays and Thursdays – 4, 6, 11, 13, 18, 20, 25 and 27

June (14 practices) - Monday, Tuesday and Wednesday – 1, 2, 7, 8, 9, 14, 15, 16, 21, 22, 23, 28, 29 and 30

July (12 practices) - Monday, Tuesday and Wednesday – 5, 6, 7, 12, 13, 14, 19, 20, 21, 26, 27 and 28

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## 2021 Shocker Track Club Youth OUTdoor Track and Field IMPORTANT PRACTICE INFORMATION, DECORUM and GUIDELINES

### **PARTICIPATION CONDITIONS FOR PARENTS/GUARDIANS/FAMILY MEMBERS**

The Director and Youth Operations Director 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 after, or during a break in, practice.

### **HEALTH and SAFETY PROCEDURES -**

ALL patrons (adults and children) MUST wear a facemask when entering, navigating, observing practices, and leaving the Heskett Center or Cessna Stadium. Individuals that refuse to be in compliance will be asked to leave by Heskett Center management.

The following guidelines have been adopted and implemented in response to health and safety challenges resultant from the COVID-19 pandemic, however, we believe that they have a strong benefit to ensure that a safe environment is in place for athletes, coaches, parents, and visitors to our organized practices and events. Shocker Track Club, Inc. will post a copy of these guidelines and procedures at all organized practices and events and reserves the right to amend them at any time.

#### **General Health –**

When attending an organized practice all athletes in the practice area shall complete a self-health assessment prior to entering the practice area. The forehead temperature of ALL Athletes and STC Leaders/Coaches will be checked before admittance to the track. Additionally, any athlete, parent, Coach, or visitor who exhibits the symptoms listed below will not be allowed inside the practice area and will not be allowed to participate in a practice. Symptoms to be assessed as a minimum shall include –

- Cough and Sneezing (not related to allergies)
- Shortness of breath or difficulty breathing
- Fever or related Chills with repetitive shaking
- Muscle pain not related to workouts or training activities
- Absence of taste or smell
- Sore throat or headache

#### **General Safety –**

The following processes have previously been implemented for all Shocker Track Club organized practices –

- Sign-In Roster
- First Aid Bag
- Disinfectant and Hand Sanitizer Products
- Guidelines for Running Circuits on the WSU Campus

**Athletes - The following safety practices are strongly encouraged for all Athletes participating in practices -**

- Wearing of safety-glasses
- Wearing of Facemasks when/where appropriate
- Wearing of Gloves when/where appropriate
- Elimination of unnecessary personal contact (e.g., High-Fives, handshaking, hugging, etc.)

**Parents – The following safety practices are required for all Parents inside the Heskett Center and -**

- Wearing of Facemasks

**STC Leaders and Coaches – The following safety practices will be implemented for all STC Leaders/Coaches -**

- Wearing of safety-glasses
- Wearing of Facemasks and Face shields
- Wearing of Gloves when/where appropriate
- Eliminating unnecessary personal contact (e.g., High-Fives, handshaking, hugging, etc.)

## **Social Distancing –**

To ensure that appropriate spacing is provided we will implement the following –

- Staggered staging for check-in before practice
- Warm-up jogging will be conducted in lanes with staggering to provide appropriate spacing
- Dynamic warm-up activities will be conducted in every-other-lane and in groups of 15-20
- Full-team meetings will be held in small groups

## **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. Occasionally, 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 ATHLETES MUST BRING TO PRACTICE**

Athletes should always **bring PLENTY of water as the water fountains are off-limits**, a towel, and up to three pairs of shoes (i.e., flip-flops/sandals, running shoes, and track spikes) to practice. Our Coaches will always let athletes know when to put on spikes! If you are shopping for spikes you may be able to find them at a local sporting goods store, or online at [www.eastbay.com](http://www.eastbay.com). We also have a limited supply of new and used spikes available for a **maximum** amount of \$10. See Gilda or Darren for details.

## **PARENTS/GUARDIANS AT PRACTICE**

In general, we ask Parents/Guardians to remain in the Stadium bleachers during practices. 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. See Gilda or Darren for details.

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! The STC Open or STC Masters regular season membership fee is \$70 is offered to parents of children registered for the STC Youth program for the spring/summer outdoor season. Contact Darren Muci at [president@shockertrackclub.com](mailto:president@shockertrackclub.com) for details.

## **GENERAL 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. Shocker Track Club is about development of character, respect, friendships and teamwork. 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, and support teammates at all times. Any disruptive behavior will result in being dismissed from practice. Continued disruptive behavior may warrant dismissal from the team without a refund.

## **PARTICIPATION CONDITIONS for PARENTS**

If you have questions about an aspect of the program, you are strongly encouraged to contact the Youth Team Director. An athlete or parent that fails to comply with the coaches’ expectation will be counseled. Any repetition of negative behavior may 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, 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 must monitor their email and the Shocker Track Club social media platforms.

STC maintains a website – [www.ShockerTrackClub.com](http://www.ShockerTrackClub.com), two Youth Facebook pages (Shocker TC – Youth and Shocker Track Club Youth Team), a Twitter account [@STCYouthTeam](https://twitter.com/STCYouthTeam), and an Instagram page – [shocker\\_track\\_club](https://www.instagram.com/shocker_track_club). If you have questions about an aspect of the program, you are strongly encouraged to contact the Youth Team Director or Assistant Director.



## 2021 Shocker Track Club Youth OUTdoor Track & Field Team **TEAM LEADERSHIP and COACHES**

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

### **ABOUT OUR LEADERS and COACHES**

All STC Leadership Members and Coaches have completed a Shocker Track Club Leadership/Coach Application, are USATF Members, have passed a USATF/NCSI background check, and have completed the United States Olympic Committee (USOC) SafeSport Training. Some are USATF Level 1 and 2 Certified Coaches, and some are USATF Certified Track and Field Officials.

**Youth Team Director – Darren Muci ([youth@shockertrackclub.com](mailto:youth@shockertrackclub.com))**

STC President, (316) 993-6824, USATF Level 1 Certified Coach and Certified Master Level Official

**Youth Team Operations – Gilda Muci ([youthoperations@shockertrackclub.com](mailto:youthoperations@shockertrackclub.com))**

STC Board Member, (316) 990-6824, USATF Level 1 Certified Coach

### **Team Coaches –**

#### **April/May**

**Head Sprints and Dynamic Warm-Up – Alex Muci ([youthsprints@shockertrackclub.com](mailto:youthsprints@shockertrackclub.com))**

Wichita State University Student and Former High School Athlete, (316) 734-6824

**Head Distance – Tonya Nero ([youthdistance2@shockertrackclub.com](mailto:youthdistance2@shockertrackclub.com))**

Former Wichita State Distance Runner and Shocker Track Club Elite Team Member, (316) 250-3432

#### **Assistant Coaches -**

- Samantha Shukla, Distance
- Darla Hedstrom, Dynamic Warmup
- Steve Miller, Sprints and Dynamic Warmup
- Jaleel Montgomery, Sprints and Hurdles
- Darren Muci, Jumps

#### **June/July**

##### **Expected Coaches –**

- Alex Muci, Sprints and Dynamic Warmup
- Tonya Nero, Distance
- Michael Draut, Horizontal Jumps – USATF Level 1 and 2 Certified Coach
- Patric Jackson, High Jump and Dynamic Warmup
- Lexie Reece, Throws
- Denis Fraizer, Pole Vault
- Paul Wagoner, Pole Vault
- Steve Miller, Sprints and Dynamic Warmup
- Darla Hedstrom, “Littles” and Dynamic Warmup
- Tom Allen, Hurdles
- Samantha Shukla, Distance
- Kyle Martens, Distance – USATF Level 1 Certified Coach
- Jayne Roberts, Multis
- Chris Buckman, Long Sprints and Middle Distance
- Ryan Barkdull, Pole Vault
- Andrew Brown, Pole Vault
- Sadie Boos, Throws
- Jaleel Montgomery, Sprints and Hurdles



## 2021 Shocker Track Club Youth OUTdoor Team TRACK MEETS - GENERAL INFORMATION

### General Information –

Participation in track meets is voluntary and at the expense of the athlete/parent unless noted otherwise. Your child can participate in any, or all, of the meets. Some meets require athletes to verify their birthdate with their birth certificate and have a USATF membership (*purchase for \$25 at [www.usatf.org](http://www.usatf.org) and assign your child to Club 28-4080*). If required, parents must forward a scanned copy of your child's birth certificate to [youth@missourivalley.usatf.org](mailto:youth@missourivalley.usatf.org)

### Track Meet Registration –

STC Youth Team Leadership WILL formally AND officially register your child(ren) for the meets listed UNLESS we are unable to do so. In such situations that will be clearly communicated to parents via email.

### Track Meet Costs –

The cost of each track meet typically ranges from \$10.00 to \$35.00. *All meets (unless noted) require online registration. Online registration requires an additional fee that STC pays. To account for that fee STC will add \$1 per event, or \$1 to the overall meet all-inclusive registration fee, when registering your child(ren) for the meet. That full amount must be reimbursed to STC before the day of the meet.*

### Parent Responsibilities -

Parents are responsible for transportation to/from meets and overnight lodging unless other arrangements are made. Hotel Room Blocks are arranged if appropriate.

### Track Meets -

All Track Meets listed are tentative unless specified otherwise; this list will be regularly updated as we learn more. Additional information will be provided as the dates approach.

### TENTATIVE LIST OF TRACK MEETS

(All listed are tentative unless specified otherwise; this list will be regularly updated as we learn more.)

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

- ~~- April~~ ~~Saturday, April 24<sup>th</sup> – Halstead, Kansas at Halstead High School~~
- May Monday, May 31<sup>st</sup> – Barb Hunt Memorial Day Meet , Garden Plain, Kansas at Garden Plain High School
- June Saturday, June 19<sup>th</sup> - \*\* USATF Missouri Valley Association Championship in Independence, Missouri at Fort Osage High School  
*Note - The top eight (8) finishers in each event by gender and age group qualify to compete in the following meet at Emporia State University*
- July Thursday through Sunday, July 1<sup>st</sup>-4<sup>th</sup> \*\* USATF Region 9 Youth Championship Meet in Emporia, Kansas at Emporia State University
- July Friday and Saturday July 9<sup>th</sup> and 10<sup>th</sup> – Kansas Sunflower Games in Topeka, Kansas at Hummer Park  
*Note – Parents must register their children for this meet BUT DO NOT DO THIS until we tell you because STC athletes will receive a discount this year!*
- July \*\* USATF Junior Olympics in Jacksonville, Florida on July 26 – August 1, at the University of North Florida

\*\* USATF Membership required to compete ( [USATF Membership](http://www.usatf.org) ) and a copy of the child's birth certificate must be provided to [president@missourivalley.usatf.org](mailto:president@missourivalley.usatf.org) See page 2 of this document for details.

IF HELD in June and July, Wichita State University Track & Field hosts very relaxed track meets on select Thursday evenings; STC Youth athletes can participate in these meets for free!



## KSHSAA RECOMMENDED CONCUSSION & HEAD INJURY INFORMATION RELEASE FORM

### 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>