



## SHOCKER TRACK CLUB

### 2021 Youth Track & Field OUTDOOR Season

#### SUMMARY OVERVIEW – March 13, 2021

##### General Overview –

The Shocker Track Club (STC) Youth Team is excited to again offer OUTDOOR Track and Field training for the 2021 Spring/Summer season. This Summary provides general information; the complete Informational Packet and online Registration Form will be available by Sunday, March 21, 2021 at [www.shockertrackclub.com](http://www.shockertrackclub.com). The first practice will be Tuesday, April 6, 2021 from 630p until 800p inside Wichita State University's Heskett Center. All Practices during the season will be held on the Wichita State University campus at the Heskett Center or Cessna Stadium

##### What We Do –

STC provides training in every event in Track and Field; all implements are provided. Information on Pole Vault will be provided later in the spring. Athletes ages 6 through 18 (and May high school graduates) are eligible to participate. Typically, athletes in Grades K (if age 6) through 6 are eligible to participate in April. Middle school athletes typically join in May, with High School athletes joining in June.

##### Program Costs -

One free try-it-out practice is allowed before registration payment is required. ALL participants registering for the first time in any month pay the "Registration Joiner Fee" of \$125. This fee covers all activities AND provides all program "General Amenities"; see below for details. 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. Special Registration Joiner Fees are available for qualifying May 2021 High School Graduates.

##### Foundation Program -

Limited "Foundation Funds" are available to assist financially challenged athletes in affording the program "Registration Joiner Fee" by reducing the maximum paid to \$80. 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 Sponsor T-Shirt, STC Competition Jersey, STC Fun T-Shirt, STC Water Bottle, STC Wristband, and IF HELD in June and July free participation in the WSUT&F Shocker Summer Series Meets on select Thursday evenings.

##### Track and Field Practice and Training Program Schedule -

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

##### Practice Locations -

Wichita State University Heskett Center – The 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 (if owned), black shorts, and sandals to every practice. Athletes MUST wear face masks when entering the Heskett Center, and when not participating in practices.

Wichita State University Cessna Stadium – Athletes MUST bring PLENTY of water as the water fountains are off-limits. Athletes should also 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 (if owned), and sandals to every practice. Athletes MUST wear face masks when entering the Stadium, seated in the stadium bleachers, and when not participating in practices.

#### **Track Meets –**

Participation in track meets is optional, voluntary and at the expense of the athlete/parent unless noted otherwise. STC Leadership will register all athletes in meets for the cost of the meet and any administrative fees required by Meet Management. 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! Select STC Coaches and Leaders will attend the listed sanctioned meets and bring implements and appropriate equipment. When appropriate and possible, blocks of hotel rooms are reserved for use at the expense of parents. Expected sanctioned track meets are -

- April – Halstead, Kansas on April 24th.
- May - Garden Plain, Kansas on May 31<sup>st</sup>.
- Mid-June - USATF Missouri Valley Association Championship in the greater Kansas City area.
- Early July - USATF Region 9 Youth Championship Meet over the holiday weekend in Joplin, Missouri.
- July - Kansas Sunflower Games in Topeka, Kansas on July 9-10.
- July – USATF Junior Olympics in Jacksonville, Florida on July 26 – August 1

#### **USA Track & Field Affiliation -**

The Shocker Track Club is a member club of USA Track & Field and its Missouri Valley Association. Parents are strongly encouraged to purchase a 2021 USATF membership (\$25) for their child at [www.usatf.org](http://www.usatf.org) especially if they plan to have their children compete in USATF meets. Copies of birth certificates must also be on file with the USATF Missouri Valley Association.

#### **Wichita State University Heskett Center and Cessna Stadium Health and General Governance –**

Because we rent access to Wichita State University's facilities, we will follow their guidelines for access and use. Some of their Covid-19 guidelines, and ours, may seem overly controlling, but they have been implemented for the safety of all of us. Program overview and safety guidelines mentioned are non-negotiable but will be regularly reviewed and adjusted as necessary and appropriate. Before committing to join the program, we urge you to carefully consider if you can support them. ALL patrons (adults and children) MUST wear a facemask when entering, navigating, observing STC Youth practice activities, and leaving the Wichita State University campus buildings. Individuals that refuse to be in compliance will be asked to leave. 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.

#### **Parent/Adult Presence and/or Participation in Practices –**

We ask Parents/Guardians to remain in the Stadium bleachers during practices unless assistance is needed and requested. 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 Outdoor season membership fee (\$80) is offered to parents of registered children.

#### **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. The Team Director is Darren Muci; the Team Operations Director is Gilda Muci. Our April/May Head Coaches are – Alex Muci (Sprints), Tonya Nero (Distance), and Darren Muci (Jumps and Hurdles). Assistant Coaches include: Samantha Shukla (Distance), Steven Miller (Sprints), and Darla Hedstrom (Littles). Other Coaches will join us during the season!

#### **Parent Information -**

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.

**Still Have Questions –** Contact Darren Muci at [youth@shockertrackclub.com](mailto:youth@shockertrackclub.com) or (316) 993-6824.