

**SHOCKER TRACK CLUB**

**2021-2022**

**Youth INDOOR Season**

**Track & Field**

**PARENT/ATHLETE INFORMATION GUIDE**

**Document Date – September 20, 2021**

**This document contains important information for your reference during the indoor season and is yours to keep.**

**Information on Pole Vault will be provided later.**

***Sections may be updated as necessary and change without notice including practice dates and locations. Paid members will receive updates of any changes. Interested Parents must, therefore, contact us with any questions or to verify various aspects of the program.***

**USA Track and Field Member Club**

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*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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**Shocker Track Club, Inc.**

**1845 Fairmount / Campus Box 18**

**Wichita, Kansas 67260-0018**

**(316) 993-6824**

**youth@shockertrackclub.com** **or** **president@shockertrackclub.com**



**ABOUT THE** SHOCKER TRACK CLUB

**STC YOUTH TRACK MEET PROGRAM AND MISSION STATEMENT**

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 its Coaches. STC provides training in every event in Track and Field and provides all implements. Information on Pole Vault will be provided later. 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.

**PARTICIPANT ELIGIBILITY**

This youth program is for athletes between the ages of 7 and 18 and scheduled May 2022 high school graduates. No experience is necessary. If an athlete is also participating in Cross-Country in a KSHSAA affiliated high school or middle school, the athlete may not compete in meets with Shocker Track Club DURING the school season. Practices are structured and include warm-up activities, specific event training, strength, and endurance training, and stretching. Parents must advise us in advance if their child needs special support or training so that it can be determined if AND how training can be provided.

**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 beginning November 1, 2021, at [www.usatf.org](http://www.usatf.org).

**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 always teach and expect positive behavior. Mistreating or making fun of teammates will not be tolerated. Athletes are expected to be attentive and not disruptive, and support teammates always. Any disruptive behavior will result in being dismissed from practice. Continued disruptive behavior may warrant dismissal from the team without a refund.

**PARENTS/GUARDIANS/FAMILY MEMBERS AT PRACTICE**

The Director and Youth Operations Director oversee the Youth program. Coaches oversee practice activities. 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. 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. A parent that fails to comply with the Director’s 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.

**PARTICIPATION OPTIONS FOR PARENTS/GUARDIANS AT PRACTICE**

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 for details.



**2021-2022 Shocker Track Club**

**Youth INdoor Track & Field**

**TEAM MEMBERSHIP REGISTRATION OVERVIEW**

**TRACK & FIELD PRACTICE OVERVIEW**

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

Events – All indoor events (for ages 7 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 2nd floor track!

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

**INFORMATIONAL MEETINGS and KEEPING INFORMED**

Parents/Guardians can learn more about the STC Youth program by participating in Zoom Conference Meetings on Sunday evenings at 700p beginning on September 26, 2021. Register in advance for this meeting by clicking >> [**STC Youth Info Mtg**](https://us02web.zoom.us/meeting/register/tZMtcuCtpz0iGddggEQdOwDvPaXSEM5G5OF4) **.** 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 – READ CAREFULLY**

Beginning in October one free try-it-out practice is allowed before registration payment is required. ALL participants registering for the first time in October - *or ANY future month* - pay the **“Joiner Registration Fee”** of $125. This fee covers all practice and training activities for that month AND provides all program “General Amenities”; see the next section below for details. The **Joiner Registration Fee** does not include any Track Meet Entry Fees (unless specified otherwise) or USATF Membership.

Participation in any additional month has a separate fee of $25 that must be paid at the first practice attended that month. Athletes may skip months if they desire. Thus, the maximum amount that would be paid during the entire indoor season (October through February) IF attending in all months would be $225. Average paid over the course of 5 months = $45*. Example – Join in October = pay $125. Participate in November = pay $25. Don’t Participate in December = pay $0. Participate in January = pay $25. Don’t participate in February = pay $0. Total Paid = $175.*

**REGISTRATION AMENITIES**

All Athletes paying the **“Registration Joiner Registration Fee”** as defined above receive a STC Team Sponsor T-Shirt, STC Fun T-Shirt, STC Gear bag and free participation in the Shocker Track Club Bill Butterworth Indoor Track meet in January 2022.

**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. Details are available at <http://www.genesisfoundationwichita.com>

**TRACK and FIELD PRACTICE AND TRAINING PROGRAM SCHEDULE**

Forty-eight (48) practices are scheduled. In general, they are held from 615p to 800p. Changes, however, may be necessary at times and are generally outside of our control. On occasion, additional (optional) practices are held. Notification will be provided in advance to then-current members.

October (8 practices) – Mondays and Wednesdays – Dates > 4, 6, 11, 13, 18, 20, 25, 27

November (8 practices) – Mondays and Wednesdays – Dates > 1, 3, 8, 10, 15, 17, 22, 29

December (8 practices) - Monday, Tuesday, Wednesday and ONE Thursday – Dates > 1, 6, 7, 8, 13, 14, 15, 16

January (13 practices) - Monday, Tuesday, Wednesday & ONE Thursday – Dates > 3, 4, 5, 10, 11, 12, 18, 19, 20, 24, 25, 26, 31

February (11 practices) – Monday, Tuesday, and Wednesday – Dates > 1, 2, 7, 8, 9, 14, 15, 16, 21, 22, 23



**2021-2022 Shocker Track Club Youth INdoor Track and Field**

**IMPORTANT PRACTICE INFORMATION, DECORUM and GUIDELINES**

**HEALTH and SAFETY PROCEDURES –**

Because we rent access to Wichita State University’s facilities, we will follow their guidelines for access and use.  Some of their 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.

Wichita State University’s Covid-19 guidelines may require that Athletes and Parents/Guardians wear face masks when entering practice locations and when not participating in practices. Coaches may wear facemasks, safety glasses, and gloves during practices.

*Wichita State University Heskett Center –* The Heskett Center Track area IS NOT air conditioned! October practices may be warm. Athletes should bring PLENTY of water. 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), black shorts, and sandals to every practice.

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 Safety –**

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

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

**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 a warm-up jog followed by group dynamic warm-up drills. Practices end with stretching. All athletes are expected to participate in the warm-up jog, group dynamic warm-up drills, and stretching. Occasionally, some athletes may become injured during practices. While any of our Coaches are CPR certified and will take appropriate action, we will, however, notify Heskett Center management, notify parents/guardians of any injuries, contact 9-1-1 if appropriate, and document and report them to USATF.

**WHAT ATHLETES MUST BRING TO PRACTICE**

Athletes should always **bring PLENTY of water,** 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, most for a **maximum** amount of $10. See Gilda or Darren for details.

**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**, and an Instagram page – **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.



**2021-2022 Shocker Track Club Youth INdoor Track & Field Team**

TEAM LEADERSHIP and COACHES

**ABOUT OUR LEADERS and COACHES**

All STC Leadership Members and Coaches have completed a Shocker Track Club Leadership/Coach Application, are interviewed, 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/or 2 Certified Coaches, and some are USATF Certified Track and Field Officials. Some also coach at the collegiate or high school level, and some still compete.

Some coaching changes may occur during the season.

**Team Leadership -**

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

Youth Team Operations – Gilda Muci(**youthoperations@shockertrackclub.com** )

**Team Coaches –**

**Sprints and Dynamic Warm-Up** –

Head – Alex Muci ( youthsprints@shockertrackclub.com ), (316) 734-6824

Associate Head – Flex Miller

**Distance** –

Co-Heads – Keegan Staats and Cassie Criger

Associate Head – Amber Hetzendorf

**Littles** (Ages 7 through 9) –

Co-Heads – Darla Hedstrom and Kim Diaz

**Hurdles** –

Head – Tom Allen ( youthhurdles@shockertrackclub.com )

Associate Head - Jaleel Montgomery

**Horizontal Jumps** –

Head – Michael Draut ( youthjumps@shockertrackclub.com )

 Associate Head – Cedric Shell

**High Jump** –

Head– Michael Draut

**Throws** –

Head - Lexie Reece ( youththrows@shockertrackclub.com )

**Pole Vault** –

Co-Heads- Paul Wagoner, Ryan Barkdull and Andrew Brown



**2021-2022 Shocker Track Club Youth INdoor 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. Typically, 4-6 meets are available with some having a specific age range for participation. Some travel is required. Some meets require athletes to verify their birthdate with their birth certificate and/or have a USATF membership *(purchase for $25 at* [*www.usatf.org*](http://www.usatf.org) *and assign your child to Club 28-4080).* If necessary, parents must forward a scanned copy of your child’s birth certificate to 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 $25.00 per event. *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.*

**Coach Attendance at Meets -**

STC Coaches will attend scheduled meets, but not all Coaches can attend every meet. Attendance will be confirmed prior to meets.

**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 – Tentative List ONLY -**

All Track Meets listed are tentative unless specified otherwise; this list will be regularly updated as we learn more, and 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. In addition to our Indoor Shocker Track Club Bill Butterworth Indoor meet scheduled for January 21-22, 2021, we hope and expect the following meets to be held.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ages** | **Date** | **City/ST** | **University** | **Meet Name** | **Note** |
| ALL | Saturday, January 8, 2022 | Topeka, KS | Washburn University | Topeka Super Indoor Invitational | K-8 in morning; HS in afternoon |
| MS/HS | **\***Saturday, January 15, 2022 | Pittsburg, KS | Pittsburg State University | Prentice Gudgen Invitational | May only be for HS athletes |
| All Ages | **@** Friday-Saturday, January 21-22, 2022 | Wichita, KS | Wichita State University | Shocker Track Club Bill Butterworth | **FREE for STC Youth Team!** |
| HS Only | **$$** Sunday, January 30, 2022 | Lawrence, KS | University of Kansas | Jayhawk High School Invitational |  |
| HS Only | **\*$$** Sunday, February 20, 2022 | Columbia, MO | University of Missouri | Mizzou High School Series Championship |  |
| Legend - \*Not yet confirmed / **$$** High School ONLY! / **@** FREE to STC Youth Members |