

**SHOCKER TRACK CLUB**

**2022**

**Youth OUTDOOR Season**

**Track & Field**

**PARENT/ATHLETE INFORMATION GUIDE**

**Document Date – March 17, 2022**

***(Sections May Be Updated As Necessary)***

**USA Track and Field Member Club**

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***This document is a comprehensive overview of the Outdoor program particulars. Relevant sections of this document may change as necessary, including practice dates, times, locations, and activities. Please contact us to verify various aspects of the program. Parents of paid Youth Team members receive weekly Newsletters with current information.***

***Because we rent the Cessna Stadium and Heskett Center track access 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.***

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**Shocker Track Club, Inc.**

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**(316) 993-6824**

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



**ABOUT THE SHOCKER TRACK CLUB**

**ABOUT THIS DOCUMENT**

Carefully review this document. It contains important information for your reference during the season and is yours to keep.

**WHO WE ARE**

The Shocker Track Club (STC) is a 501(C)(3) Non-Profit Organization as defined by the I.R.S., and governed by a volunter Board of Directors. Its primary function is to provide Officials and Volunteers for Wichita State University Track and Field meets, and our own track meets. Shocker Track Club, Inc., is NOT, however, formally affilitated with Wichita State University Track & Field/Cross-Country and rents access to Cessna Stadium and the Heskett Center for practices. STC additionally supports athletics teams for Youth (athletes between the ages of 6 and 18, and May 2022 high school graduates), Open (for athletes between the ages of 19 and 29), Masters (for athletes over the age of 30), 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 (Wichita State University) and a NAIA university (Friends 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 year-round raining.

**PROFESSIONAL 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 & FIELD 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 TRACK & FIELD TEAM MISSION**

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 CONDITIONS FOR PARENTS/GUARDIANS/FAMILY MEMBERS**

The Director and Youth Operations Director oversee the Youth program. Coaches oversee 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. 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.

**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 Track and Field or 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, Middle school, or High 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.

**INFORMATIONAL MEETINGS**

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. Parents/Guardians can learn more about the STC Youth program by participating in Zoom Conference Meetings on Sunday evenings at 700p beginning on March 20, 2022. Register in advance for this meeting by clicking > [**STC Youth Parent Info Mtg**](https://us02web.zoom.us/meeting/register/tZIocuiqrDwuHdZuoq2hFM5G0KguB_IGjuEv)



**2022** Shocker Track Club

**Youth OUTdoor Track & Field**

**TEAM MEMBERSHIP REGISTRATION OVERVIEW**

**TRACK & FIELD PRACTICE OVERVIEW**

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

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

Note 1 – Restroom access at Cessna Stadium is limited.

Note 2 – There is NO air conditioning inside the Heskett Center on the 2nd floor track.

Note 3 - Members of Shocker Track Club Open and Masters Teams may also practice at the same time as the Youth team.

Note 4 – Information regarding Pole Vault will be announced in late May.

Note 5 – Information regarding alternative practice times for distance running will be announced in late May.

**JOINER REGISTRATION FEES and FEE PAYMENT DUE DATES**

1. One free try-it-out practice is allowed before registration payment is required.
2. The Registration Joiner Fee is the amount to be paid on the day joined during any identified month.
3. The Registration Joiner Fee of $130 is one-time and covers all expenses to participate in practices through the final day of practice THAT MONTH, and receive the “Registration Amenities” listed below.
4. Participation in additional months has a separate fee of $30 that must be paid at the first practice attended that month.
5. **FEES ARE TO BE PAID ALL AT ONCE IN CASH or CHECK or VENMO - NO REFUNDS AFTER 2ND PRACTICE**.
6. The maximum amount that would be paid during the entire outdoor season (from April through July) would be $220.
7. Registration Fees and Monthly Payments do not include any Track Meet Entry Fees, or USATF Membership.

May 2022 high school graduates are eligible for the following rates -

* $80 – May 2022 high school graduates that have never trained with the STC Youth Program or have signed a Letter of Intent with any university or college in the State of Kansas.
* $50 – May 2022 high school graduates that have previously trained with the STC Youth Program.

**REGISTRATION AMENITIES**

All Registration Fees Include Practice Time, Coaching, Team SS T-Shirt, Team Fun SS T-Shirt, Gear Bag, and free participation in the Kansas Sunflower Games in Topeka in July.

**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. 2022 high school graduates are not eligible use of Foundation Funds. 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 & FIELD PRACTICES**

46 total available practices at Wichita State University Cessna Stadium or \*Heskett Center (\* = tentative or alternative site) as noted.

= April and May – Practice times are 615p to 745p -

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

May (10 practices) – Monday, Tuesday, Wednesday, and Thursday – 2, 4, 5 (Thursday), 9, 10 (Tuesday), 16, 18, 19 (Thursday), 23, 25

= June and July – Practice times are 630p to 815p

June (13 practices) - Monday, Tuesday, and Wednesday – 1, 6, 7, 8, 13, 14, 16 (Thursday), 20, 21, 22, 27, 28, 29

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



**IMPORTANT PRACTICE INFORMATION, DECORUM and GUIDELINES**

**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.

**GENERAL SAFETY**

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

* Sign-In Roster
* First Aid Bag
* Guidelines for Running Circuits on the WSU Campus

**WEATHER CHALLENGES**

We really dislike canceling practice due to the weather but will decide no later than 45 minutes before the start of a practice. When possible, we will move practice to the Heskett Center, or to another outdoor location deemed to be safe. Monitor your preferred email address for the up-to-the moment information from us when it appears that weather make affect a scheduled practice.

**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 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 at Cessna Stadium**, 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 $20. See Ms. Gilda or Mr. Rocker 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 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 Operations Director.



**2022 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.

**Team Leadership -**

**Youth Team Director – Darren Muci (****youth@shockertrackclub.com** )

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

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

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

**Youth Team Dad** – Ric Rocker – (teamdad@shockertrackclub.com )

(714) 457-0464

**Team Coaches –**

**April and May**

**Head Sprints and Dynamic Warm-Up –** Alex Muci **(** **youthsprints@shockertrackclub.com** **)**, (316) 734-6824

**Associate Head Sprints and Dynamic Warm-up –** Flex Miller

**Head Throws –** Lexie Reece **(** **youththrows@shockertrackclub.com** **)**

**Head Distance –** Keegan Staats **(** **youthdistance2@shockertrackclub.com** **)**

**Head Jumps –** Darren Muci

**Assistant Coach, Sprints and Hurdles -** Jaleel Montgomery, Sprints and Hurdles

**June and July**

**Expected Coaches –**

* + Alex Muci, Sprints and Dynamic Warmup
	+ Steve Miller, Sprints and Dynamic Warmup
	+ Keegan Staats, Distance
	+ Michael Draut, Horizontal and High Jump – USATF Level 1 and 2 Certified Coach
	+ Cedric Shell, Horizontal Jumps
	+ Lexie Reece, Throws
	+ Darla Hedstrom, “Littles” and Dynamic Warmup
	+ Tom Allen, Hurdles
	+ Jaleel Montgomery, Sprints and Hurdles
	+ Ryan Barkdull, Pole Vault
	+ Andrew Brown, Pole Vault
	+ Tina Clausen, Multis



**2022 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

**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 $40.00. *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.

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

**TENTATIVE LIST OF TRACK MEETS**

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

- April Halstead, Kansas on Saturday, April 30th.

- May Garden Plain, Kansas on Monday, May 30th.

- 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

- July # Kansas Sunflower Games in Topeka, Kansas on Friday and Saturday, July 9-10.

**\*** USATF Membership required to compete – see above and page 2 of this document for details

# Free to STC Youth Team Members.

IF HELD in June and July, Wichita State University Track & Field may host very relaxed track meets on select Thursday evenings.

**END OF DOCUMENT**