

SHOCKER TRACK CLUB

**2022 Youth Track & Field Spring/Summer OUTDOOR Season**

**SUMMARY OVERVIEW – March 4, 2022**

***This document is a summary of the expected Outdoor program particulars. A final comprehensive document will be published later this month. Relevant sections of the final Indoor Informational Registration Packet 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.***

**General Overview –**

The Shocker Track Club (STC) Youth Team is excited to again offer OUTDOOR Track and Field training for the 2022 Spring/Summer Season. This Summary provides general information; the complete Informational Packet and online Registration Form will be available by Sunday, March 13, 2022, at [www.shockertrackclub.com](http://www.shockertrackclub.com). The first practice will be Monday, April 4, 2022, from 615p until 745p outside at Wichita State University’s Cessna Stadium. **Kids can join at any time.** All Practices during the season will be held on the Wichita State University campus at the Cessna Stadium or Heskett Center.

**What We Do –**

STC provides training in every event in Track and Field; all implements are provided. Information on Pole Vault will be provided in late May. 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 $130. This fee covers all activities AND provides all program “General Amenities”; see below for details. Participation in additional months has a separate fee of $30 that must be paid at the first practice attended that month, thus, the maximum registration amount that would be paid during the entire outdoor season (from April through July) would be $220. **Special Registration Joiner Fees** are available for May 2022 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. STC reserves the right to limit the number of 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. Details are at [GenesisFoundation](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 the following - STC Team Sponsor T-Shirt, STC Fun T-Shirt, STC Water Bottle, STC Gear Bag, and FREE participation in the Kansas Sunflower Games in July in Topeka, Kansas.

**Track and Field Practice and Training Program Schedule -**
All weekday practices in April and May are held from 615p to 745p. Some optional Tuesday, Thursday, and weekend afternoon practices may be scheduled if possible. Notices of such will be provided weekly. All weekday practices in June and July are held from 630p to 800p or 645p to 815p. Expected practice dates are as follows -

April (10 practices) – Monday and Wednesday - 4, 6, 11, 13, 16, 18, 20, 21, 25, 27

May (10 practices) – Monday and Wednesday – 2, 4, 5, 9, 11, 16, 18, 19, 23, 25

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

**Practice Locations -**

Because we rent access to Wichita State University’s facilities, we will follow their guidelines for access and use. Program overview and safety guidelines mentioned are non-negotiable and are regularly reviewed and adjusted as necessary and appropriate. Before committing to join the program, we urge you to carefully consider if you can adhere to them.

*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.

*Wichita State University Heskett Center –* The Heskett Center IS NOT air conditioned! Athletes/Parents MAY need to wear face masks when entering the Heskett Center.

**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. Track meet costs are different for each meet, and range from as little $5 per event, to a flat fee of maybe $40. STC Youth Team members must purchase and wear a Yellow STC Team Jersey to compete in meets. Select STC Coaches and Leaders will attend the listed meets and bring implements and appropriate support equipment. Expected track meets are -

- April – Halstead, Kansas on April 30th.

- May - Garden Plain, Kansas on 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 in Joplin, Missouri.

- Mid-July - Kansas Sunflower Games in Topeka, Kansas on July 8-9.

**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 2022 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.

**Nutrition Partnership –**

We will continue our strategic partnership with our Nutrition Partner, **Madison Osburn, RDN, LD of Flexible Nutrition LLC**. Maddi Osburn is a Registered Dietitian Nutritionist who works with athletes to better fuel their sport and their health. **She is in network with BCBS of KS, United Healthcare and Cigna, which may cover nutrition counseling appointments!** If your athlete is currently injured/experiencing recurring injuries, is regularly fatigued at practice, and not improving, or is interested in taking their athletics to the next level, they could benefit from seeing a Sports Dietitian!

Check out this short welcome video from Madison! **Click Here >>** [**Introducing Madison Osburn of Flexible Nutrition**](https://drive.google.com/file/d/1DARXSSi3SafMUCcN3y08f7DcmrDGNRvv/view)

**Flexible Nutrition LLC -** [**www.flexiblenutritionllc.com**](http://www.flexiblenutritionllc.com) - **Phone: 316-361-6080**

**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 Certified Coaches. The Team Director is Darren Muci; the Team Operations Director is Gilda Muci, the Team Dad is Ric Rocker. Our April/May Coaches are –Alex Muci (Sprints), Steven Miller (Sprints), Keegan Staats (Distance), Lexie Reece (Throws) and Darren Muci (Jumps and Hurdles). Other Coaches will join us for spot-duty in April and May, and during the June/July part of the season!

**Parent Information and Newsletters -**

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)

Newsletters are issued weekly via email to keep registered parents and athletes informed of program activities.

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