



SHOCKER TRACK CLUB

2022 - 2023 Youth INDOOR Season Track & Field

PARENT/ATHLETE INFORMATION GUIDE

Document Date – September 11, 2022

(Sections May Be Updated As Necessary)

USA Track and Field Member Club



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 access to the WSU Heskett Center and Cessna Stadium tracks 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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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 volunteer Board of Directors. Its primary function is to provide Officials and Volunteers for Wichita State University Track and Field meets, and facilitate our own track meets. Shocker Track Club, Inc., is NOT, however, formally affiliated 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 8 and 18, and high school seniors), 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 training.

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 Parents purchasing USATF membership must assign their child/children to Club No. 28-4080.

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 activities from an introductory level to high-level competition (if desired), 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 activities and 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.

PARTICIPATION ELIGIBILITY

This youth program is for athletes between the ages of 8 and 18 and current high school seniors. If an athlete is also participating in Cross-Country Track in a KSHSAA affiliated high school or middle school, the athlete may not participate with Shocker Track Club IN MEETS 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 September 25, 2022. Register in advance for this meeting (After registering, you will receive a confirmation email containing information about joining the meeting. by clicking > [Weekly Parent Zoom Meeting](#)



2022 - 2023 Shocker Track Club
Youth INdoor Track & Field
TEAM MEMBERSHIP REGISTRATION OVERVIEW

TRACK & FIELD PRACTICE OVERVIEW

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

Events – All INDOOR events (for ages 8 through 18) in Track and Field. All implements are provided.

Note 1 – There is NO air conditioning inside the Heskett Center on the 2nd floor track.

Note 2 - Restroom access at Cessna Stadium is limited.

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

PROGRAM COSTS - JOINER REGISTRATION FEES and FEE PAYMENT DUE DATES

- (a) One free try-it-out practice is allowed before registration payment is required.
- (b) The Joiner Registration Fee is the amount to be paid on the day joined during any identified month, is one-time and covers all expenses to participate in practices through the final day of practice THAT MONTH and receive the “Program General Amenities” listed below. Some months are combined with others as noted in the chart below.
- (c) **FEES ARE TO BE PAID ALL AT ONCE IN CASH or CHECK or VENMO - NO REFUNDS AFTER 2ND PRACTICE.**
- (d) The maximum amount that would be paid during the entire indoor season (from October through February) would be \$230.
- (e) The Joiner Registration Fee and Monthly Payments do not include any Track Meet Entry Fees, or USATF Membership, unless specified otherwise.

Joiner Month	Joiner Registration Fee Payment	Payment 2	Payment 3
October	\$155 includes November	\$25 for December	\$50 includes January and February
November	\$130 November ONLY!	\$25 for December	\$50 includes January and February
December	\$130 December ONLY!	\$50 includes January & February	n/a
January	\$155 includes February	n/a	n/a
February	\$130 February ONLY!	n/a	n/a

Note 1 - Payments can be made via Cash, check payable to Shocker Track Club, or via Venmo (See STC Leadership for details)

PROGRAM GENERAL AMENITIES

All Joiner Registration Fees Include Practice Time, Coaching, STC Team LS T-Shirt, STC Team Fun LS T-Shirt, Gear Bag, and free participation in the Shocker Track Club Youth Open Meet currently scheduled for January 21, 2023.

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. High school graduates are not eligible to use 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](http://www.genesisfoundationwichita.com). Details are available at <http://www.genesisfoundationwichita.com>

TRACK & FIELD PRACTICES

Approximately sixty (60) practices are scheduled. In general, they are held from 615p to 815p. Changes, however, may be necessary and outside of our control (ex. Weather, WSU programs, Heskett Center closure, etc.). Pole Vault practices are typically on Tuesday and Thursday. On occasion, additional practices are held. Notification will be provided in advance to then-current members.

October 12 practices) – Monday, Tuesday, Wednesday – Dates > 3, 4, 5, 10, 11, 12, 17, 18, 19, 24, 25, 26

November (13 practices) – Monday, Tuesday, Wednesdays – Dates > 1, 2, 7, 8, 9, 14, 15, 16, 21, 22, 28, 29, 30

December (9 practices) - Monday, Tuesday, Wednesday, Thursday – Dates > 1, 5, 6, 7, 8, 12, 13, 14, 15

January (16 practices) - Monday, Tuesday, Wednesday, Thursday - Dates > 3, 4, 5, 9, 10, 11, 12, 17, 18, 19, 23, 24, 25, 26, 30, 31

February (14 practices) – Monday, Tuesday, Wednesday & Thursday – Dates > 1, 2, 6, 7, 8, 9, 13, 14, 15, 16, 20, 21, 22, 23



2022 - 2023 Shocker Track Club Youth INdoor Track & Field Team 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, leadership, friendship, 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.

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 another 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 Heskett Center staff, 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 various sites – Amazon, Nike.com, Eastbay.com. We also have a limited supply of new and used spikes available for a **maximum** amount of \$20. See Ms. Gilda, Mr. Rocker, or Ms. McNeil 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 can regularly 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 at a reduced rate and practice on the track at the same time with the STC Youth Team! The STC Open or STC Masters regular season reduced membership fee is \$70 to parents of children registered for the STC Youth program for the fall/winter indoor 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 (Sunday) 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, 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 Operations Director.



2022 - 2023 Shocker Track Club Youth INdoor Track & Field Team **TEAM LEADERSHIP and COACHES**

ABOUT OUR LEADERS and COACHES -

Our Coaches come from various backgrounds and all have unique experiences. 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 Teachers, 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 and Certified Official

Youth Team Dad – Ric Rocker – (stcteammad@shockertrackclub.com) (714) 457-0464

Youth Team Mom – Serle McNeil (Teacher) – (stteammom@shockertrackclub.com) (316) 214-5462

TEAM COACHES -

Our expected Head, Co-, Associate, and Assistant Coaches and their areas are –

- Sprints – Alex Muci, Flex Miller, Connor Vaughn and Nikko Vazquez (WSU Student-Athlete)
-
- Horizontal Jumps - Michael Draut (USATF Level 1 Certified Coach) and Cedric Shell
-
- Distance – Keegan Staats, Doc Rogers (Teacher and Coach), and Gabriela Flores (Teacher)
-
- Throws – Lexie Reece and Abby Belt (Teacher)
-
- Hurdles – Robert Reynolds (Teacher) and Jaleel Montgomery (WSU Student-Athlete)
-
- Littles (Ages 9 and Under) – Darla Hedstrom (Teacher) and Darren Muci
-
- High Jump – Michael Draut
-
- Pole Vault – Andrew Brown and Ryan Barkdull, and Lucas Wilson



2022 - 2023 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.

USA TRACK & FIELD AFFILIATION -

The Shocker Track Club (No. 28-4080) is a member club of USA Track & Field and its Missouri Valley Association. Membership provides access to an abundance of information about Track and Field and secondary insurance coverage when participating in STC practices and any track meets. Parents are strongly encouraged to purchase a 2023 USATF membership (\$25 - purchased AFTER November 1, 2022) for their child at www.usatf.org . and assign your child to Club 28-4080. Some meets require athletes to verify their birthdate with their birth certificate and have a USATF membership. If required, parents must forward a scanned copy of your child's birth certificate to youth@missourivalley.usatf.org

TRANSPORTATION TO TRACK MEETS –

Parents are fully responsible for transporting their child/children to track meets and any necessary overnight lodging unless other arrangements are made. Hotel Room Blocks may be arranged if appropriate. Should a parent desire/request that their child receive transportation to a track meet from STC Leadership/Coaches and such arrangements are approved by STC Leadership, the parent MUST purchase a USATF membership for their child in advance of the track meet.

PARENT RESPONSIBILITIES -

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. Our Coaches will handle ALL issues with the Officials.

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 typically 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.*

TRACK MEETS and TENTATIVE LIST -

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.

- January HIGH SCHOOL ONLY – Pittsburg State University, Pittsburg, Kansas, on Saturday, January 7, 2023
- January #-ALL AGES – Shocker Track Club Youth Open, Wichita, Kansas, on Saturday, January 21, 2023
- January HIGH SCHOOL ONLY – Kansas Jayhawk High School, Lawrence, Kansas on Sunday, January 29, 2023
- February #-HIGH SCHOOL ONLY – North American High School Championship, Topeka, Kansas on Saturday, February 18, 2023
- February #-ELEMENTARY/MIDDLE SCHOOL ONLY – Topeka Super Youth Meet, Topeka, Kansas on Sunday, February 19, 2023

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

Free to STC Youth Team Members – details to be provided later

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