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SHOCKER TRACK CLUB

**2022-2023 Youth Team Track & Field INDOOR Season**

**Wichita, Kansas**

**SUMMARY OVERVIEW – August 24, 2022**

**General Overview –**

The Shocker Track Club (STC) Youth Team is excited to again offer INDOOR Track and Field training for the 2022-2023 Fall/Winter season. This Summary provides general DRAFT information; the complete Indoor Informational Registration Packet and online Registration Form will be available in September and will be posted online at [www.shockertrackclub.com](http://www.shockertrackclub.com). To receive the information directly, please send an email to youth@shockertrackclub.com and asked to be placed on the “Interested Parent List”.

***Important Note – This document is a summary of the expected Indoor program particulars. Relevant sections of the final Indoor Informational Registration Packet may change as necessary, including practice dates, times and locations. Please contact us with any questions or to verify various aspects of the program.***

**The Indoor Season –**

The season begins in October with training for all events and continues through February. The first October practice will be Monday, October 3, 2022, at Wichita State’s Heskett Center.at 615p.

**Who Is Eligible and What We Do -**

Athletes ages 8 through 18 - and current high school seniors - are eligible to participate in the program. No experience is necessary. STC provides training in every event in Track and Field; all implements are provided. 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 training can be provided. As always, kids can join the program AT ANY TIME during the Indoor season.

**Program Costs -**

Beginning in October, ALL Joiners pay the **Joiner Registration Fee.** Whenever paid, this fee covers all practice and training activities for that month (unless described differently below) AND provides all “Program General Amenities”; see the “Program General Amenities” section for details. One free try-it-out practice is allowed before registration payment is required. The Joiner Registration Fee Payments are structured as follows –

|  |  |  |  |
| --- | --- | --- | --- |
| **Joiner Month** | **Joiner Registration 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 Venmo***

**Program General Amenities -**

All Youth Athletes paying the **“Registration Joiner Fee”** as defined above receive a Long-sleeved STC Team Sponsor T-Shirt, Long-sleeved STC Fun T-Shirt, STC Gear bag and free participation in the Shocker Track Club Indoor Youth Track meet in January 2023.

**Apparel Components –**

Additional apparel is available for purchase. Items available may include - STC Logo Dry-Fit Competition Jerseys - $10, STC Logo Cotton Competition Jerseys - $5, STC Hoodie Sweatshirts - $25, New/Used Spike Shoes - $5 and up.

**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, and payment submitted with the application. See the STC Youth Operations Director for details. STC reserves the right to limit the number of athletes accessing “Foundation Funds” based upon fund availability. Separate Foundation Funds are also available for track meet registration fees; athletes may request assistance to participate in one (1) meet during the indoor season. Athletes in need of additional assistance are encouraged to apply for grants through the Genesis Foundation for Fitness and Tennis at <http://www.genesisfoundationwichita.com>

**Track and Field Practice and Training Program Schedule (Tentative) –**

Approximately sixty-four (64) practices are scheduled. In general, they are held from 615p to 800p. Changes, however, may be necessary and outside of our control (ex. Weather issues, Heskett Center is closed, etc.). On occasion, additional (optional) 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 & TBD – Dates > 1, 2, 6. 7. 8. 9, 13, 14, 15, 16, 20, 21, 22. 23

**Track Practice Activities –**

All practices begin with a warm-up jog, followed by 20+ minutes of various activities called the “Dynamic Warm-up”. All athletes are expected to participate in these opening activities. Specific event training work follows. Athletes may participate in any of the specific event training activities, that typically also include strength work, cool-down, and Ab-work. All practices typically end with group stretching. Yoga, Studio Strength, and Swimming Pool activities are occasionally scheduled. Coaches will make recommendations on what activities are appropriate for the athletes.

**Practice Locations and Guidelines -**

All Track and Field Practices during the season will generally be held on the Wichita State University campus inside at the Heskett Center Track or outside at Cessna Stadium. Practices may be held at other locations on occasion; then-current members will be advised of such changes.

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 Heskett Center –* The Heskett Center Track area IS NOT air conditioned so 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.

*Wichita State University Cessna Stadium –* Athletes MUST bring PLENTY of water as the water fountains ARE off-limits. Restroom access is limited. 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.

**Track Meets –**

We do participate in indoor Track Meets! Participation in track meets is optional, voluntary and at the expense of the athlete/parent unless noted otherwise. Some travel is required. STC Leadership will typically register all athletes in meets for the cost of the meet and any administrative fees required by Meet Management. Typically, 4-6 meets are available with some having a specific age range for participation. In addition to our Indoor meet tentatively scheduled for January 21, 2023, other meets expected include – Pittsburg State University, the University of Kansas, and Washburn University. Select STC Coaches and Leaders will attend identified meets and take implements and appropriate supplies and equipment. A final list of expected track meets will be provided when information becomes available.

**USA Track & Field Affiliation -**

The Shocker Track Club (No. 28-4080) is a member club of USA Track & Field and its Missouri Valley Association. Parents are strongly encouraged to purchase a 2023 USATF membership ($25 - purchased AFTER November 1, 2022) for their child at [www.usatf.org](http://www.usatf.org) . 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.

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

Due to a significant lack of space, we ask Parents/Guardians to remain in the bleachers or appropriate seating areas 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! The membership fee of $70 is a $10 discount off the STC Open or STC Masters Outdoor season membership fee offered to parents of registered children.

**Parent Information/Keeping Informed -**

Parents/Guardians can learn more about the STC Youth program by participating in Zoom Video Conference Meetings on Sunday evenings at 700p beginning on September 25, 2022. After registering, you will receive a confirmation email providing information about joining the meeting. Register in advance for this meeting by clicking >>

Newsletters are issued weekly via email on Sundays to keep parents and athletes informed of program activities. Parents are thus asked to provide an email address that they will regularly access to review the information.

**Our Leaders and Coaches -**

All STC Leaders 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, some are USATF Level 1 and 2 Certified Coaches, some are USATF Certified Officials, and some still compete. The Team Director is Darren Muci; the Team Operations Director is Gilda Muci. Our expected Head, Associate, and Assistant Coaches and their areas are –

* Sprints – Alex Muci and Flex Miller
* Horizontal Jumps - Michael Draut and Cedric Shell
* Distance – Keegan Staats, Doc Rogers, and Gabriela Flores
* Throws – Lexie Reece and Abby Belt
* Hurdles – Robert Reynolds and Jaleel Montgomery
* Littles (Ages 9 and Under) – Darla Hedstrom and Darren Muci
* High Jump – Michael Draut
* Pole Vault – Andrew Brown and Ryan Barkdull
* Team Dad – Ric Rocker

**Collegiate Recruiting –**

Parents of High School students can meet with us to learn about the collegiate recruiting process. Contact us for details.

**About Shocker Track Club –**

The Shocker Track Club (STC) is a 501(C)(3) Non-Profit Organization governed by a volunteer Board of Directors. Shocker Track Club, Inc., is NOT formally affiliated with Wichita State University Track & Field/Cross-Country and rents access to Cessna Stadium and the Heskett Center for practices, meets, and activities. The Registration Joiner Fees help cover the costs of facility rental, apparel, equipment and supplies, and coaching expenses.

STC additionally supports athletics for Open (adult athletes between the ages of 19 and 29), Masters (adult athletes over the age of 30), and Elite (adult athletes that are high achieving and typically post collegiate). Some of these athletes may consistently train during Youth Team practices.

STC is the only club in the State and beyond 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.

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