



# SHOCKER TRACK CLUB

## 2023 Youth Track & Field Spring/Summer OUTDOOR Season

### DRAFT SUMMARY OVERVIEW – March 5, 2023

Questions – Contact Darren Muci (316) at (316) 993-6824 or [youth@shockertrackclub.com](mailto:youth@shockertrackclub.com)

*This document is a basic summary of the expected Outdoor program particulars. A final comprehensive document will be published later this month. Relevant sections of the final Outdoor Informational Registration Packet may change as necessary, including practice dates, times, locations, and activities. Contact us to verify various aspects of the program.*

#### General Overview –

The Shocker Track Club (STC) Youth Team is excited to again offer OUTDOOR Track and Field training for the 2023 Spring/Summer Season. This Summary provides general information; the complete Informational Packet and online Registration Form will be available by Sunday, March 12, 2023, at [www.shockertrackclub.com](http://www.shockertrackclub.com). The first practice will be Monday, April 3, 2023, from 615p until 745p outside at Wichita State University's Cessna Stadium, **but kids can join at any time**. All Practices will be held on the Wichita State University campus at the Cessna Stadium or Heskett Center. All practices begin with an organized, group warm-up activity designed to both stretch and teach appropriate and applicable body movement positions necessary for every event in Track and Field.

#### What We Do –

STC provides training in every event in Track and Field; all necessary implements are provided. Athletes **ages 7 through 18** (and May high school graduates) are eligible to participate. Typically, athletes in Grades 2 (if age 7) 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 \$170.** This fee covers either April/May or June/July (unless noted differently) activities AND provides all program "General Amenities"; see below and attached for details. Participation in additional months has a separate minimum 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 \$230. **Special Registration Joiner Fees** are available for May 2023 High School Graduates.

#### Foundation Program -

Limited "Foundation Funds" are available – via an application process - to assist financially challenged athletes in affording the program "Registration Joiner Fee" by reducing the maximum paid to \$80. STC reserves the right to limit the number of athletes accessing "Foundation Funds". Athletes in need of additional assistance can apply for grants through the [Genesis Foundation for Fitness and Tennis](#).

#### 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 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 (e.g., Tuesday, Thursday, and weekend practices) may be scheduled if possible, and notices of such will be provided weekly. All weekday practices in June and July are generally held from 630p to 800p or 645p to 815p. Expected practice dates are as follows -

April (8 practices) – Monday and Wednesday – 3, 5, 10, 12, 17, 19, 24 and 26

May (9 practices) – Monday and Wednesday – 1, 3, 8, 10, 15, 17, 22, 24 and 31

June (17 practices) - Monday, Tuesday, Wednesday, and Thursday – 1, 5, 6, 7, 8, 12, 13, 14, 15, 19, 20, 21, 22, 26, 27, 28, 29

July (11 practices) - Monday, Tuesday, Wednesday, and Thursday – 3, 5, 6, 10, 11, 12, 13, 17, 18, 19 and 20

### **Other Program Aspects –**

Information will be provided later in the spring regarding the possibility of morning Distance Running practices and Pole Vault training beginning in June.

### **Practice Locations -**

Practices will be held on the Wichita State University campus at Cessna Stadium and the Heskett Center. Facility overview and safety guidelines are non-negotiable and are regularly reviewed and adjusted as necessary and appropriate.

Wichita State University Cessna Stadium – Athletes MUST bring PLENTY of water as the water fountains are limited. Restroom access is also limited. Athletes should bring the following to every practice - a towel and dress in layers that are appropriate for the weather and time of day, and bring/wear - running shoes, spiked track shoes (if owned), and sandals.

Wichita State University Heskett Center – The Heskett Center IS NOT air conditioned!

### **Track Meets –**

Participation in track meets is optional, voluntary and at the expense of the athlete/parent unless noted otherwise. STC Leadership will generally 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 for multiple events of up to \$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 take implements and appropriate support equipment. Expected track meets are -

- April Expected greater-Wichita-area meet on April 29
- May Expected Wichita-area meet on May 20 and Garden Plain, Kansas on May 29
- June USATF Missouri Valley Association Championship on June 17 in the greater Kansas City area
- July USATF Region 9 Youth Championship Meet July 6-9 in the greater Kansas City area, and Kansas Sunflower Games in Topeka, Kansas on July 14-15 (ultimately free to STC members).
- July USATF Junior Olympics July 24-30 in Eugene, Oregon

### **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 2023 USATF membership (\$30) for their child at [www.usatf.org](http://www.usatf.org) especially if they plan to have their children compete in USATF qualifying meets in June and July. Copies of birth certificates must also be on file with the USATF Missouri Valley Association.

### **Nutrition Partnership –**

Our strategic Nutrition Partner, **Madison Osburn, RDN, LD of Flexible Nutrition LLC** 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!** Check out this short welcome video from Madison! **Click Here >>** [Introducing Madison Osburn of Flexible Nutrition](http://www.flexiblenutritionllc.com) [www.flexiblenutritionllc.com](http://www.flexiblenutritionllc.com) - Phone: 316-361-6080

### **Travel Partnership –**

Need some assistance with your next trip to a track meet or elsewhere? Contact our strategic partner Sherri Banks (Owner) of 3B Vacations and Tours! Visit <http://www.3bvacations.com> or (316) 993-9457

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

We ask Parents/Guardians to remain in the bleachers during practices unless assistance is needed and requested. However, Parents of registered STC Youth Team athletes may join either the Shocker Track Club Open (adults ages 19 through 29) or Masters (adults ages 30 and older) Teams and practice on the track at the same time with the 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. The Team Director is Darren Muci; Team Operations Director (Gilda Muci), Team Dad (Ric Rocker), and Team Mom (Serle McNeil). Our Expected April/May Coaches are –Alex Muci and Flex Miller (Sprints), Keegan Staats (Distance), Lexie Reece (Throws), Darla Hedstrom (Sprints) and Darren Muci (Jumps and Hurdles). Other Coaches will join us for spot-duty in April/May, and full-time in June/July!

### **Parent Information -**

Parents/Guardians can learn about the STC Youth program by participating in Zoom Meetings on Sunday evenings at 700p beginning March 19, 2023. Register in advance for this meeting by clicking > [STC Youth Parent Info Mtg](#)  
**Parents of paid Youth Team members receive weekly Newsletters with current information.**