



SHOCKER TRACK CLUB

2023 - 2024 Youth INDOOR Season Track & Field

PARENT/ATHLETE INFORMATION GUIDE

Document Date – AUGUST 30, 2023

(Sections May Be Updated As Necessary)

USA Track and Field Member Club



~ IMPORTANT INFORMATION ~

This document is a comprehensive overview of the INdoor 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.

Page 2 – About the Shocker Track Club and its Youth Program

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ABOUT THE SHOCKER TRACK CLUB

ABOUT THIS DOCUMENT – READ THIS ENTIRE 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 and governed by its Board of Directors. Its primary function is to provide Officials/Volunteers for Wichita State University Track and Field meets, but also facilitates its 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 and meets. STC additionally supports athletics teams for Youth (athletes between the ages of 9 (younger athletes are eligible if they have previously trained with us) 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 club, 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.

OUR STRATEGIC PARTNERS

Shocker Track Club actively cultivates strategic partnerships with the following organizations and business - [Wichita State University Track and Field](#), [Friends University Track and Field](#), a Nutritionist ([Flexible Nutrition LLC](#)), a Personal Trainer ([Fundamental Fitness](#)) and a Travel Agency ([3B Vacations & Tours](#)). We encourage our members to contact our partners when needs arise!

PROFESSIONAL CLUB AFFILIATION - USATF

Shocker Track Club is a USA Track and Field Member Club and a member of the 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. We STRONGLY encourage all Youth athletes to purchase a 2024 USATF membership for \$30 after November 1, 2023, at www.usatf.org Parents purchasing USATF membership must assign their child/children to Club No. 28-4080.

YOUTH TRACK & FIELD TEAM and MISSION

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. 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 9 and 18 and current high school seniors. If an athlete is participating in Cross Country in a KSHSAA member high school or middle school, the athlete may not participate with Shocker Track Club IN MEETS DURING the XC 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 a KSHSAA member, the athlete can participate with Shocker Track Club.

INFORMATION and 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. Parents/Guardians can learn more about the STC Youth program by participating in Zoom Meetings on Sunday evenings at 700p beginning on September 17, 2023. Register in advance for this meeting (after registering, you will receive a confirmation email) by clicking >> [Sunday Night Parent Information Zoom Meeting](#)



2023 - 2024 Shocker Track Club

Youth INdoor Track & Field

TEAM MEMBERSHIP REGISTRATION OVERVIEW

TRACK & FIELD PRACTICE OVERVIEW

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

Events – All INDOOR events (for ages 9 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 available but 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 – and recommended for younger athletes - 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 OTHERS AS NOTED 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, CHECK or VENMO - NO REFUNDS AFTER 2ND PRACTICE if apparel has been provided.
- (d) The maximum amount that would be paid during the entire indoor season (from October through February) would be \$240.
- (e) The Joiner Registration Fee and Monthly Payments do not include any Track Meet Entry Fees unless specified otherwise.

Joiner Month	Joiner Registration Fee Payment	Payment 2 If participating	Payment 3 If participating
October	\$190 includes November and December	\$50 includes January and February	n/a
November	\$165 includes December	\$50 includes January and February	n/a
December	\$140 December ONLY!	\$50 includes January and February	n/a
January	\$165 includes February	n/a	n/a
February	\$140 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 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 meets in January and February 2024.

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. 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

Approximately eighty-one (81) 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.). Notification will be provided in advance to then-current members. In general, all Friday practices are considered “optional.” On occasion, additional (optional) practices are held on Saturday and Sunday. Practices are held during the December holiday break if possible. Training for all events will not be held at every practice. Expected practices will be held on the following dates -

October (18 practices) – Monday through Thursday – Dates > 2, 3, 4, 5, 9, 10, 11, 12, 16, 17, 18, 19, 23, 24, 25, 26, 30, 31

November (16 practices) – Monday through Thursday – Dates > 1, 2, 6, 7, 8, 9, 13, 14, 15, 16, 20, 21, 27, 28, 29, 30

December (10 practices) – Monday through Friday – Dates > 4, 5, 6, 7, 8, 11, 12, 13, 14, 15

January (20 practices) – Monday through Friday - Dates > 3, 4, 5, 8, 9, 10, 12, 15, 16, 17, 18, 19, 22, 23, 24, 25, 26, 29, 30, 31

February (17 practices) – Monday through Friday – Dates > 1, 2, 5, 6, 7, 8, 9, 12, 13, 14, 15, 16, 19, 20, 21, 22, 23



2023 – 2024 Shocker Track Club Youth INdoor Track & Field Team IMPORTANT PRACTICE INFORMATION, DECORUM and GUIDELINES

GENERAL PARTICIPATION CONDITIONS for ATHLETES and PRACTICE CONCEPTS and GOVERNANCE -

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 always support teammates. Any disruptive behavior will result in being dismissed from practice. Continued disruptive behavior may warrant dismissal from the team without a refund. 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.

GENERAL SAFETY and KID MANAGEMENT -

We prefer that parents/guardians of children ages of ten (10) and under attend all practices or remain readily accessible if needed by STC Youth Team Leadership. If parents cannot be present for the entirety of a practice, arrangements **MUST** be made with STC Youth Team Leadership prior to parents/guardians dropping off their child or leaving a practice.

Occasionally, some athletes may become injured during practices. Heskett Center staff, and many of our Coaches are CPR certified and will take appropriate action. We will, however, notify parents/guardians of any injuries, contact WSU-ICAA or Heskett Center staff, contact 9-1-1 if appropriate, and document and report them to USATF.

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

- (a) Sign-In Roster for ALL athletes participating in a practice
- (b) First Aid Bag
- (c) Guidelines for Running Circuits on the WSU Campus
- (d) Emergency Procedures
- (e) Regular contact with Wichita State University Campus Police

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 may affect a scheduled practice.

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 or Nike.com. We also have a limited supply of new and used spikes available for a **maximum** amount of \$20. See our team leadership 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. 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**, 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.



2023 – 2024 Shocker Track Club Youth INdoor Track & Field Team

TEAM LEADERSHIP and COACHES

COLLEGE RECRUITING PROGRAM

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, School Administrators, 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 – (stcteamdad@shockertrackclub.com) (714) 457-0464

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

TEAM COACHES -

Not all Coaches can attend each practice for various reasons. Our expected Head, Co-Head, Associate, and Assistant Coaches and their areas during the Indoor season and their areas are –

- Sprints – Alex Muci // Flex Miller // Nikko Vazquez // Jermaine Montgomery
- Horizontal Jumps - Michael Draut // Cedric Shell
- Distance – Doc Rogers // Lubna Aldulaimi // Shelby Evans // Rich Simmons
- Throws – Abby Belt // Gabby Hopkins
- Hurdles – Robert Reynolds // Jaleel Montgomery
- Littles Sprints (Ages 9 and Under) – Darla Hedstrom
- High Jump – Michael Draut // Patric Jackson
- Pole Vault – Andrew Brown // Ryan Barkdull // Lucas Wilson // Lillie Diaz // Richelle Barkdull

COLLEGIATE RECRUITING PROGRAM -

We have developed a comprehensive overview of the collegiate recruiting process for Parents and Athletes of high school students. Contact us to schedule time to discuss how we can assist you and your child with understanding the process and taking the required and appropriate steps for preparation for competing in Track and Field in college. Contact us for details; we can help!



2023 – 2024 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, none, or all, of the meets.

USA TRACK & FIELD AFFILIATION -

As noted on Page 2, the Shocker Track Club (No. 28-4080) is a member club of USA Track & Field and its Missouri Valley Association. Beginning on November 1, 2023, parents are strongly encouraged to purchase a 2024 USATF membership (\$30) 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 can upload a scanned copy of the birth certificate at USATF or may email 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 -

Sometimes Parents may be asked to consider helping at an event, or providing snacks for the team, at track meets. This will always be appreciated! Track Meet Officials must always be treated with complete respect and appreciation. If there is an issue with the Officials or the officiating contact one of the Shocker Track Club coaches so that we can handle the issue or concern.

TRACK MEET COSTS and REGISTRATION -

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 \$2 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.

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 in advance of the track meet.

TEAM CAMPS AT TRACK MEETS -

We will typically establish a clearly identifiable team camp area at track meets that will be our base-of-operations. Upon arrival at the track meet, Parents and kids are expected to check-in there so that we can effectively communicate during the meet.

TRACK MEETS and TENTATIVE LIST of 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 Coach availability.

- January 6, 2024,	Ages - HIGH SCHOOL ONLY	Pittsburg State University; Pittsburg, Kansas
- January 13, 2024,	Ages – ALL YOUTH AGES	Washburn University; Topeka, Kansas
- January 19-20, 2024	#Ages – ALL YOUTH AGES	Shocker Track Club January Chiller; WSU Heskett Center; Wichita, KS
- January 28, 2024,	Ages – HIGH SCHOOL ONLY	University of Kansas; Lawrence, Kansas
- February 9-10, 2024	#Ages – ALL YOUTH AGES	Shocker Track Club February Freeze; WSU Heskett Center; Wichita, KS
- February 17, 2024,	Ages – ALL YOUTH AGES	Washburn University; Topeka, Kansas

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

Note – We STRONGLY recommend that athletes have a 2024 USATF Membership if competing in meets. See page 2 for details.

END OF DOCUMENT