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SHOCKER TRACK CLUB

**2023-2024 Youth Team Track & Field INDOOR Season**

**Wichita, Kansas**

**SUMMARY OVERVIEW – August 24, 2023 - READ CAREFULLY**

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

***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.***

**General Overview –**

The Shocker Track Club (STC) Youth Team is excited to again offer INDOOR Track and Field training for the 2023-2024 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, email us at [youth@shockertrackclub.com](mailto:youth@shockertrackclub.com) to be placed on the “Interested Parent List”.

**The Indoor Season –**

The season begins in October with training for all events and continues through February. Kids can join at any time during the season. The first October practice will be Monday, October 2, 2023, at Wichita State’s Heskett Center at 615p.

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

Athletes ages 9 through 18 - *and current high school seniors, or kids younger than 9 that have previously trained with STC* - 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 – *and highly recommended for younger athletes* - before registration payment is required. The Joiner Registration Fee Payments are structured as follows –

|  |  |  |  |
| --- | --- | --- | --- |
| **Joiner Month** | **Joiner Registration Payment** | **Payment 2** | **Payment 3** |
| October | $190 includes November and December | $50 includes January & February | n/a |
| November | $165 includes and December | $50 includes January & February | n/a |
| December | $140 December ONLY! | $50 includes January & 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 Venmo (ask 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.

**Apparel Components –**

Additional apparel is available for purchase, including STC Logo Dry-Fit Competition Jerseys, New/Used Spike Shoes, as well as other items available online through the STC Team Spirit Store.

**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 $100. 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.

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

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

**Track Practice Activities –**

All practices begin with a warm-up jog, followed by 20+ minutes of various “Dynamic Warm-up” activities. 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 endurance training, body-weight 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 on the Wichita State University campus, or 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. Any stated program overview and safety guidelines 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 no water fountains are available, and 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), 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 meets tentatively scheduled for January 20, 2024, and February 10, 2024, other meets expected include – Pittsburg State University, the University of Kansas, and Washburn University (2). 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 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 2024 USATF membership **($30 - purchased AFTER November 1, 2023,** for their child at [www.usatf.org](http://www.usatf.org) and assign themselves to our club No. 28-4080. 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. A USATF membership MAY BE REQUIRED for athletes planning to compete in ANY indoor 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 Indoor season membership fee offered to parents of registered children.

**Parent Information/Keeping Informed -**

Newsletters are issued weekly via email on Sundays to keep parents and athletes informed of program activities. Parents must 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 Video Conference Meetings on Sunday evenings at 700p beginning on September 24, 2023. After registering, you will receive a confirmation email providing information about joining the meeting. Register in advance for this meeting by clicking >> [Sunday Night Parent Information Zoom Meeting](https://us02web.zoom.us/meeting/register/tZ0odeqpqT8tGtMxQY8bdl8_hh8zFOhrd7Py)

**Our Leaders and Coaches -**

All STC Leaders and Coaches are USATF Members, have passed a USATF/NCSI background check, and 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. Our expected Coaches and their areas are –

* Sprints – Alex Muci // Flex Miller // ermayne Montgomery
* Horizontal Jumps - Michael Draut // Cedric Shell
* Distance – Doc Rogers // Lubna Aldulaimi // Shelby Evans
* Throws – Abby Belt
* Hurdles – Robert Reynolds // Jaleel Montgomery
* Littles Sprints (Ages 9 and Under) – Darla Hedstrom
* High Jump – Michael Draut // Patric Jackson
* Pole Vault – Andrew Brown and Ryan Barkdull // Lucas Wilson // Lillie Diaz // Richelle Barkdull
* Youth Operations – Gilda Muci // Team Dad – Ric Rocker // Team Mom – Serle McNeil

**Collegiate Recruiting –**

Parents of High School students can meet with our experienced Leaders and Coaches to learn about the collegiate recruiting process from the educational and athletics perspectives. Contact us for details; we can help!

**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 a partner with, but NOT formally affiliated with Wichita State University Track & Field/Cross-Country and thus rents access to Heskett Center and Cessna Stadium for practices, meets, and activities. The Registration Joiner Fees help cover the costs of facility rental, apparel, equipment and supplies, and coaching expenses.

***STC has strategic partnerships*** with a Nutritionist ( [Flexible Nutrition LLC](https://www.flexiblenutritionllc.com/) ), a Personal Trainer ( [Fundamental Fitness](https://www.funfitwichita.com/) ) and a Travel Agency ( [3B Vacations & Tours](https://travelagentconnection.com/?agent=20034247) ). We encourage our members to contact our partners when needs arise!

***STC additionally supports athletics teams 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*** that is a USATF Member Club, can provide coaching and training in every event, and is informally affiliated with a NCAA Division I university (Wichita State University) and a NAIA university (Friends University). Separate indoor and outdoor seasons provide opportunities for nearly year-round training.