



SHOCKER TRACK CLUB

2024 Youth Track & Field Spring/Summer OUTDOOR Season

DRAFT SUMMARY OVERVIEW – April 14, 2024

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.

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

General Overview –

The Shocker Track Club (STC) Youth Team is excited to again offer OUTDOOR Track and Field training for the 2024 Spring/Summer Season. Kids can join at any time during the Spring/Summer Season. This Summary provides general information; the complete Informational Packet and online Registration Form will be posted when available at www.shockertrackclub.com. The first practice will be Wednesday, May 1, 2024, from 615p until 745p outside at Wichita State University's Cessna Stadium. All Practices will be held on the Wichita State University campus at the Cessna Stadium or inside the 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 –

For the 2024 Outdoor season STC will provide training in Sprints, Distance, and Long Jump. Other events may be added if Coaches become available. 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 May. Middle school athletes typically join in mid-May, with High School athletes joining in June ,AFTER the conclusion of their school seasons.

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 \$150. This fee covers May 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 May through July) would be \$210. **Special Registration Joiner Fees** are available for May 2024 High School Graduates. See the "STC 2024 Outdoor Payment Process" for details.

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 May are held from 615p to 745p. Some optional (e.g., Tuesday or Thursday) 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 -

May (8 practices) – Monday and Wednesday – 1, 6, 8, 13, 15, 20, 22 and 29

June (12 practices) - Monday, Tuesday, and Wednesday – 3, 4, 5, 10, 11, 12, 17, 18, 19, 24, 25 and 26

July (12 practices) - Monday, Tuesday and Wednesday – 1, 2, 3, 8, 9, 10, 15, 16, 17, 22, 23 and 24

Other Event Training and Program Aspects –

Information will be provided later in the spring regarding the possibility of training for High Jump, Throws, Hurdles and Pole Vault.

Practice Locations -

Practices will be held on the Wichita State University campus at Cessna Stadium and the Heskett Center (back-up location). Facility safety guidelines are non-negotiable and are regularly reviewed and adjusted as necessary and appropriate. Athletes should bring the following to every practice – large water bottle with water, a towel, running shoes, spiked track shoes (if owned), and sandals - and dressed in layers that are appropriate for the weather and time of day,

Cessna Stadium – Athletes MUST bring PLENTY of water as there are no water fountains. Restroom access is also limited.

Heskett Center – The Heskett Center IS NOT air conditioned, so extra water is beneficial.

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 (\$10) and black shorts to compete in meets. Select STC Coaches will attend the listed meets and take appropriate support equipment. Expected track meets are -

- May Hesston (11th) and Garden Plain (27th).

- June Wichita (15th) and USATF Missouri Valley Association Championship on (22nd) in the greater Kansas City area.

- July USATF Region 9 Youth Championship Meet July 5-7 (LTBD), Kansas Sunflower Games in Topeka, Kansas on July 12-13 (LTBD) (ultimately free to STC members), and USATF Junior Olympics July 24-30 in College Station, Texas

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 2024 USATF membership (\$30) for their child at www.usatf.org and must do so if they plan to have their children compete in USATF qualifying meets in June and July. Parents must “assign” their child to Club No. 28-4080 when purchasing the USATF membership. In those circumstances, a copy of a birth certificate must either be uploaded to USATF when purchasing a membership or provided to STC for uploading to the child’s USATF membership.

Key Partnerships –

Nutrition – 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 \[www.flexiblenutritionllc.com\]\(http://www.flexiblenutritionllc.com\) - Phone: \(316\) 361-6080.](#)

Fitness and Training – Our strategic Training and Fitness Partner is Personal Trainer, Renaire Palmer. Renaire is a Master Trainer and the owner of [Fundamental Fitness](#). Renaire and his staff can augment your child’s STC training! (316) 393-2196

Travel Planning – 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 [3bVacations](#) 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. Team Director (Darren Muci); Team Operations Director (Gilda Muci), Team Dad (Ric Rocker), and Team Mom (Serle McNeil). Our Expected May Coaches are – Alex Muci (Sprints), Flex Miller (Sprints), Shelby Evans and Ashley Clothier Stevenson (Distance), and Darren Muci (Long Jump). Other Coaches will join us for spot-duty in May and full-time in June/July!

Parent Information -

Parents of paid Youth Team members receive weekly Newsletters with current information. Parents/Guardians can learn about the STC Youth program by participating in Zoom Meetings on Sunday evenings at 700p beginning April 21, 2024. Register in advance for this meeting by clicking > [STC Youth Parent Info Mtg](#)
After registering, you will receive a confirmation email containing information about joining the meeting.