



# SHOCKER TRACK CLUB

2016 YOUTH OUTDOOR SEASON

USA Track and Field Member Club



PARENT INFORMATION and ATHLETE REGISTRATION FORMS

Dated April 4, 2016

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**Shocker Track Club, Inc.**

c/o Wichita State University Track and Field

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## ABOUT THE **SHOCKER TRACK CLUB**

### Who We Are

The **Shocker Track Club (STC)** was formed in 2011 and is a 501(C)(3) Non-Profit Organization as defined by the I.R.S. STC is governed by a volunteer Board of Directors. Its primary function is to provide Officials and Volunteers for Wichita State University Track and Field and Cross Country, and its own, track meets. STC additionally supports athletics teams for Open (for athletes between the ages of 19 and 29), Masters (for athletes over the age of 30), and Elite (for athletes that high achieving, typically post collegiate) athletes.

### Affiliation

**Shocker Track Club** is a USA Track and Field Member Club and a member of the Missouri Valley Association. We STRONGLY encourage all athletes to purchase a USATF membership at [www.usatf.org](http://www.usatf.org)

### Youth Track Team

The **Shocker Track Club** Youth Team operates under the auspices of the STC Board of Directors and is managed by a Director and Assistant Director that are members of the Board of Directors. STC is the only club in the region that is a USATF Member Club, can provide coaching and training in every event, is affiliated with a NCAA Division I university, and has Coaches with NCAA Division I, II, or NAIA athletic or coaching experience. Separate indoor and outdoor seasons provide opportunities for nearly eight months of training.

### Youth Team Mission Statement

The Mission of the **Shocker Track Club** Youth Team is to provide opportunities for youth to compete in track and field from an introductory level, to high-level competition, under the framework of USATF guidelines.

### Participation Eligibility

This youth program is for athletes between the ages of 5 and 19. If an athlete is also participating in a KSHSAA affiliated high school or middle school, the athlete may not participate with **Shocker Track Club** DURING the school season. Home school or Middle school athletes that choose not to participate with their school's team may participate. If your school is not KSHSAA sanctioned, the athlete can participate with Shocker Track Club.

### About this Document

Carefully review this document. It contains important information for your reference during the outdoor season. Pages 1 through 8 are yours to keep. Pages 9 through 12 must be completed and returned with your registration payment.



## **2016 Shocker Track Club Youth OUTDOOR Team TEAM MEMBERSHIP REGISTRATION OVERVIEW**

### **INFORMATIONAL MEETINGS**

Tuesday, April 26, 2016 at 700p and Tuesday, May 24, 2016 at 700p  
Wichita State University Track and Field Team Room in Cessna Stadium

### **REGISTRATION FEES and FEE PAYMENT DUE DATES**

Join in May - \$175 (full season) // Join in June - \$125 // Join in July - \$75  
Complete Pages 9 -12 of this Packet

**FEES ARE TO BE PAID ALL AT ONCE IN CASH or CHECK**

**NO REFUNDS AFTER 2<sup>ND</sup> PRACTICE**

May joiner fees due after the first practice // June joiner fees due on June 1, 2016

To Help Us With T-Shirt Orders, Note that T-Shirts will be ordered on May 13, 2016 and June 10, 2016

### **ALL MAY and JUNE FEES INCLUDE**

Practice Time and Coaching

Team T-Shirt and Team Wristband

Free Participation in Wichita State Thursday Night Summer Series Track Meets in June/July at Cessna Stadium

### **ALL JULY FEES INCLUDE**

Practice Time and Coaching

### **FEES DO NOT INCLUDE**

Any Meet Entry Fees EXCEPT FOR Shocker Summer Series Thursday Night Meets

Parent T-Shirt (\$18) and STC Team Jersey (\$15)

USATF Membership\*\*

*(\*\* We STRONGLY encourage all athletes to purchase a USATF membership at [www.usatf.org](http://www.usatf.org))*

### **FINANCIAL SUPPORT PROGRAM**

Athletes in need of assistance are encouraged to apply for grants through the Genesis Foundation for Fitness and Tennis. Details are available at <http://www.genesisfoundationwichita.com>

**Shocker Track Club** has developed a program to provide limited financial support for athletes in need. See the Director or Assistant Director for details.



## 2016 **Shocker Track Club** Youth OUTDOOR Team

### PRACTICE OVERVIEW

Practice begins on Tuesday, May 3, 2016.

### PRACTICE LOCATION

Practices will be held on the Wichita State University Cessna Stadium Track or on the WSU Campus

### PRACTICE DATES

During **May**, practices will be held on Tuesdays and Thursdays from 600p to 730p

Basic Training will be provided focusing on warm-up, fitness, and running.

No specific training for any field events will be provided in May!

[Scheduled Practice Dates in May – 3, 5, 10, 12, 17, 19, 24, 26, 31 \(alternate locations possible\)](#)

During **June and July**, practices will be held on Mondays, Tuesdays, and Wednesdays from 645p to 815p  
Specific training will be provided for Distance, Sprinting, Pole Vault, Throws, High Jump and Long/Triple Jump

*Training in other areas will be announced as Coaches are identified*

[Scheduled Practice dates June – 1, 6, 7, 8, 13, 14, 15, 20, 21, 22, 27, 28, 29](#)

[Scheduled Practice dates July – 5, 6, 11, 12, 13, 18, 19, 20, 25, 26, 27](#)

### **I M P O R T A N T – PRACTICE DECORUM and GUIDELINES**

#### **PARTICIPATION CONDITIONS FOR PARENTS/GUARDIANS/FAMILY MEMBERS**

The Director and Assistant Director are in charge of the Youth program.

Coaches are in charge of practices.

What they say goes!

If you have questions about an aspect of the program, you are encouraged to contact the Youth Team Director or Assistant Director after practice, or during a break in practice.

***Parents/Guardians are allowed on the infield – not the track - during practice for light exercise, and to observe, but cannot interact with children other than their own.***

A parent, guardian or family member that fails to comply with the above, or with requests from the Director, Assistant Director, or Coaches, may be asked to leave the practice site.



## 2016 **Shocker Track Club** YOUTH OUTDOOR Team TRACK MEETS

### GENERAL OVERVIEW

All track meets are optional.

Your child can participate in any, or all, of the meets.

The cost of each track meet ranges from \$8.00 to \$15.00.

Assistance can be provided in registering your child for USATF meets.

Parents are responsible for transportation to and from meets.

### USA TRACK and FIELD MEETS

*If you desire to have your child compete in USATF meets you will need to purchase:  
USATF Youth Membership for \$20 at [www.usatf.org](http://www.usatf.org) (Assign your child to Club 28-4080)*

### FOR USATF MEMBERSHIPS

To verify an athlete's date-of-birth, parents must forward a scanned copy of your child's birth certificate to Forika McDougald at [youth@missourivalley.usatf.org](mailto:youth@missourivalley.usatf.org) (785) 375-6755. State that your child is a member of **Shocker Track Club** (USATF Club 28-4080)

Membership in USATF is strongly encouraged.

### SCHEDULED MEETS - TENTATIVE

**Shocker Track Club** Coaches **WILL be in attendance at the meets marked with an \***

\*May 30, 2016 – Garden Plain, Kansas

June 4, 2016 – Grandview Invitational – Grandview High School – Grandview, Missouri

\*June 11, 2016 – Kansas City Invitational – Washington High School – Kansas City, Kansas

\*June 17-18, 2016 – Missouri Valley Assoc. Championships – Olathe District Activity Center – Olathe, Kansas

\*June 18, 2016 – Shocker Track Club Jumps Fest (High Jump & Pole Vault) – Wichita, Kansas – Cessna Stadium

\*July 7-10, USATF Region 9 Championships – Olathe District Activity Center – Olathe, Kansas

July 8-9, 2016 – Sunflower State Games – Hummer Sports Park – Topeka, Kansas

### SHOCKER SUMMER SERIES MEETS

Wichita State University hosts open competition, recreational, track meets on Thursday evenings at Cessna Stadium beginning June 2<sup>nd</sup>. Paid (May and June registrants) Youth Team members can compete for free.

### OTHER TRACK MEETS

Information regarding other track meets will be provided as soon as it is available.



## 2016 **Shocker Track Club** YOUTH OUTDOOR Team GENERAL INFORMATION and EXPECTATIONS

### **Participation Conditions for Athletes**

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. Participation by the athletes and parents is strictly voluntary. Anyone who finds our vision and methods incompatible with their own should reconsider participating.

**Shocker Track Club** is about development of character, respect, friendships and teamwork. We will NOT compromise these principles at any time. Athletes are expected to support teammates at all times. We will teach and expect positive behavior at all times. Mistreating or making fun of teammates will **ABSOLUTELY NOT** be tolerated. Athletes are expected to be attentive and not disruptive. ANY disruptive behavior will result in being dismissed from practice. Continued disruptive behavior may warrant dismissal from the team.

### **Participation Conditions for Parents**

The Director and Assistant Director are in charge of the Youth program. Coaches are in charge of practices. What they say goes! If you have questions about an aspect of the program, you are strongly encouraged to contact the Youth Team Director or Assistant Director. An athlete or parent that fails to comply with the coaches' estimation of what these principles entail, will be counseled. Any repetition of behavior will result in being expelled from practice and/or from the team. When we participate in events, we expect the officials of the event to be treated with complete respect and appreciation. If there is an issue with the officials, simply contact one of the **Shocker Track Club** coaches. The coaches will handle ALL issues with the officials.

### **Keeping You Informed**

Brief parent meetings will occasionally be held before or after practice. A team newsletter will be issued bi-monthly via email. STC maintains a website – [www.ShockerTrackClub.com](http://www.ShockerTrackClub.com), two Youth Facebook pages (Shocker TC – Youth and **Shocker Track Club** Youth Team), and a Twitter account (@STCYouthTeam). If you have questions about an aspect of the program, you are encouraged to contact the Youth Team Director or Assistant Director.



2016 **Shocker Track Club** OUTDOOR Team  
**2016 TEAM LEADERSHIP**

**About Our Leadership Members and Coaches**

All STC Leadership Members and Coaches are USATF Members, have passed a USATF background check, and have completed USOC/USATF SafeSport Training

**Director and Multi-Events Head Coach**

Cole Davis (Phone – 785-282-0830) youth@shockertrackclub.com

CPR/AED Certified and USATF Level 1 Certified Coach

*Former Emporia State University Multi-Athlete and current Friends University Head Women's Track Coach*

**Assistant Director and Sprints Head Coach**

Shamoya Pruitt (Phone – 316-727-4599) asstyouth@shockertrackclub.com

CPR/AED Certified and USATF Level 1 Certified Coach

*Former Wichita State University Sprinter and current Wichita State University Volunteer Assistant Coach*

**Team Mom**

Anita Curtis (Phone – 620-253-2858) (teammom@shockertrackclub.com)

**Event Head Coaches**

Pole Vault – Denis Fraizer – (Phone – 316-680-0852) polevault@shockertrackclub.com

High Jump – TBD

Long and Triple Jumps – TBD

Hurdles – TBD

Distance – Curtis Hernandez (Phone - 316-258-9369)

*Certified Occupational Therapy Assistant COTA/L and former collegiate athlete*

Javelin – Matt Byers - *Shocker Track Club Elite Team Member*

**Assistant Coaches**

Distance – Anita Curtis, Savannah Wright

Pole Vault – Andrew Brown, Jaimie Bookout, Caydrick Bloomquist, Ethan Pearson, Travis Ford

Throws – TBD

High Jump – TBD

Horizontal Jumps – TBD

Kid Wranglers (must bring own lassos) – TBD

**Wichita State University and Friends University Athlete Coaches**

To be announced in June



## KSHSAA RECOMMENDED CONCUSSION & HEAD INJURY INFORMATION RELEASE FORM 2015-2016

### **All student athletes and parents/guardians must review this form before the student participates in any athletic practice**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

### **Symptoms or Signs May Include One of More of the Following**

Headaches, “Pressure in head”, Nausea or vomiting, Neck pain, Balance problems, dizziness, Blurred or double or fuzzy vision, Sensitivity to light or noise, Feeling sluggish or slowed down, Feeling foggy or groggy, Drowsiness, Change in sleep patterns, Amnesia, “Don’t feel right”, Fatigue or low energy, Sadness Nervousness or anxiety, Irritability, More emotional, Confusion, Concentration or memory problems, (forgetting game plays), Repeating the same question or comment, Appears dazed or vacant facial expression, Confused about assignment, Forgets plays Is unsure of game, score, or opponent, Moves clumsily or displays incoordination, Answers questions, slowly, Slurred speech, Shows behavior or personality changes, Can’t recall events prior to hit or after hit, Seizures or convulsions, Any change in typical behavior or personality, Loses consciousness.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after sustaining a concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance from a Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO). Close observation of the athlete should continue for several hours. You should also inform your child’s coach if you think that your child may have a concussion Remember it is better to miss one game than miss the whole season. When in doubt, the athlete sits out!

### **Cognitive Rest & Return to Learn**

The first step to concussion recovery is cognitive rest. This is essential for the brain to heal. Activities that require concentration and attention such as trying to meet academic requirements, the use of electronic devices (computers, tablets, video games, texting, etc.), and exposure to loud noises may worsen symptoms and delay recovery. Students may need their academic workload modified while they are initially recovering from a concussion. Decreasing stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time. This may involve staying home from school for a few days, followed by a lightened school schedule, gradually increasing to normal. Any academic modifications should be coordinated jointly between the student’s medical providers and school personnel. No consideration should be given to returning to physical activity until the student is fully integrated back into the classroom setting and is symptom free. Rarely, a student will be diagnosed with post-concussive syndrome and have symptoms that last weeks to months. In these cases, a student may be recommended to start a non-contact physical activity regimen, but this will only be done under the direct supervision of a healthcare provider.

### **Return to Practice and Competition**

The Kansas School Sports Head Injury Prevention Act provides that if an athlete suffers, or is suspected of having suffered, a concussion or head injury during a competition or practice, the athlete must be immediately removed from the competition or practice and cannot return to practice or competition until a Health Care Professional has evaluated the athlete and provided a written authorization to return to practice and competition. The KSHSAA recommends that an athlete not return to practice or competition the same day the athlete suffers or is suspected of suffering a concussion. The KSHSAA also recommends that an athlete’s return to practice and competition should follow a graduated protocol under the supervision of the health care provider (MD or DO).

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/concussion/HeadsUp/youth.html> <http://www.kansasconcussion.org>





## Shocker Track Club Youth Registration Form 2016 Outdoor Season

### ATHLETE INFORMATION (please print)

**YOU MUST HAVE A COPY OF YOUR CHILD'S BIRTH CERTIFICATE IF YOUR CHILD WILL COMPETE  
IN USATF TRACK MEETS.**

Athlete Name:	Email:
Birthdate:	Age: Size (circle): Youth/Adult S M L XL 2X

Athlete #2 Name:	Email:
Birthdate:	Age: Size (circle): Youth/Adult S M L XL 2X

Athlete #3 Name:	Email:
Birthdate:	Age: Size (circle): Youth/Adult S M L XL 2X

Athlete #4 Name:	Email:
Birthdate:	Age: Size (circle): Youth/Adult S M L XL 2X

### PARENT/GUARDIAN INFORMATION

Parent/Guardian Name(s):		
Current Address:		
City/State/Zip		
Home Phone:	Work:	Cell:
Email:		

Emergency Contact:		
Home Phone:	Work:	Cell:
Email:		

MY CHILD WILL BEGIN PRACTICE IN (Circle) – MAY (\$175)    JUNE (\$125)    JULY(\$75)		
Method of payment: <input type="checkbox"/> Cash <input type="checkbox"/> Check/Money Order Check No. _____		
Please make checks/money orders payable to "Shocker Track Club"		
SHOCKER TRACK CLUB USE ONLY! CHECK NUMBER	AMOUNT	DATE



**Shocker Track Club**  
**2016 OUTDOOR Youth Team**  
**ATHLETE RELEASE FORM**

**Athlete's Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Athlete's Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Athlete's Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Athlete's Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Public Release Form**

I give permission to the Shocker Track Club to use my name or my child's name, picture, or statement for the purpose of promoting, advertising, and raising money for the Shocker Track Club.

\_\_\_\_\_ (Initial)

**Parent's Responsibilities**

Parents are important to the success of the athlete and the track club. Therefore, we ask the parents to observe the following guidelines:

- ❖ Maintain a positive attitude
- ❖ Realize that once an athlete is at a given facility, they are under the supervision/jurisdiction/guidelines of the coaching staff
- ❖ Insure that the athlete is at practice and at meets on time
- ❖ Provide transportation for the athlete to and from practice and meets or arrange carpooling
- ❖ Remain in the designated areas at practice and meets

\_\_\_\_\_ (Initial)

**Athlete's Responsibilities**

Athletes represent our organization, the coaching staff, their families, and themselves. We expect all athletes to observe the following guidelines:

1. Respect others and their property including your coaches (and their decisions)
2. Accept constructive feedback
3. Put forth a 100% effort during practice and meets
4. **BE ON TIME** and stay in assigned areas
5. Eat properly. Junk food (pop, candy, chips, cookies, etc.) is not allowed before or during practice or at meets.
6. Attend all practices and meets
7. Compete in assigned or designated events
8. Use appropriate language at all times (Inappropriate language will not be tolerated)
9. Avoid the use of illegal drugs and alcohol
10. Avoid fighting

\_\_\_\_\_ (Initial)

**Medical Conditions**

No \_\_\_\_\_ Yes \_\_\_\_\_ Condition(s) \_\_\_\_\_

Medication or Special Attention Required? \_\_\_\_\_

\_\_\_\_\_ (Initial)



## Shocker Track Club

### 2016 Outdoor Youth Team MEDICAL RELEASE FORM

I, \_\_\_\_\_ (Parent/Guardian's Name) hereby give permission for  
any and all medical attention to be administered to my child \_\_\_\_\_.  
any and all medical attention to be administered to my child \_\_\_\_\_.  
any and all medical attention to be administered to my child \_\_\_\_\_.  
any and all medical attention to be administered to my child \_\_\_\_\_.

I have reviewed the KSHSAA Concussion Form. Additionally, in the event of accident, injury, sickness, etc., under the direction of the person(s) listed below, until such time as I may be contacted. I also assume the responsibility for the payment of any such treatment. This release is effective as long as my child is a member of the **Shocker Tracker Club**.

ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

INSURANCE COMPANY: \_\_\_\_\_

POLICY NUMBER: \_\_\_\_\_

In case I cannot be reached, any of the following persons is designated to act on my behalf:

PHYSICIAN: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

KNOWN ALLERGIES: \_\_\_\_\_

SIGNATURE (PARENT/GUARDIAN): \_\_\_\_\_

DATE: \_\_\_\_\_



## Shocker Track Club Youth Uniform Order Form 2016 Outdoor Season

ITEM	IMAGE	SIZE	COST	EXT COST
Athlete Team T-Shirt	 Example ONLY!	Select One for Each Youth Registered Youth Sizes S M L XL S M L XL S M L XL  Adult Sizes S M L XL XXL S M L XL XXL S M L XL XXL	\$0.00 (Cost included with registration)	\$0.00
Athlete Competition Jersey  (Athlete must provide own shorts in solid black!)	 Example ONLY!	Select One for Each Youth Registered Youth Sizes S M L XL S M L XL S M L XL  Adult Sizes S M L XL XXL S M L XL XXL S M L XL XXL	Purchase One for Each Youth if desired  \$18.00	
Parent T-Shirt	 Example ONLY!	S M L XL XXL	\$18.00	
<b>Total Order (Sales Tax is Included)</b> <b>Make SEPARATE Check Payable to Shocker Track Club</b>				

ATHLETE NAME 1 \_\_\_\_\_ ATHLETE NAME 2 \_\_\_\_\_

ATHLETE NAME 3 \_\_\_\_\_ ATHLETE NAME 4 \_\_\_\_\_

PARENT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_