

Shocker Track Club Pole Vault Group

Newsletter No. 4

November 25, 2018

**Hello STC Pole Vault Parents and Athletes!**

Welcome to week five! We hope that everyone had a great Thanksgiving! The first nine practices were very successful from our perspective. Our practices will continually include more drills using the various implements and apparatus we have available. We now have 30 athletes, expect to have a couple more joining us this week, and will eventually have eleven Friends University Vaulters with us.

**Practices in November -**

This is the last week of practices in November. I’ll also note that we only had two Vaulters participate in last Wednesday’s optional practice at WSU’s Heskett Center with the Track and Field group. The Vaulters participated in sprint endurance with body-weight strength building activities. There will be two more opportunities on December 3rd and 5th for optional workouts at the Heskett Center. We hope that more athletes will take advantage of those opportunities.

**December Birthdays –**

I’ll identify our December babies next week!

**REPEAT INFORMATION (Really IMPORTANT Information) –**

**Practices in December (REPEAT)**

**We will NOT practice on Tuesday, December 4th. As such we will offer all Pole Vaulters the opportunity to work out with the Shocker Track Club Youth Track and Field Team on Monday and Wednesday, December 3rd and 5th at Wichita State University’s Heskett Center Track (2nd floor) from 630p to 800p. Our PV Coaches will work with our Track and Field Coaches to provide two outstanding workouts for the athletes. Please try not to miss these opportunities.**

**Fundraiser (REPEAT)**

**We will have a fundraiser on December 4th – *bring the flyer with you (it is the in STC Gear Bag)* - at Freddie’s Frozen Custard and Steakburgers on Rock Road between Central and Douglass from 500p to 900p. A percentage of all sales will be returned to our Youth team. Additional details will be provided as we approach that date!**

**Arrival at Practice and Warm-up Activities (REPEAT) -**

Generally, Coaches will arrive at Northeast Magnet by 600p to begin setting up for practice. Should your child/children arrive before the Coaches, please refrain from being on the runways or pits. Walking or jogging on the running track is acceptable. All practices will begin with warm-up activities and drills. Athletes that arrive after the start of practice should complete a series of warm-up activities before starting activities on the raised runways. Our coaches can be consulted for direction!

**Buddy System Safety (REPEAT)**

Please try to use the buddy system when entering the building after 700p. We also strongly encourage athletes/parents to walk out of the building in pairs. Athletes can contact me at 316-993-6824, Denis at 316-680-0852, or Gilda Muci at 316-990-6824 for assistance in entering or exiting the building.

**Apparel (REPEAT)**

We have a few extra team t-shirts ($15), sweatshirts ($25), and beanie caps ($15) for sale. Please purchase one of these limited-edition items while they are available! We may also have a few pairs of spike shoes available to give away or sell for a $10 donation. See Youth Operations Director Gilda for details. Locally we recommend our friends at First Gear Running Company at 111 North Mosley in Old Town as a great source for spikes! STC Athletes should show their STC Youth wristband for a discount.

**Track Meets (REPEAT)**

We are still waiting for announcements for December and February meets, but we are aware of the following –

* January 12, 2019 – Pittsburg State University
* January 18-19, 2019 – National Pole Vault Summit in Reno, Nevada. Denis Fraizer and Tyler Knight will be in attendance. See Gilda and Denis if you are interested in details.
* January 19, 2019 – Pittsburg State University

We will have coaches at the January 12th meet, but are unsure of the availability of coaches for the January 19th meet and will know more in early January.

**Smug Mug Photo Account (Repeat)**

I have uploaded several photos from recent practices. Our Smug Mug account for storage of photos taken at practices and track meets is at [www.shockertrackclub.smugmug.com](http://www.shockertrackclub.smugmug.com)

**Coach Profile –**

Again, we are excited to have Denis Fraizer, Tyler Knight, Andrew Brown, Jaimie Bookout, Tina Clausen, and Mike Bailey coaching this season. Gilda Muci, Stephanie Knab Aranda, and I will staff the Registration/Information Table. This season we will introduce all of our coaches by sharing a little about them. Today I’ll share some information about Jaimie Bookout!

Jaime was born in Great Bend, Kansas, and graduated from El Dorado High School. While competing for El Dorado Jaimie was the four-time 4A state champion (2008-2011) in the Pole Vault! She was also the Kansas relays high school champion in 2011. Here best vault in high school was 12’-9”. After high school she moved to the University of Kansas where she was a 4-time Academic All- American before graduating with a bachelor’s degree in Accounting. Athletically her collegiate career best 4.20m (13’-9-1/4”). Jaimie was also an 8-time Big 12 medalist, with her highest finishes being 2nd (2014 outdoor) and 3rd (2015 outdoor), and the Kansas Relays college/open champion in 2015. Jaimie currently works at Koch Industries and has a loving family life with her husband, Kutter, and 18-month-old daughter (no doubt a future Pole Vaulter), Brixly! In addition to coaching for the Shocker Track Club Youth team, she continues to train and compete for the Shocker Track Club Elite Team! There’s a 4.27m vault in the near future!

**Coaching Tip of the Week –**

**This week’s tip is from Jaimie – “** Working on the details of the vault are very important, but when focusing on one part of the vault it is important to take a step back mentally on the runway. Visualize that detail while you are waiting to jump, but as you step on to that runway remember to keep your speed and strength in order to be able to execute that small detail!”

**Thanks for reading!! Please contact us at any time if you have questions!**

**Darren**

**Darren Muci, Pole Vault Team Dad Denis Fraizer, Pole Vault Head Coach**

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