



SHOCKER TRACK CLUB

2019 - 2020 Youth INDOOR Season Track & Field and Pole Vault

PARENT/ATHLETE INFORMATION GUIDE

USA Track and Field Member Club



Dated September 16, 2019

- Page 2 – About the Shocker Track Club and its Youth Program**
- Page 3 – Registration/Costs for the STC Youth Track & Field Program**
- Page 4 – Registration/Costs for the STC Pole Vault Program**
- Page 5 – General Information & Expectations for Practices**
- Page 6 – STC Youth and PV Program Expectations for Athletes and Parents**
- Page 7 – STC Youth Team Leadership Members and Coaches**
- Page 8 – Indoor Track Meets**
- Page 9 – KSHSAA Concussion Information**

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ABOUT THE **SHOCKER TRACK CLUB**

About this Document

Carefully review this document. It contains important information for your reference during the indoor season and is yours to keep.

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. Shocker Track Club, Inc., is NOT, however, formally affiliated with Wichita State University Track & Field/Cross-Country. STC additionally supports athletics teams for Youth (athletes between the ages of 5 and 19), Open (for athletes between the ages of 19 and 29), Masters (for athletes over the age of 30), Road Racing (long distance runners), and Elite (for athletes that are high achieving and typically post collegiate).

Affiliation

Shocker Track Club is a USA Track and Field Member Club and a member of the Missouri Valley Association. We STRONGLY encourage all Youth athletes to purchase a \$20 USATF membership at 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 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 informally 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 nine 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 18 through the summer after high school graduation). If an athlete is also participating in Cross-Country 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.

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 Team Director or Youth Operations Director for details.



2019 – 2020 Shocker Track Club Youth Indoor Track & Field TEAM MEMBERSHIP REGISTRATION OVERVIEW

TRACK & FIELD PRACTICE OVERVIEW

Practice Location – Wichita State University Heskett Center (Alternate Location – Wichita State’s Cessna Stadium)
Events – All indoor events in Track and Field EXCEPT for Pole Vault. All implements are provided.
Ages 5 through 18. Members of Shocker Track Club Adult Teams may also practice at the same time.

INFORMATIONAL MEETINGS

Informational meetings are held to provide an overview of the program to interested parents and athletes. Meetings will be held on Tuesday, September 24, 2019, and Tuesday, October 20, 2019, in the Wichita State University Track and Field Team Room at Cessna Stadium at 630p.

JOINER REGISTRATION FEES and FEE PAYMENT DUE DATES

The fees listed below are for the full season. The Joiner Registration Fee is the amount to be paid on the day joined during the identified month. **FEES ARE TO BE PAID ALL AT ONCE IN CASH or CHECK - NO REFUNDS AFTER 2ND PRACTICE.** Registration Fees do not include any Meet Entry Fees, or USATF Membership. **The fee is one-time and covers all expenses to participate in practices through the final day of practice, and the “Registration Amenities” listed below.**

REGISTRATION AMENITIES

All Registration Fees Include Practice Time, Coaching, Team T-Shirt, Competition Jersey, Water Bottle, Gear Bag, Wristband, Note Pad, and – if joining BEFORE January 15, 2020 – free participation in the Shocker Track Club Bill Butterworth Indoor Track Meet scheduled for Saturday, January 24-25, 2020 at Wichita State University’s Heskett Center.

TRACK & FIELD TRAINING

Joiner Registration Fees – October - \$175, November - \$165, December - \$155, January - \$145, February - \$135

First practice is Wednesday October 2, 2019.

Practices are held Monday and Wednesday as follows –

Note – There is NO air conditioning inside the Heskett Center on the 2nd floor track!

October and November –

- Monday and Wednesday evenings from 600p to 800p
- October dates (total of 9) – 2, 7, 9, 14, 16, 21, 23, 28, 30
- November dates (total of 8) – 4, 6, 11, 13, 18, 20, 25, 27

December, January and February -

- Monday, Tuesday and Wednesday evenings from 630p to 800p
- December dates (total of 9) - 2, 3, 4, 9, 10, 11, 16, 17, 18
- January dates (total of 12) – 6, 7, 8, 13, 14, 15, 20, 21, 22, 27, 28, 29
- February dates (total of 9) -3, 4, 5, 10, 11, 12, 17, 18, 19

47 total available practices –

- 47 total practices at WSU Heskett Center (* = tentative or alternative site)

Optional Activity –

- Swimming Pool practices at NE Magnet High on Saturdays - November 16, December 7, January 4, February 15



**2019 – 2020 Shocker Track Club
Indoor Pole Vault – ALL AGES
TEAM MEMBERSHIP REGISTRATION OVERVIEW**

POLE VAULT PRACTICE OVERVIEW

Practice Location – Northeast Magnet High School in Bel Aire, Kansas. (Bel Aire, KS – 5550 N. Lycee Street (northeast of the corner of 53rd Street North and North Rock Road)

Poles are provided for practices and meets.

Alternate Practice Location – Wichita State University Heskett Center (noted below)

INFORMATIONAL MEETINGS

Informational meetings are held to provide an overview of the program to interested parents and athletes.

Parent Informational Meeting – Tentative – Tuesday, October 29th at 630p (Northeast Magnet High School)

JOINER REGISTRATION FEES and FEE PAYMENT DUE DATES

The fees listed below are for the full season. The Joiner Registration Fee is the amount to be paid on the day joined during the identified month. **FEES ARE TO BE PAID ALL AT ONCE IN CASH or CHECK - NO REFUNDS AFTER 2ND PRACTICE.** Registration Fees do not include any Meet Entry Fees, or USATF Membership. **The fee is one-time and covers all expenses to participate in practices through the final day of practice, and the “Registration Amenities” listed below.**

REGISTRATION AMENITIES

All Registration Fees Include Practice Time, Coaching, Team T-Shirt, Competition Jersey, Water Bottle, Gear Bag, Note Pad, and Wristband, and – if joining BEFORE January 15, 2020 – free participation in the Shocker Track Club Bill Butterworth Indoor Track Meet scheduled for Saturday, January 24-25, 2020 at Wichita State University’s Heskett Center.

POLE VAULT TRAINING

Pole Vault Training (All ages) (* = tentative or alternative site)

Joiner Registration Fees – November - \$190, December - \$170, January - \$150, February - \$130

First practice is Saturday, November 2, 2019.

Practices are held Tuesday, Thursday and Saturday as follows –

November through February –

- Tuesday and Thursday evenings from 630p to 830p
- Saturday afternoons from 100p to 300p
- November dates (total of **11**) – 2, 5, 7, 9, 12, 14, 16, 19, 21, 23, 26
- December dates (total of **8**) – **3 (at WSU)**, 5, 7, 10, 12, 14, 17, 19
- January dates (total of **13**) – **2 (at WSU)**, 4, 7, 9, 11, 14, 16, 18, 21, 23, 25, 28, 30
- February dates (total of **10**) – 1, 4, 6, 8, 11, 13, 15, **18 (at WSU)**, 20, 22

42 total available practices (possible 45 if the additional practices in late February are added) –

- 39 practices at NE Magnet High
- 3 practices at alternate location WSU Heskett Center on December 3, January 2, and February 18

Optional Activities –

- Swimming Pool practices on Saturdays - November 16, December 7, January 4, February 15
- Camp – Xtreme Athletics December 28-29, 2019



2019 – 2020 Shocker Track Club Youth Indoor Team and Pole Vault Group IMPORTANT PRACTICE INFORMATION, DECORUM and GUIDELINES

TRAINING COSTS - PARTICIPATING IN TRACK & FIELD AND POLE VAULT

If an Athlete chooses to participate in both programs and DOES NOT WANT the additional apparel, \$40 will be deducted (the value of the t-shirt, jersey, and gear bag) from the total combined cost of the applicable Joiner Registration Fee.

PARTICIPATION CONDITIONS FOR PARENTS/GUARDIANS/FAMILY MEMBERS

The Director and Youth Operations Director are in charge of the Youth program. Coaches are in charge of practice 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.

OUR COACHES AND LEADERS

All STC Leadership Members and Coaches have completed a Shocker Track Club Leadership/Coach Application, are USATF Members, have passed a USATF background check, and have completed the United States Olympic Committee (USOC) SafeSport Training. Some are USATF Level 1 and 2 Certified Coaches.

PRACTICE CONCEPTS and GOVERNANCE

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. Unfortunately, some athletes may become injured during practices. Many of our Coaches are CPR certified and will take appropriate action. We will, however, notify parents/guardians of any injuries, contact 9-1-1 if appropriate, and also document and report them to USATF.

WHAT TO BRING TO PRACTICE

Athletes should dress in layers, wear running shoes, and bring a water jug, hand-towel, and spiked track shoes.

PARENTS/GUARDIANS AT PRACTICE

Parents must stay in the seating area or stands during practice; there are, however, two options –

- (1) Parents can apply to be one of our “Kid Wrangler” Assistant Coaches that assist in various areas (e.g., timing running events, pit raking, bar setting, implement retrieving, etc.) during practice. This requires you to complete an STC Application, become a member of USA Track and Field (\$30), complete and pass the USATF Background Check (\$16), and complete the United States Olympic Committee (USOC) online SafeSport Training.
- (2) Parents Of Track and Field athletes may join one of our other Shocker Track Club Teams for Adults - (Open Team - \$80, Masters Team - \$80, Road Racing Team - \$125) and practice on the track during the Youth Team practices. Membership includes a Team Jersey. You may not, however, make anything more than “incidental and friendly” contact with any kids.

Contact Darren Muci at president@shockertrackclub.com for details.

For 2019 – 2020 - \$10 discount (**off the \$80 seasonal fee**) if joining either the STC Open or Masters Teams.



2019 – 2020 Shocker Track Club YOUTH Indoor 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 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 with assistance from the Team Mom and Youth Operations Director. 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. 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.

Keeping You Informed

Brief parent meetings may be held before or after each practice. A team newsletter will be issued weekly via email. Specific-topic emails are periodically issued. Parents are STRONGLY ENCOURAGED to 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), and a Twitter account @STCYouthTeam. If you have questions about an aspect of the program, you are strongly encouraged to contact the Youth Team Director or Assistant Director.



2019 - 2020 Shocker Track Club Youth Indoor Team **TEAM LEADERSHIP and COACHES**

***=CPR Certified / #=AED Certified**

Youth Team Director – Darren Muci, (youth@shockertrackclub.com)
STC President, (316) 993-6824, USATF Level 1 Certified

Youth Team Operations – Gilda Muci (youthoperations@shockertrackclub.com)
STC Board Member, (316) 990-6824, USATF Level 1 Certified

Head High Jump and Dynamic Warm-Up – Patric Jackson *# (youthcoach@shockertrackclub.com)
STC Board Member, (316) 993-5642, Former Wichita State University Jumper

Head Throws – Dylan Biedron *# (youththrows@shockertrackclub.com)
Friends University Assistant Coach, (316) 708-3609

Head Distance – Tonya Nero (youthdistance2@shockertrackclub.com)
Former Wichita State Distance Runner and Shocker Track Club Elite Team Member, (316) 250-3432

Head Sprints and Asst Dynamic Warm-Up – Alex Muci *# (youthsprints@shockertrackclub.com)
Wichita State University Student, (316) 734-6824,

Head Hurdles – Tom Allen *# (youthhurdles@shockertrackclub.com)
Current High School Assistant Coach, (316) 516-5850

Head Horizontal Jumps – Michael Draut (youthjumps@shockertrackclub.com)
Former High School Head Coach, (316) 644-1923, USATF Level 1 and 2 Certified

Head Pole Vault – Denis Fraizer *# (polevault@shockertrackclub.com)
STC Board Member, (316) 680-0852, former Wichita State Pole Vaulter,

Assistant Coaches

Lead Assistant Pole Vault Coach - **Andrew Brown***- Former Univ of Nebraska - Kearney Pole Vaulter – STC Masters Team Member

Lead Assistant Pole Vault Coach – **Paul Wagoner***– Former Hutchinson CC Pole Vaulter – STC Masters Team Member

Lead Assistant Pole Vault Coach – **Jaimie Bookout** – Former University of Kansas Pole Vaulter – STC Elite Team Member

Assistant Pole Vault Coach – **Marcus James***– Former University of Missouri Decathlete/Pole Vaulter

Assistant Pole Vault – **Max McPhail** – Former Garden City CC Pole Vaulter

Assistant Pole Vault – **Shane Milledge**

Assistant Throws – **Caitlin Bauer*** – Former Wichita State University Thrower

Assistant Distance – **Jason Unruh**



2019 – 2020 Shocker Track Club Youth Indoor Team

TRACK MEETS GENERAL INFORMATION

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 availability.

All track meets are optional. Your child can participate in any, or all, of the meets.

The cost of each track meet typically ranges from \$10.00 to \$25.00.

STC will register your child/children for the meets unless specified otherwise

Parents are responsible for transportation to/from meets and overnight lodging unless other arrangements are made

Hotel Room Blocks are arranged if appropriate

If you desire to have your child compete in USATF qualifying meets purchase:

USATF Youth Membership \$20 www.usatf.org (Assign your child to Club 28-4080)

Parents must forward a scanned copy of your child's birth certificate to youth@missourivalley.usatf.org

USA Track & Field will contact youth members directly to provide important membership information.

TENTATIVE LIST OF TRACK MEETS

(All listed are tentative unless specified otherwise; this list will be regularly updated as we learn more.)

Friday and Saturday, January 17-18, 2020 – Reno, Nevada

National Pole Vault Summit

Contact Denis Fraizer at polevault@shockertrackclub.com or 316-680-0852 for details

Saturday, January 18, 2020 – Pittsburg, KS – Pittsburg State University Plattner Center

Prentice Gudgen **High School athletes ONLY** Invitational

Saturday, January 25, 2020 - Wichita, Kansas – Wichita State University Heskett Center

Shocker Track Club Bill Butterworth Indoor – **All Ages**

FREE for Registered STC Youth Team Members

Sunday, January 26, 2020 – Lawrence, KS – The University of Kansas Anschutz Sports Pavilion/Bill Easton Track

Jayhawk Indoor **High School Athletes ONLY**

Saturday, February 1, 2020 – Wichita, KS – Wichita State University Heskett Center

Wichita State University **High School Athletes ONLY**

Sunday, February 16, 2020 – Columbia, Missouri – The Hearn Center

Mizzou High School Series – **HIGH SCHOOL athletes ONLY!**



KSHSAA RECOMMENDED CONCUSSION & HEAD INJURY INFORMATION RELEASE FORM 2017

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>