


Shocker Track Club

Outdoor 2020 – Shortened Program
Youth Track & Field

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SHOCKER TRACK CLUB

Mission

The Shocker Track Club, Inc., (STC) is a 501(C)(3) organization that helps support Wichita State University Track and Field and Wichita area Track and Field and Cross Country activities.

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What STC Does ...

- Provide Certified USATF Officials and Meet Volunteers for Wichita State Track and Field meets
- Promote and Support Wichita State Track & Field
- **Support our own –**
 - Elite Team (High Achieving Adults)
 - Open Team (Adults ages 19-29)
 - Road Racing Team (Adults of All Ages)
 - Masters Team (Adults ages 30 and up)
 - Youth Team (Youth ages 5-18)
- Plan and Facilitate 3-5 annual Track & Field meets

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How STC Operates ...

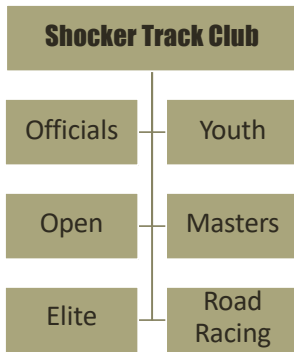


- Solicits small sponsorships and grants to assist in covering expenses
- Charges membership registration fees for Youth, Open and Masters teams
- Pays rental and usage fees for access to Wichita State University Cessna Stadium and Heskett Center for practices and meets.
- Facilitates 3-5 track meets annually.

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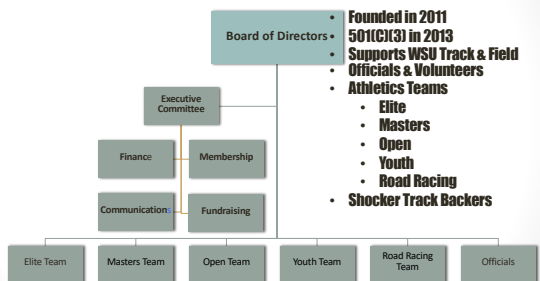
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STC Organizational Structure



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STC Organizational Structure



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USATF Membership Benefits



- 10% discount in the USATF Online Store
- Subscription to *Fast Forward* magazine
- Exclusive members-only news items
- Exclusive members-only contests
- Secondary Sports accident insurance coverage
- Special shopping discounts and offers
- Discount tickets to USATF events

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Shocker Track Club

Outdoor 2020 – Shortened Program
Youth Track & Field

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STC Youth Team 2020

STC YOUTH TEAM OVERVIEW

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Shocker Track Club Family



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Youth Team – Mission



Provide opportunities for youth to train and compete in track and field from an introductory level, to high-level competition, under the framework of USATF guidelines.

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2020 Team Mantra



#Every Step Counts

Attend When You Can; Work Hard When You Attend

#HardWork

#StartStrongFinishStronter



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Youth Team – Overview



- Coaching for ALL Youth - Ages 5 through 18
- Coaching in every event in Track & Field
- Practices at Wichita State University's Cessna Stadium, Heskett Center, or on the Campus
- Nearly all Coaches have NCAA Division 1, 2, or NAIA Competition experience
- Coaching strategies based upon Wichita State University and USATF concepts
- Strong connections to Wichita State University, Friends University, and Kansas State University

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Sportsmanship



Shocker Track Club is about development of character, respect, friendships and teamwork.

Expectations of Athletes are:

- Support teammates at all times
- Exhibit positive behavior
- Be attentive
- Respect STC Leadership and Coaches

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STC Youth Team 2020

SAFETY AT PRACTICES

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Safety at Practices ... 


- Sign-In Roster
- Team Wrist Bands
- First Aid Kit
- Disinfectant and Hand Sanitizer Products
- Lockdown and/or Evacuation Procedures
- Running Circuits on WSU Campus
- WSU Campus Police Presence

SAFETY FIRST!



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Safety Practices at Practice... 

The following safety practices have been implemented for all practices -

- Attendance confirmation by Operations Director
- Review of Health Procedures
- Forehead Temperature Taken of Each Athlete, Coaches and Parents that intend to stay at practice
- Masks to be worn by all adults inside the stadium.
- Eliminating unnecessary contact
 - (e.g., High-Fives, handshaking, hugging, etc.)
- Availability and Use of Hand Sanitizer

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Personal Safety Practices 

The following safety practices are strongly encouraged for all Coaches and Athletes participating in practices -


- Wearing of sun- or safety-glasses
- Wearing of Facemasks -
 - for Athletes Entering/Exiting Stadium
 - for Parents Remaining at Practices
 - for STC Leadership and Coaches
- Wearing of Gloves

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STC Youth Team 2020


COSTS, AMENITIES AND REGISTRATION



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Fee Structure – Track & Field



- Ages 5 through 18
- Join in July for \$100 -- Fee includes:
 - Coaching/Practice Time at Wichita State University Cessna Stadium
 - Mondays, Tuesdays and Wednesdays from 630p to 800p
 - Saturdays from 900a to 1030a
 - Team T-shirt, Wristband and waterbottle.

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Apparel and Gear




- STC Provides –
 - T-Shirt, Wristband, Water bottle
- STC has available for purchase –
 - Limited quantities of:
 - low cost track spike shoes
 - seasonal seasonal jerseys
- We suggest that the following be purchased –
 - Black shorts (compression or split)
 - Sunglasses
- At practice Athletes should -
 - Dress in layers and bring water
 - Bring Running Shoes, Spikes and Sandals


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Before You Commit...



- Observe a practice
- One FREE try-it-out practice



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How to Register ...



- Access www.shockertrackclub.com
- Scroll down to the News Post about Youth Team, or access the Youth pull-down menu
- Review Parent Informational Guide Packet
- Review Parent Informational PowerPoint
- Complete .pdf Online Registration Forms
 - Complete the .pdf form, follow instructions and click SUBMIT
 - If your browser does not allow online submittal, save the .pdf document and email to youth@shockertrackclub.com
- Pay Cash/Checks payable to Shocker Track Club

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Need Some Assistance?



- STC Youth Foundation Fund -
 - Limited funding available
 - Application Required
 - Foundation Funds 20% of the full season fee
 - Multiple Child Discount
- Genesis Foundation for Fitness and Tennis -
 - www.genesisfoundationwichita.com
 - dwhite@genesisfoundationwichita.com



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STC Youth Team 2020


LEADERSHIP AND COACHES



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Leaders and Coaches



- All STC Youth Leadership and Coaches MUST:
 - Have applied to Shocker Track Club
 - Be interviewed
 - Be a USATF member
 - Have passed a USA Track & Field background check
 - Have completed USOC SafeSport Training
 - Review USATF Coaching Ethics Summary

The above applies to parents/guardians that want to assist their own children during official practices.

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Team Leadership



- Darren Muci, Youth Team Director
 - president@shockertrackclub.com
 - 316-993-6824
- Gilda Muci, Youth Team Operations
 - youthoperations@shockertrackclub.com
 - 316-990-6824

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Track & Field Head Coaches



Michael Draut, Head Coach, Horizontal Jumps
youthjumps@shockertrackclub.com
 Alex Muci, Sprints and Dynamic Warmup
youthsprints@shockertrackclub.com 316-734-6824
 Tonya Nero, Distance
youthdistance2@shockertrackclub.com
 Lexie Reece, Throws
youththrows@shockertrackclub.com
 Patric Jackson, High Jump and Dynamic Warm-Up
youthcoach@shockertrackclub.com 316-883-5642
 Tom Allen, Head Coach, Hurdles
youthjumps@shockertrackclub.com 316-644-1923

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Track & Field Head Coaches




• Michael Draut	Horizontal Jumps
• Alex Muci	Sprints
• Tonya Nero	Distance
• Lexie Reece	Throws
• Patric Jackson	High Jump
• Tom Allen	Hurdles
• Denis Fraizer	Pole Vault
• Gilda Muci	Youth Operations

Legend –
 USATF Level 1 Certified
 USATF Level 1 and 2 Certified
 Current High School Coach
 Former NCAA D1 or D2 Athlete
 Current Elite Level Athlete

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Track & Field Asst Coaches



Caitlin Smith	Throws
Chris Buckman	Distance
Steve Miller	Sprints
Jayne Roberts	Multis

Legend –
 USATF Level 1 Certified
 USATF Level 1 and 2 Certified
 Current High School Coach
 Former NCAA D1 or D2 Athlete
 Current Elite Level Athlete

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T&F Collegiate Asst Coaches 

Sadie Boos Throws

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STC Youth Team 2020


PRACTICES AND TRAINING

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Who Is At Practice 

- STC Youth **Team Leadership**
- STC Youth **Team Coaches**
- STC Youth **Athletes**
- STC **Adult Team Members**
- STC **Youth Alumni**



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Track & Field Practice Times

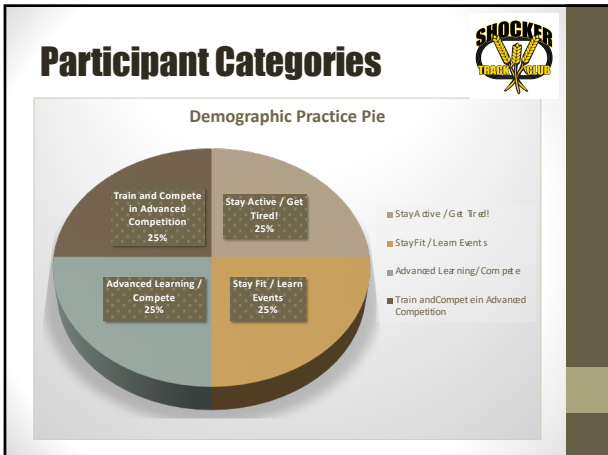
WSU Cessna Stadium



MONTH	DAYS					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July	615p - 745p	615p - 745p	615p - 745p			900a to 1030a
August						900a to 1030a

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Goal Setting



- Developing Plans for -
 - Getting and Staying in Track & Field shape
 - Preparing for Outdoor Track Meets
 - Preparing for Outdoor Season
- Identifying Short- and Long-Term Goals
- Tracking Data
 - Parental Assistance



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Coaching Philosophy



Oversight, Coaching, and Support is performed in a way that:



- provides opportunities for participating youth to have fun,
- provides opportunities for youth to improve as track and field athletes, and
- teaches youth to set goals and develop character through sportsmanship.

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Practice Philosophy



Practices are planned, organized and facilitated to:



- Be safe
- Have fun!
- Promote fitness
- Understand the importance of good nutrition
- Develop skills and knowledge of Track and Field
- Teach goal setting
- Learn about the preferred event(s)
- Challenge athletes to work hard

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Preparing for Practice ...






- **Before practice -**
 - Avoid large meals within two hours
 - Limit Swimming or strenuous activities
 - Hydrate
- **At practice athletes should -**
 - Dress in layers
 - Bring Water and/or Sport Drinks
 - Bring Running Shoes, Spikes and Sandals
 - Consistently Hydrate
- **After practice -**
 - Hydrate
 - Eat Bananas or Pickles
 - Rest

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T&F Practices Look Like ... 

- Warm-up Jog
- Dynamic Warm-up Drills
- **Running – the Foundation for...**
 - Drills
 - Speed Work
 - Endurance Work
 - Time Trials
 - Starting Blocks
 - Fitness Tests
- **Rest**
- **Strength Building Work**
 - Ab and Plyometrics
 - Implement use as appropriate and beneficial
- **Specific Event Work**
 - Event Form Drills
- **Cool Down**
- **Static Stretching**

Hydrate BEFORE, DURING and AFTER practice!

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Kids Benefit at Track & Field....

- **July**
 - Introduction to Dynamic Track Warm Up
 - Advanced Event Training with competitive focus
 - Specific Event Focus
 - Indoor and Advanced Competitive Track Meets

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Equipment at T&F Practices ... 

- Track Implements –
 - Starting Blocks, Hurdles, etc.
- Field Implements –
 - Shot Put
- Strength Building Equipment -
 - Hula-Hoops, Jump-Ropes, Bands, Bullet-Belts, Bungee Belts, Parachutes, etc.
 - Plyo-/Jump Boxes
- Weight Training –
 - Medicine Balls, Weight Plates/Rings

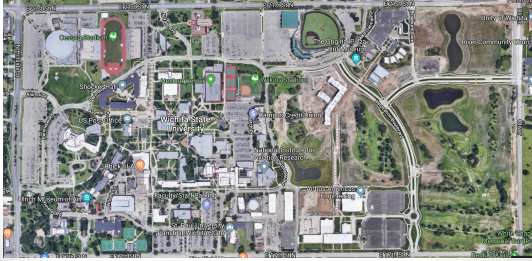
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Running On WSU Campus...



- Seven (7) Circuits
- Accompanied by Coach or Adult
- Coach carries cell phone



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STC Youth Team 2020
TRACK MEETS

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STC Presence at Meets ...



- Participation in Meets is Voluntary!
- STC Coaches attend most Open or USATF Meets
- Not all Coaches can attend every meet
- STC Registers kids for Open (when possible) and USATF sanctioned meets
- Parents are responsible for track meet fees, transportation to meets, lodging for meets.
- STC Leadership and Coaches bring –
 - First Aid Kit
 - STC Tent and/or Banner
 - Implements

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Youth Track & Field Meets 

TENTATIVE – July 2020 Meets – **STC Coaches WILL NOT ATTEND!**

EVENT CANCELLED!

Kansas Sunflower Games
 July 10-11, 2020
 Registration Deadline is July 3, 2020
 Athletes **MUST** self-register for this meet!
 \$35 per athlete for five (5) events
 Competitions will **NOT** be held for Hurdles, High Jump and Pole Vault
<https://www.sunflowergames.com/index.php/sports/track-and-field>

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STC Youth Team 2020

RECRUITING AND COLLEGE

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Recruiting 

- Strong connections to Wichita State University, Friends University, Bethel College, and Kansas State University
- Presentations by Wichita State University on the college recruiting and team membership
- Practice visits by various colleges and universities



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When Communicating ...



- Be Professional!
- Answer questions in writing using “standard language” – no slang, emojis or abbreviated words
- Act like you’re interested even if you don’t think that you’ll attend that school
- Be mindful of posts on social media accounts
- Be considerate and thank the Coach for their time and interest
- If you really don’t have interest in a school, tell the Coach and be respectful in doing so.

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University Connections



Track Meets

- Wichita State University
 - Wichita, Kansas

Coaching Staff

- Wichita State University
 - Wichita, Kansas
- Kansas State University
 - Manhattan Kansas
- High Point University
 - High Point, North Carolina
- Friends University
 - Wichita, Kansas
- Emporia State University
 - Emporia, Kansas

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Letters of Intent 2020-2021



2020 high school graduates and Alum of the STC Youth Program have earned scholarships to compete this fall at:

- Wichita State University (5)
- Kansas State University (1)
- Emporia State University (1)
- Sterling College (1)
- Oklahoma Baptist University (1)
- Bethel College (1)
- Cowley County (1)
- Butler County (1)

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To The Future...



Former athletes in the STC Youth Program have earned scholarships (and currently compete) at:

- Wichita State University (4)
- Kansas State University (2)
- Emporia State University (2)
- Washburn University (2)
- Friends University (4)
- Missouri S & T University (1)
- Fort Hays State University (2)
- Fresno Pacific University (1)
- North Carolina A&T State (1)
- Louisiana-Monroe (1)
- West Point – U.S. Army (2)
- University of Colorado at Colorado Springs (1)

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STC Youth Team 2019 - 2020

COMMUNICATION AND PARTICIPATION

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Communication Methods



- Pre-, Mid-, or Post-Practice discussions
- Regular Newsletters sent via email
- Website - www.shockertrackclub.com
- Facebook Pages
- Twitter - @STCYouthTeam

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Parents/Guardians



Parents are important to the success of the athlete and the Shocker Track Club.

- Please observe the following:
 - Maintain a positive attitude
 - Realize that your athlete is under the supervision/jurisdiction/guidelines of the STC Youth Team management and coaching staff
 - Ask questions of STC Youth management and coaches at an appropriate time and in an appropriate manner
 - Ensure that the athlete is at practice and at meets on time
 - Pay all fees in a timely manner
 - **Remain in the seating area at practice and meets ...**

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Parents at Practices



- **...There are three exceptions -**
 - **Parents of Pole Vault athletes can be on the field near the runways**
 - **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 (\$40), complete and pass the USATF Background Check (\$16), and complete the United States Olympic Committee (USOC) online SafeSport Training.
 - **Parents of Track and Field and Pole Vault athletes may join one of our other Shocker Track Club Teams for Adults...**
 - Open Team - \$80/\$150, Masters Team - \$80/\$150
 - \$10 Discount (Open and Masters) for Parents of STC Youth T&F Members
 - Practice on the track during the Youth Team practices
 - Membership includes a Team Shirt or Jersey
 - Parents may not, however, make anything more than "incidental and friendly" contact with any of the kids other than their own.
- Contact Darren Muci at president@shockertrackclub.com for details.

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Sponsors



- Our sponsors are key to assisting us in facilitating our program. Your patronage of the following companies is appreciated!
 - Evergy/Weststar Energy
 - Boyle Consulting Group, Inc.
 - El Chile Verde Restaurant
 - Muci Family Foundation
 - Spectrum Promotional
 - 94 West Design

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Parent Businesses



- If you have a business and would like us to share contact information with fellow parents please let us know so that we can include the information in our weekly Newsletters!



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Questions



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