



# SHOCKER TRACK CLUB

2024-2025 Youth Team Track & Field INDOOR Season  
Wichita, Kansas

## SUMMARY OVERVIEW – August 24, 2024 - READ CAREFULLY

The Shocker Track Club (STC) Youth Team is excited to again offer INDOOR Track and Field training for the 2024-2025 Fall/Winter season. This document is a summary of the expected Indoor program particulars. Relevant sections of the final Indoor Informational Registration Packet may change as necessary, including practice dates, times and locations. Comprehensive Information and the Registration Form will be available in September and will be posted online at [www.shockertrackclub.com](http://www.shockertrackclub.com). To receive the information directly, email us at [youth@shockertrackclub.com](mailto:youth@shockertrackclub.com) to be placed on the “Interested Parent List”.

### General Overview –

No experience is necessary, but this program is for athletes serious about learning and improving their Track and Field skills. STC provides training in every event in Track and Field; all implements are provided.

### The Indoor Season –

The season begins in October and continues through February. Kids can join at any time during the season. The first October practice will be Tuesday, October 1, 2024, at Wichita State’s Heskett Center at 615p.

### Who Is Eligible and What We Do -

Athletes ages 9 through 18 - *current high school seniors, or kids younger than 9 that have previously trained with STC* - are eligible to participate in the program. The minimum age for Pole Vault is 9<sup>th</sup> grade – limited exceptions may be granted. Structured practices include warm-up activities, specific event training, strength, endurance training, and stretching.

### Program Costs -

ALL Joiners pay the **Joiner Registration Fee of \$140**. Whenever paid, this fee covers all practice and training activities for that month (unless described differently below) AND provides all “Program General Amenities”. Participating in additional months is \$30. One free try-it-out practice is allowed – *and highly recommended for athletes ages 10 and younger*- before registration payment is required. Any athlete joining to participate in Pole Vault pays a one-time additional \$25 fee for pole rental/use during the season. The Joiner Registration Fee Payments are structured as follows –

Joiner Month	Joiner Registration Payment	Payment 2	Payment 3
October	\$200 includes November and December	\$60 includes January & February	n/a
November	\$170 includes and December	\$60 includes January & February	n/a
December	\$140 December ONLY!	\$60 includes January & February	n/a
January	\$170 includes February	n/a	n/a
February	\$140 February ONLY!	n/a	n/a

**Note 1 - Payments can be made via Cash, check payable to Shocker Track Club, or Venmo (ask for details).**  
**Note 2 – All Pole Vaulters also pay a one-time Pole Vault rental fee of \$25.**

### Program General Amenities -

All Youth Athletes paying the “**Registration Joiner Fee**” as defined above receive two Long-sleeved T-Shirts, a Gear bag and free participation in the Shocker Track Club Indoor Youth Track meet in January 2025.

### Foundation Program -

Limited “Foundation Funds” are available to assist financially challenged athletes in affording the program “**Registration Joiner Fee**” by reducing the maximum paid to \$100. An application must be completed, and payment submitted with the application.

### **Practice Locations and Guidelines -**

All Track and Field Practices during the season will generally be held on the Wichita State University campus inside at the Heskett Center Track, outside on the Wichita State University campus, or at Cessna Stadium.

Wichita State University Heskett Center – The Heskett Center Track area IS NOT air conditioned so October practices may be warm. Athletes should bring water, a towel and dress in layers that are appropriate for the weather and time of day, bring/wear - running shoes, spiked track shoes (if owned), and sandals to every practice.

Wichita State University Cessna Stadium – Athletes MUST bring PLENTY of water as no water fountains are available, and restroom access is limited. Athletes should also bring a towel and dress in layers that are appropriate for the weather and time of day, bring/wear - running shoes, spiked track shoes (if owned), and sandals to every practice.

### **Apparel Components –**

Additional apparel is available for purchase, including STC Competition Jerseys and Sweatshirts, and new/used spike shoes.

### **Track and Field Practice and Training Program Schedule (Tentative) –**

Approximately sixty-six (66) practices are scheduled, and in general are held from 615p to 800p. Changes, however, may be necessary and outside of our control. Training for all events will not be held at every practice. Expected practices will be held on the following dates –

- October (14 practices) – Monday through Wednesday
- November (12 practices) – Monday through Thursday
- December (10-15 practices) – Monday through available Fridays
- January (15-20 practices) – Monday through available Fridays
- February (15-20 practices) – Monday through available Fridays

### **Track Practice Activities –**

All practices begin with a self-warm-up, followed by 20+ minutes of various “Dynamic Warm-up” activities. All athletes are expected to participate in these opening activities. Specific event training work follows. Athletes may participate in any of the specific event training activities that typically also include endurance training, body-weight strength work, cool-down, and Ab-work. All practices typically end with group stretching. Yoga, Studio Strength, and Swimming Pool activities are occasionally scheduled. Coaches will make recommendations on what activities are appropriate for the athletes.

### **Track Meets –**

Participation in track meets is optional, voluntary and at the expense of the athlete/parent unless noted otherwise. Some travel is required. Typically, 4-6 meets are available with some having a specific age range for participation. In addition to our **STC Indoor meet tentatively scheduled for January 24-25, 2025**, and February 15, 2025, other meets expected include – Pittsburg State University (January 11), the University of Kansas (January 26) and Washburn University (December 14-January 18-February-22). Select STC Coaches and Leaders will attend identified meets and take implements and appropriate supplies and equipment. A final list of expected track meets will be provided when available.

### **USA Track & Field Affiliation -**

Shocker Track Club is a member club of USA Track & Field and its Missouri Valley Association. Parents are **strongly encouraged** to purchase a 2025 USATF membership (**\$30 - AFTER November 1, 2024**) for their child at [www.usatf.org](http://www.usatf.org) assign themselves to our club No. 28-4080 and upload a copy of their child’s birth certificate. Membership provides access to an abundance of information and secondary insurance coverage when participating in STC practices and any track meets.

### **Parent/Adult Presence and/or Participation in Practices –**

Due to a significant lack of space, we ask Parents/Guardians to remain in the bleachers or appropriate seating areas during practices unless assistance is needed and requested. Parents of athletes ages 10 and Under must remain at practice with their child. Parents of paid STC Youth Team athletes may join either the Shocker Track Club Open (for adults ages 19 through 29) or Masters (adults over the age of 30) teams and practice on the track at the same time with the STC Youth Team! The membership fee is \$75 for parents of registered children.

### **Collegiate Recruiting –**

Parents of High School students can meet with our experienced Leaders and Coaches to learn about the collegiate recruiting process from the educational and athletics perspectives. Contact us for details; we can help!

### **Parent Information/Keeping Informed -**

Newsletters are issued weekly via email on Sundays to keep parents and athletes informed of program activities. Parents/Guardians can learn more about the STC Youth program by participating in Zoom Video Conference Meetings on Sunday evenings at 700p beginning on September 22, 2024. After registering, you will receive a confirmation email providing information about joining the meeting. **Register in advance for this meeting by clicking >> [Sunday Night STC Informational Zoom Mtg](#)**

### **Our Leaders and Coaches -**

All STC Leaders and Coaches are USATF Members, have passed a USATF/NCSI background check, and and have completed the United States Olympic Committee (USOC) SafeSport Training. Some also coach at the collegiate or high school level, some are USATF Level 1 and 2 Certified Coaches, some are USATF Certified Officials, and some still compete. Our expected Coaches and their areas are –

- Sprints – Alex Muci // Flex Miller
- Littles Sprints (Ages 7 to 10) – Darla Hedstrom // Ma’Liyah Anderson
- Horizontal Jumps - Michael Draut // Cedric Shell
- Distance – Doc Rogers // Shelby Evans // Ashley Clothier Stevenson // Gabriel Vannucchi // Lauren McNeil
- Throws – Marvin Estes // Creighton Sanders // Abby Belt
- Hurdles – Robert Reynolds // Jaleel Montgomery
- High Jump – Michael Draut
- Pole Vault – Ryan Barkdull // Andrew Brown // Lillie Diaz // Richelle Barkdull
- Youth Operations – Gilda Muci // Ric Rocker // Serle McNeil

### **About Shocker Track Club –**

**The Shocker Track Club (STC) is a 501(C)(3) Non-Profit Organization** governed by a volunteer Board of Directors. Shocker Track Club, Inc., is a partner with, but NOT formally affiliated with Wichita State University Track & Field/Cross-Country and thus rents access to Heskett Center and Cessna Stadium for practices, meets, and activities. The Registration Joiner Fees help cover the costs of facility rental, apparel, equipment and supplies, and coaching expenses.

**STC is the only club in the State** that is a USATF Member Club, can provide coaching and training in every event, and is informally affiliated with a NCAA Division I university (Wichita State University) and a NAIA university (Friends University). Separate indoor and outdoor seasons provide opportunities for nearly year-round training.

**STC additionally supports athletics teams for Open** (adult athletes between the ages of 19 and 29), and **Masters** (adult athletes over the age of 30). Some of these athletes may consistently train during Youth Team practices.

**STC has strategic partnerships** with a Nutritionist ( [Flexible Nutrition LLC](#) ), a Personal Trainer ( [Fundamental Fitness](#) ) and a Travel Agency ( [3B Vacations & Tours](#) ). We encourage our members to contact our partners when needs arise!

**Still Have Questions** – Contact us at [youth@shockertrackclub.com](mailto:youth@shockertrackclub.com) or (316) 993-6824