



## SHOCKER TRACK CLUB

### 2025 Youth Track & Field Spring (April and May) OUTDOOR Season

#### DRAFT SUMMARY OVERVIEW – March 16, 2025

*This document is a basic summary of the expected Outdoor program particulars for April and May. A final comprehensive document will be published later this month. Relevant sections of this document and the final Outdoor Informational Registration Packet may change as necessary, including practice dates, times, locations, and activities. Contact us to verify various aspects of the program.*

Questions – Contact Darren Muci at (316) 993-6824 or [youth@shockertrackclub.com](mailto:youth@shockertrackclub.com)

#### General Overview –

The Shocker Track Club (STC) Youth Team is excited to again offer OUTDOOR Track and Field training for the 2025 Spring/Summer Season. Kids can join at any time during the Spring/Summer Season. This Summary provides general information; the complete Informational Packet and online Registration Form will be posted when available at [www.shockertrackclub.com](http://www.shockertrackclub.com). The first practice will be Wednesday, April 2, 2025, at 630p until 800p. This practice will serve as both a registration and free introductory practice. Practices begin on Monday, April 7, 2024, from 615p until 745p outside at Wichita State University's Cessna Stadium. All April and May Practices will be held on the Wichita State University campus at the Cessna Stadium or inside the Heskett Center in April and May. All practices begin with an organized, group warm-up activity designed to both stretch and teach appropriate and applicable body movement positions necessary for every event in Track and Field.

#### What We Do –

In April and May STC will provide training in Sprints, Distance, Throws, and Long Jump. Other events may be added if Coaches become available. Athletes **ages 7 through 6<sup>th</sup> grade** are eligible to participate.

#### Other Event Training and Program Aspects –

Information will be provided later in the spring regarding the possibility of training for High Jump and Hurdles.

#### Program Costs -

One free try-it-out practice is allowed before registration payment is required. **ALL participants registering for the first time in any month pay the "Registration Joiner Fee" of \$150.** This fee covers April practice activities AND provides all program "General Amenities"; see below for details. Participation in additional months has a separate minimum fee of \$30 that must be paid at the first practice attended that month.

#### Foundation Program -

Limited "Foundation Funds" are available – *via an application process* - to assist financially challenged athletes in affording the program "Registration Joiner Fee" by reducing the maximum paid to \$100. STC reserves the right to limit the number of athletes accessing "Foundation Funds". Athletes in need of additional assistance can apply for grants through the [Genesis Foundation for Fitness and Tennis](#).

#### General Amenities of the Program -

The "Registration Joiner Fee" includes participation in all practices from the first day joined through the end of each practice in that month. **All Athletes paying the "Registration Joiner Fee" receive the following - STC Team Sponsor T-Shirt, STC Fun T-Shirt, and STC Gear Bag.**

#### Track and Field Practice and Training Program Schedule -

All weekday practices in April and May are held from 615p to 745p. Expected practice dates are as follows -  
April (13 practices – 7, 8, 9, 14, 15, 16, 21, 22, 23, 28, 29, 30) – Monday, Tuesday, and Wednesday  
May (11 practices – 5, 6, 7, 12, 13, 14, 19, 20, 21, 27, 28) – Monday, Tuesday, and Wednesday

### **Practice Locations -**

Practices will be held on the Wichita State University campus at Cessna Stadium and the Heskett Center (back-up location). Facility safety guidelines are non-negotiable and are regularly reviewed and adjusted as necessary and appropriate.

Athletes should bring the following to every practice – large water bottle with water, a towel, running shoes, spiked track shoes (if owned), and sandals - and dressed in layers that are appropriate for the weather and time of day,

Cessna Stadium – Athletes MUST bring PLENTY of water as there are no water fountains. Restroom access is also limited.

Heskett Center – The Heskett Center IS NOT air conditioned. Restrooms are available.

### **Track Meets –**

Participation in track meets is optional, voluntary and at the expense of the athlete/parent unless noted otherwise. STC Leadership will generally register all athletes in meets for the cost of the meet and any administrative fees required by Meet Management. Track meet costs are different for each meet, and range from as little \$5 per event, to a flat fee for multiple events of up to \$40. STC Youth Team members must purchase and wear a Yellow STC Team Jersey (\$10) and black shorts (design of your choice) to compete in meets. Select STC Coaches will attend the listed meets and take appropriate support equipment. Expected track meets are -

- April The Wichita Independent School (19th)

- May Hesston (10th) and Garden Plain (27th).

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

The 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 (\$35) for their child at [www.usatf.org](http://www.usatf.org) and must do so if they plan to have their children compete in USATF qualifying meets in June and July. In those circumstances, a copy of a birth certificate must be uploaded to USATF when purchasing a membership. Parents must also “assign” their child to Club No. 28-4080 when purchasing the USATF membership.

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

We ask Parents/Guardians to remain in the bleachers during practices unless assistance is needed and requested. However, Parents of registered STC Youth Team athletes may join either the Shocker Track Club Open (adults ages 19 through 29) or Masters (adults ages 30 and older) Teams and practice on the track at the same time with the Youth Team! A \$10 discount off the STC Open or STC Masters Outdoor season membership fee (\$80) is offered to parents of registered children.

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

All STC Leadership Members and Coaches are USATF Members, have passed a USATF/NCSI background check, and have completed the United States Olympic Committee (USOC) SafeSport Training. Our Expected April/May Leaders and Coaches are: Team Director (Darren Muci); Team Operations Director (Gilda Muci–USATF Level 1 Certified), Team Dad (Ric Rocker), Alex Muci and Flex Miller and Jaleel Montgomery and Ma’Liyah Anderson (Sprints), Ashley Clothier Stevenson and Shelby Evans (USATF Level 1 Certified) (Distance), Chris Mick (Throws) and Darren Muci (USATF Level 1 Certified) (Long Jump).

### **Parent Information -**

Parents of paid Youth Team members receive weekly Newsletters with current information. Parents/Guardians can learn about the STC Youth program by participating in Zoom Meetings on Sunday evenings at 700p beginning March 23, 2025, through April 13, 2025. Register in advance for this meeting by clicking > [STC Youth Parent Info Mtg](#)