



SHOCKER TRACK CLUB

2025 - 2026

Youth INDOOR Season Track & Field

PARENT/ATHLETE INFORMATION GUIDE

Document Date – September 14, 2025

(Sections Will Be Updated As Necessary)

USA Track and Field Member Club



~ IMPORTANT INFORMATION ~

This document is a comprehensive overview of the INdoor program particulars. Relevant sections of this document may change as necessary, including practice dates, times, locations, and activities. Please contact us to verify various aspects of the program. Parents of paid Youth Team members receive weekly Newsletters with current information.

All Athletes participating in the program MUST acquire a 2026 USATF membership which can be acquired at www.usatf.org beginning November 1, 2025.

Because we rent access to the WSU Heskett Center and University Stadium tracks from Wichita State University and the Athletic Department, we will follow their guidelines for access and use. Some of their guidelines are controlling, but they have implemented for our safety. Program and safety guidelines are non-negotiable.

Page 2 – About the Shocker Track Club and its Youth Program

Page 3 – Team Membership and Registration/Costs Overview and Practice Dates

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ABOUT THE **SHOCKER TRACK CLUB**

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

WHO WE ARE

The Shocker Track Club (STC) is a 501(C)(3) Non-Profit Organization and governed by its Board of Directors. Its primary function is to provide Officials/Volunteers for Wichita State University Track and Field meets, support its own Youth and Adult Track and Field teams, and facilitate its own track meets. Shocker Track Club, Inc., is NOT, however, formally affiliated with Wichita State University Track & Field/Cross-Country and rents access to University Stadium and the Heskett Center for practices and meets. STC supports athletics teams for Youth (athletes between the ages of 9 and 18, and high school seniors, Open (for athletes between the ages of 19 and 29), Masters (for athletes over the age of 30), and Elite (for athletes that are high achieving and typically post-collegiate). STC is the only club in the State that is a USATF Member Club, can provide coaching and training in every event, is informally affiliated with a NCAA Division I university (Wichita State University) and a NAIA university (Friends University), and has Coaches with diverse and advanced coaching experience. Separate indoor and outdoor seasons provide opportunities for nearly year-round training.

YOUTH TRACK & FIELD TEAM and MISSION

The Shocker Track Club Youth Team is managed by a Director that operates under the auspices of the STC Board of Directors. Team Operations Director and the Coaches report to the Director. The Mission of the STC Youth Team is to provide opportunities for youth to compete in Track & Field activities from an introductory level to high-level competition (if desired), under the framework of USATF guidelines.

NOTE TO PARENTS/GUARDIANS/FAMILY MEMBERS

The Director and Youth Operations Director oversee the Youth program. Coaches oversee practice activities and 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. An athlete or parent that fails to comply with the coaches' expectation will be counseled. Any repetition of negative behavior may result in being expelled from practice and/or from the team.

EXPECTATIONS OF ATHLETES

As part of the Shocker Track Club, athletes are representatives of the Club. Your actions can affect the way other individuals view the Club. As such it is expected that you portray yourself in a way that is not detrimental to the Club. You are expected to conduct yourself in a manner that represents the Shocker Track Club in a positive manner. The Shocker Track Club reserves the right to terminate the participation of an athlete should it find and determine that their participation would negatively impact the Club. Athletes joining the club will affirm their understanding of the expectations when completing the Membership Registration Form.

PROFESSIONAL CLUB AFFILIATION - USATF

Shocker Track Club is a USA Track and Field Member Club and a member of the Missouri Valley Association. Membership provides access to an abundance of Track & Field information and secondary insurance coverage when participating in STC practices and any track meets. **USATF Membership is REQUIRED for Youth athletes participating in the program, and can be purchased for \$35 AFTER November 1, 2025, at www.usatf.org** . Parents purchasing USATF membership must assign their child/children to Club No. 28-4080 AND upload a copy of their child's birth certificate.

PARTICIPATION ELIGIBILITY

This youth program is for athletes between the ages of 9 and 18 and current high school seniors. Athletes that are nine (9) that have not previously trained with STC must participate in a free try-it-out practice and be approved for joining the club. If an athlete is participating in Cross Country in a KSHSAA member high school or middle school, the athlete may not participate with Shocker Track Club IN MEETS DURING the XC season. If your child's school is not a KSHSAA member, the athlete can participate with STC.

POLE VAULT

Pole Vault training is limited to athletes in 9th grade and above. Limited exceptions will be granted and require a try-out to be assessed by our Pole Vault Coaches. Athletes must be able to showcase an ability to complete basic drills and pole control before being approved to attend regular practices. A one-time pole vault pole rental fee of \$25 will be assessed to all athletes joining for the purpose of training at any time during the season.

OUR STRATEGIC PARTNERS

Shocker Track Club actively cultivates strategic partnerships with the following organizations and businesses - [Wichita State University Track and Field](#), [Friends University Track and Field](#), a Nutritionist ([Flexible Nutrition LLC](#)), a Personal Trainer ([Fundamental Fitness](#)), a Travel Agency ([3B Vacations & Tours](#)), a Footwear Provider ([Big River Footwear Company](#)), a Running Club ([run 316](#) on Instagram), a running club for girls ([Girls on the Run](#)), and an Event Timing Company ([Goddard Timing](#)). Contact information for our Strategic Partners will be included in Weekly Parent Newsletters. We encourage our members to contact our partners when needs arise!

MEDICAL PROFESSIONALS at STC PRACTICES and HOME MEETS

Occasionally accidents or injuries occur during our practices or home meets. In such situations we will notify WSU Heskett Center staff, notify 9-1-1 as appropriate, and log them with USATF. Contact us if you are a parent that is a certified or licensed medical professional and would be interested in being contacted as an “initial first responder” in certain situations at practices or meets

INFORMATION and INFORMATIONAL MEETINGS

Newsletters are issued weekly via email to keep parents and athletes informed of program activities; parents are asked to provide an email address that they will regularly access. Parents/Guardians can learn more about the STC Youth program by participating in Zoom Meetings on Sunday evenings at 700p beginning on September 21, 2025. Register in advance for this meeting (after registering, you will receive a confirmation email) by clicking >> [STC Youth Info Zoom Mtg](#)

TRACK & FIELD PRACTICE OVERVIEW

Practice Location – Wichita State University Heskett Center rack (Alternate Location – Wichita State’s University Stadium and Campus)

Events – All INDOOR events (for ages 9 through 18) in Track and Field. All practice implements are provided.

Note 1 – There is NO air conditioning inside the Heskett Center on the 2nd floor track.

Note 2 - Members of Shocker Track Club Open and Masters Teams (adults) may also practice at the same time as the Youth team.

TEAM MEMBERSHIP AND PROGRAM COSTS - JOINER REGISTRATION FEES and FEE PAYMENT DUE DATES

- (a) One free try-it-out practice is allowed – and recommended for younger athletes - before registration payment is required.
- (b) The Joiner Registration Fee is the amount to be paid on the day joined during any identified month, is one-time and covers all expenses to participate in practices through the final day of practice THAT MONTH AND OTHERS AS NOTED and receive the “Program General Amenities” listed below. Some months are combined with others as noted in the chart below.
- (c) FEES are to be paid ALL AT ONCE in CASH, CHECK or VENMO - NO REFUNDS AFTER 2ND PRACTICE if apparel has been provided.
- (d) The maximum amount that would be paid during the entire indoor season (from October through February) would be \$260.
- (e) The Joiner Registration Fee and Monthly Payments do not include any Track Meet Entry Fees unless specified otherwise.
- (f) Additional Fees apply for Pole Vault. See below for details.

Joiner Month	Joiner Registration Fee Payment	Payment 2 If participating	Payment 3 If participating
September	\$50 – Fitness Program Only – No Event Training	\$150 Joiner Fee	\$60 includes January and February
September	\$240 – Event Training (Throws only) Includes October, November and December	\$60 includes January and February	
October	\$210 includes November and December	\$60 includes January and February	n/a
November	\$180 includes December	\$60 includes January and February	n/a
December	\$150 December ONLY!	\$60 includes January and February	n/a
January	\$180 includes February	n/a	n/a
February	\$150 February ONLY!	n/a	n/a

Note 1 - Payments can be made via Cash, check payable to Shocker Track Club, or via Venmo (See STC Leadership 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” receive two Long-sleeved STC T-Shirts, a STC Gear bag, other STC accessories, occasional snacks and free participation in any Shocker Track Club Indoor Youth Track HOME meets in January 2026 and February 2026.

FINANCIAL SUPPORT PROGRAM

Limited "Foundation Funds" are available to assist financially challenged athletes in affording the Program Registration Fees and Track Meet Participation. An application must be completed. See the Team Director or Youth Operations Director for details. Athletes in need of additional assistance are encouraged to apply for grants through the [Genesis Foundation for Fitness and Tennis](http://www.genesisfoundationwichita.com). Details are available at <http://www.genesisfoundationwichita.com>

PRACTICE INFORMATION - TRACK & FIELD PRACTICES

Approximately sixty-six (66) practices are scheduled, and in general are held from 630p to 830p. Changes, however, may be necessary and outside of our control, and will be communicated weekly if necessary. Training for all events will not be held at every practice. Expected practices will be held on the following dates –

- October (13 practices) – Monday through Wednesday
- November (12 practices) – Monday through available Thursdays
- December (9-12 practices) – Monday through available Fridays as appropriate
- January (15-20 practices) – Monday through available Fridays
- February (15-20 practices) – Monday through available Fridays

GENERAL PARTICIPATION CONDITIONS for ATHLETES and PRACTICE CONCEPTS and GOVERNANCE -

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. Shocker Track Club is about development of character, respect, leadership, friendship, and teamwork. We will always teach and expect positive behavior. Mistreating or making fun of teammates will not be tolerated. Athletes are expected to be attentive and not disruptive, and always support teammates. Any disruptive behavior will result in being dismissed from practice. Continued disruptive behavior may warrant dismissal from the team without a refund. 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.

WHAT ATHLETES MUST BRING TO PRACTICE

Athletes should always **bring PLENTY of water**, a towel, and up to three pairs of shoes (i.e., flip-flops/sandals, running shoes, and track spikes (if owned)) to practice. Our Coaches will always let athletes know when to put on spikes! If you are shopping for spikes, you may be able to find them at a local sporting goods store, or online at various sites – Amazon or Nike.com. We also have a limited supply of new and used spikes available for a **maximum** amount of \$20. See our team leadership for details.

GENERAL SAFETY and KID MANAGEMENT -

We prefer that parents/guardians of children ages of ten (10) and under attend all practices or remain readily accessible if needed by STC Youth Team Leadership. If parents cannot be present for the entirety of a practice, arrangements **MUST** be made with STC Youth Team Leadership prior to parents/guardians dropping off their child or leaving a practice.

Occasionally, some athletes may become injured during practices. Heskett Center staff, and many of our Coaches are CPR certified and will take appropriate action. We will, however, notify parents/guardians of any injuries, contact WSU-ICAA or Heskett Center staff, contact 9-1-1 if appropriate, and document and report them to USATF.

The following processes have been implemented for all Shocker Track Club practices –

- (a) Sign-In Roster for ALL athletes participating in a practice, (b) First Aid Bag, (c) Guidelines for Running Circuits on the WSU Campus, (d) Emergency Procedures, and (e) Regular contact with Wichita State University Campus Police.

PARENTS/GUARDIANS AT PRACTICE

In general, we ask Parents/Guardians to remain in the Stadium bleachers during practices. 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 at a reduced rate and practice on the track at the same time with the STC Youth Team! The STC Open or STC Masters regular season reduced membership fee is \$70 to parents of children registered for the STC Youth program for the fall/winter indoor season. Contact Darren Muci at president@shockertrackclub.com for details.

WEATHER CHALLENGES

We really dislike canceling practice due to the weather but will decide no later than 45 minutes before the start of a practice. When possible, we will move practice to another location deemed to be safe. Monitor your preferred email address for the up-to-the moment information from us when it appears that weather may affect a scheduled practice.

KEEPING YOU INFORMED

Brief parent meetings may be held before or after each practice. **A team newsletter will be issued weekly (Sunday) via email.** Specific-topic emails are periodically issued. Parents must 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), a Twitter account [@STCYouthTeam](https://twitter.com/STCYouthTeam), and an Instagram page – [shocker_track_club](https://www.instagram.com/shocker_track_club) . If you have questions about an aspect of the program, you are strongly encouraged to contact the Youth Team Director or Operations Director.

ABOUT OUR LEADERS and COACHES -

Our Coaches come from various backgrounds and all have unique experiences. All STC Leadership Members and Coaches have completed a Shocker Track Club Leadership/Coach Application, are interviewed, are USATF Members, have passed a USATF/NCSI background check, and have completed the United States Olympic Committee (USOC) SafeSport Training. Some are Athletes, Teachers, Para-Professionals, School Administrators, USATF Level 1 and 2 Certified Coaches, and some are USATF Certified Track and Field Officials.

TEAM LEADERSHIP -

Youth Team Director – Darren Muci (youth@shockertrackclub.com) (316) 993-6824

USATF Level 1 Certified Coach and former Certified Master Level Official

Youth Team Operations – Gilda Muci (youthoperations@shockertrackclub.com) (316) 990-6824

USATF Level 1 Certified Coach and Certified Official

Youth Team Dad – Ric Rocker – (stcteamdad@shockertrackclub.com) (714) 457-0464

Youth Team Mom and Collegiate Recruitment Specialist– Serle McNeil (Teacher) – (stcteammom@shockertrackclub.com) (316) 214-5462

TEAM COACHES -

Not all Coaches can attend each practice for various reasons. Our expected Head, Co-Head, Associate, and Assistant Coaches and their areas during the Indoor season and their areas are –

Coaches and their areas are –

- Sprints – Alex Muci // Flex Miller // K’Ron Sherald / Darla Hedstrom // Ma’Liyah Anderson // Cierra Watson
- Horizontal Jumps - Cedric Shell // Walter Givens
- Distance – Shelby Evans // Ashley Clothier Stevenson // Isaias Solorino
- Throws – Marvin Estes // Creighton Sanders // Sophia Frisch // Chris Mick
- Hurdles – Jaleel Montgomery // Gabriela Millan
- High Jump – Michael Draut // Gabriela Millan
- Pole Vault – Lillie Diaz // Andrew Brown // Naomi Hightower
- Youth Operations – Gilda Muci // Ric Rocker // Serle McNeil

COLLEGIATE RECRUITING PROGRAM -

We have developed a comprehensive overview of the collegiate recruiting process for Parents and Athletes of high school students. Contact us to schedule time to discuss how we can assist you and your child with understanding the process and taking the required and appropriate steps for preparation for competing in Track and Field in college. Contact us for details; we can help!



2025 – 2026 Shocker Track Club Youth INdoor Team TRACK MEETS - GENERAL INFORMATION

GENERAL INFORMATION -

Participation in track meets is voluntary and at the expense of the athlete/parent unless noted otherwise. Your child can participate in any, none, or all, of the meets.

USA TRACK & FIELD AFFILIATION -

As noted on Page 2, the Shocker Track Club (No. 28-4080) is a member club of USA Track & Field and its Missouri Valley Association. Beginning on November 1, 2025, parents MUST purchase a 2026 USATF membership (\$35) for their child at www.usatf.org . and assign your child to Club 28-4080.

TRANSPORTATION TO TRACK MEETS –

Parents are fully responsible for transporting their child/children to track meets and any necessary overnight lodging unless other arrangements are made. Hotel Room Blocks may be arranged if appropriate. Should a parent desire/request that their child receive transportation to a track meet from STC Leadership/Coaches and such arrangements are approved by STC Leadership, the parent MUST purchase a USATF membership for their child in advance of the track meet.

PARENT RESPONSIBILITIES -

Sometimes Parents may be asked to consider helping at an event, or providing snacks for the team, at track meets. This will always be appreciated! Track Meet Officials must always be treated with complete respect and appreciation. If there is an issue with the Officials or the officiating contact one of the Shocker Track Club coaches so that we can handle the issue or concern.

TRACK MEET COSTS and REGISTRATION -

The cost of each track meet typically ranges from \$10.00 to \$60.00. All meets (unless noted) require online registration. Online registration requires an additional fee that STC pays. To account for that fee STC will typically add \$1 per event, or \$2 to the overall meet all-inclusive registration fee, when registering your child(ren) for the meet. That full amount must be reimbursed to STC before the day of the meet.

STC Youth Team Leadership WILL formally AND officially register your child(ren) for the meets listed UNLESS we are unable to do so. In such situations that will be clearly communicated to parents via email in advance of the track meet.

TEAM CAMPS AT TRACK MEETS -

We will typically establish a clearly identifiable team camp area at track meets that will be our base-of-operations. Upon arrival at the track meet, Parents and kids are expected to check-in there so that we can effectively communicate during the meet.

TRACK MEETS and TENTATIVE LIST of TRACK MEETS and ROAD RACES -

All Track Meets listed are tentative unless specified otherwise; this list will be regularly updated as we learn more. 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 Coach availability.

- | | | |
|------------------------|------------------------------|---|
| - October 18, 2025, | Ages – ALL Youth/Adults Ages | Wichita State University Pumpkin Run; Wichita, Kansas |
| - October 26, 2025, | Ages – All Youth/Adults Ages | The Wichita Mile www.runsignup.com Wichita, Kansas |
| - November 22, 2025, | Ages – ALL Youth/Adult Ages | Girls on the Run 5K; Wichita, Kansas |
| - December 13, 2025, | Ages – ALL Youth/Adults Ages | Washburn University BYB1; Topeka, Kansas |
| - January 10, 2026, | Ages - HIGH SCHOOL ONLY | Pittsburg State University; Pittsburg, Kansas |
| - January 17, 2026, | Ages – ALL Youth/Adult Ages | Washburn University BYB2; Topeka, Kansas |
| - January 23-24, 2026, | # Ages – ALL YOUTH AGES | Shocker Track Club January Chiller; WSU Heskett Center; Wichita, KS |
| - January 25, 2026, | Ages – HIGH SCHOOL ONLY | University of Kansas; Lawrence, Kansas |
| - February 7, 2026, | # Ages – ALL YOUTH AGES | Shocker Track Club February Freeze; WSU Heskett Center; Wichita, KS |
| - February 21, 2026, | Ages – ALL Youth/Adult Ages | Washburn University BYB3; Topeka, Kansas |

Free to STC Youth Team Members – details to be provided later

END OF DOCUMENT