



SHOCKER TRACK CLUB

2026 - 2027

Youth INDOOR Season Track & Field

PARENT/ATHLETE INFORMATION GUIDE

Document Date – September 13, 2026

(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 that plan to compete in Track Meets **MUST** acquire a 2027 USATF membership which can be acquired at www.usatf.org beginning November 1, 2026. **See Pages 2 and 6 for Details.***

Because we rent access to the WSU Heskett Center and Crossland 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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Shocker Track Club, Inc.
1845 Fairmount / Campus Box 18
Wichita, Kansas 67260-0018
(316) 993-6824

youth@shockertrackclub.com or president@shockertrackclub.com



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 a 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 Crossland 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 Kansas 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 STRUCTURE and MISSION

The Shocker Track Club Youth Team is managed by a Director who leads under the auspices of the STC Board of Directors. The Team Operations/Admin and the Coaches report to the Director. The Mission of the STC Youth Team is to provide opportunities for youth to train and compete in Track & Field activities from an introductory to high-level 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.

PARTICIPATION ELIGIBILITY

This INDOOR youth program is for athletes between the ages of 9 and 18 and current high school seniors. Athletes under the age of nine (9) must have previously participated in another STC program. Athletes that are nine (9) that have not previously trained with STC must participate in a free try-it-out practice and be approved before 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.

EXPECTATIONS OF ATHLETES

Member athletes are representatives of the Club. Their actions can affect the way other individuals view the Club. As such it is expected that athletes portray themselves in a way that is not detrimental to the Club. Athletes are expected to conduct themselves 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 Track meets, and STRONGLY recommended for all athletes participating in the program, and can be purchased for \$35 AFTER November 1, 2026, 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.

POLE VAULT

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

THROWS (Shot Put, Discus, Javelin)

Throws training is available for athletes of all ages. STC owns an array of throws implements for practice and competition purposes, in addition to other equipment (e.g., Medballs, Slamballs, Sling balls, etc.) used for practice purposes. **A one-time equipment use rental fee of \$25** will be assessed to all athletes joining for the primary purpose of Throws 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 6, 2026. Register in advance for this meeting (after registering, you will receive a confirmation email) by clicking >> [STC Youth Team Info Zoom Mtg](#)

TRACK & FIELD PRACTICE OVERVIEW

Practice Location – Wichita State University Heskett Center Track (Alternate Locations – Wichita State Campus & Crossland Stadium 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.

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. 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. 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, not disruptive, and always support teammates. Any disruptive behavior may result in being dismissed from an activity or a practice. Continued disruptive behavior may warrant dismissal from the team without a refund.

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 of \$165 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. Participating in additional months is \$30 each.
- (c) FEES are to be paid ALL AT ONCE in CASH, CHECK or VENMO - NO REFUNDS AFTER 1st PRACTICE if apparel has been provided.
- (d) The maximum REGISTRATION amount that would be paid during the entire indoor season (from October through February) would be \$285.
- (e) The Joiner Registration Fee and Monthly Payments do not include any Track Meet Entry Fees unless specified otherwise.

(f) Additional Fees apply for Athletes primarily training for Pole Vault and Throws. See herein and below for details.

Joiner Month	Payment 1 Joiner Registration Fee Payment	Payment 2 If participating	Payment 3 If participating
October	\$225 includes November and December	\$60 includes January and February	n/a
November	\$195 includes December	\$60 includes January and February	n/a
December	\$165 December ONLY!	\$60 includes January and February	n/a
January	\$195 includes February	n/a	n/a
February	\$165 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.

Note 3 – All Throwers also pay a one-time Implement use/rental fee of \$25

PROGRAM GENERAL AMENITIES

All Youth Athletes paying the “**Registration Joiner Fee**” receive two STC T-Shirts, a STC Gear bag, other STC logo items, occasional post-practice snacks, and free participation in any Shocker Track Club Indoor Youth Track HOME meets in January and/or February.

MAKING PAYMENTS TO SHOCKER TRACK CLUB

Shocker Track Club accepts Cash, Checks made payable to “Shocker Track Club” or Shocker Track Club, Inc.”, or via a private Venmo to **@Shocker-Track-Club** (Shocker Track Club, Inc.) in the following manner - "Tap **"Pay or Request"** and enter the payment details. Before hitting "Pay," look for the privacy icon (it will display "Public," "Friends," or "Private") right below the amount. Tap it and select **"Private"**, so it is only visible to you and Shocker Track Club. STC will never request a payment to be made via Venmo without first contacting or visiting with you personally, and we will not use Venmo as a communication method to request a payment.

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. Details are available at <http://www.genesisfoundationwichita.com>

PRACTICE INFORMATION - TRACK & FIELD PRACTICES

Approximately sixty-four (64) practices are scheduled, and in general are held from 500p to 630p, and 630p to 815p. 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) – Tuesday through Thursday
- 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

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/shoes available for no cost. 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 also notify parents/guardians of any serious injuries, contact WSU Heskett Center or WSU-ICAA staff, contact 9-1-1 if appropriate, and document and report the accident 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 may 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 make 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**, and an Instagram page – **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 have unique experiences. All STC Leadership Members and Coaches have completed a STC Coach Application and 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 -

The following individuals manage practices and can be contact with questions about the program, or during practices –

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

USATF Level 1 Certified Coach and 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 Granddaddy – Ric Rocker – (stcteamdad@shockertrackclub.com)

Youth Team Dad (Paul Wagoner) and **Mom** (Patty Malen)

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 // Steve Crosley // Darla Hedstrom // Ma’Liyah Anderson // Cierra Watson // Sydney Rich
- Horizontal Jumps - Cedric Shell // Aneesa Sheppard
- Distance – Shelby Evans // Ashley Clothier Stevenson // Isaias Solorino // Tynan Hallacy
- Throws – Marvin Estes // Kenny Hatley // Alexandra Durant Fisher // Chris Mick
- Hurdles – Jaleel Montgomery // Spencer Rich // Gabriela Millan
- High Jump – Michael Draut // Brady Palen // Gabriela Millan
- Pole Vault – Naomi Hightower
- Media – Teresa Vu

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!



2026 – 2027 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. If a parent decides that their child/ren will compete in any indoor meets that will be attended by STC that they will complete the pre-registration process for STC to enter their child(ren) into the meet as a member of STC.

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. If your child will participate in Track meets, beginning on November 1, 2026, parents MUST purchase a 2027 USATF membership (\$35) for their child at www.usatf.org . and assign your child to Club 28-4080.

TRANSPORATION 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 may add \$1-\$5 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 17, 2026,	Ages – ALL Youth/Adults Ages	Wichita State University Pumpkin Run; Wichita, Kansas
- October 25, 2026,	Ages – Grades K-6	Emporia Youth CC Invite; Emporia, Kansas
- November 22, 2026	Ages – ALL Youth/Adult Ages	Girls on the Run 5K; Wichita, Kansas
- December 2-3, 2026	Ages – HIGH SCHOOL ONLY	WSU Shocker Multi Event; Wichita, Kansas SPECIAL INVITATION ONLY!
- December 12, 2026,	Ages – ALL Youth/Adults Ages	Washburn University BYB1; Topeka, Kansas
- January 9, 2027,	Ages - HIGH SCHOOL ONLY	Pittsburg State University; Pittsburg, Kansas
- January 15-16, 2027,	Ages – Middle/High School	National Pole Vault Summit; Reno, Nevada
- January 16, 2027,	Ages – ALL Youth/Adult Ages	Washburn University BYB2; Topeka, Kansas
- January 22-23, 2027,	# Ages – ALL YOUTH AGES	Shocker Track Club January Chiller; WSU Heskett Center; Wichita, KS
- February 6, 2027,	# Ages – ALL YOUTH AGES	Shocker Track Club February Freeze; WSU Heskett Center; Wichita, KS
- February 20, 2027,	Ages – ALL Youth/Adult Ages	Washburn University BYB3; Topeka, Kansas
- March 11-14, 2027,	Ages – HIGH SCHOOL ONLY	New Balance Nationals Indoor; Boston, Massachusetts

Free to STC Youth Team Members – details to be provided later **END OF DOCUMENT**