





Kickoff Meeting

BRACK CLUB



MEET YOUR 2022 OFFICERS!



President
Lauren Fitzsimmons



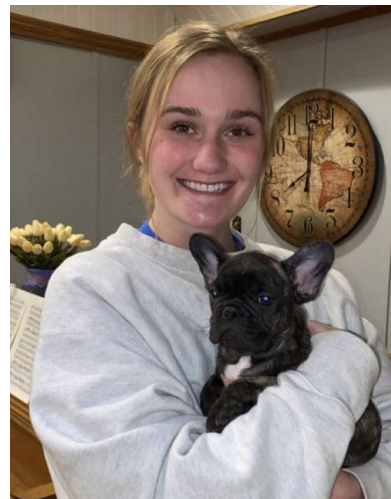
VP- Men's Distance
Zach Spears



VP- Women's Distance
Ava Wojnowski



VP- Men's Sprints & Field
Michael Foley



VP- Women's Sprints & Field
Harper Dilley

MEET YOUR 2022 OFFICERS! cont.



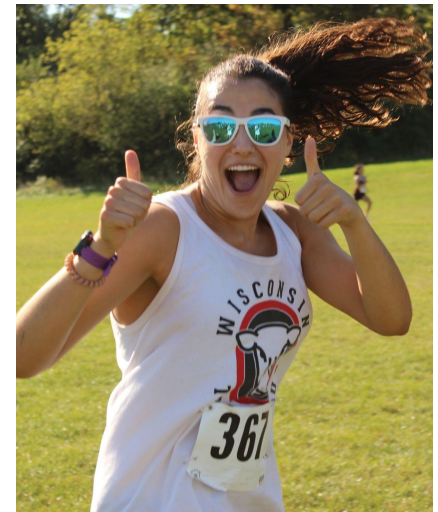
Meet Coordinator
Matt Stilling



Travel Coordinator
Alex Beckerman



Treasurer
Grant Dilla



Secretary
Niki Iatrides

DISTANCE COACHES



Josh Choe

In Person



Matt Cooper

Virtual

SPRINTS & FIELD COACHES



David Young

Sprints and Jumps

ABOUT US

- Founded in **1991**
 - Officially a club sport for 6 years
 - 501(c)(3) Non-Profit Organization
- Participate in **NCAA DIII** and **NIRCA** meets in the Midwest
 - Cross Country
 - Indoor & Outdoor Track & Field
- We welcome athletes of **all abilities** to train and compete!
- Host and volunteer at community events!



2021 Cross Country Regionals
Men's Team 3rd Place
Women's Team 1st Place

WHAT CAN WE PROVIDE FOR YOU?

- A group of **like-minded individuals** who share common goals
- A **platform to compete** at the collegiate level
- A training group
- **Volunteering** opportunities
- **Leadership positions** /resume builder
- Life long friends
- Ability to engage the community
- **A really great time!!**



What we can't provide you:

- Adulterated fun
- A space for hate and disrespectful behavior
- NIRCA Banners



WTC QUICK FACTS

- **160** members (and growing!)
- Anyone can compete
- **No** tryouts and **no** commitment!
- **3 National Championships**
- Team Mascot: Cows (Milkerz)
- Team Campsite: Double KD Ranch
- 9 Exec Board Positions
- Member of:
 - USATF
 - NIRCA (National Intercollegiate Running Clubs of America)



COMPETITION HIGHLIGHTS



NIRCA Cross Country Nationals

- 2008, 2009 National Champions
- 2021 (Regionals)
 - Men: 3rd Place
 - Women: 1st Place
- 2021 (Nationals)
 - Men: 13th Place
 - Women: 6th Place

NIRCA Track Nationals

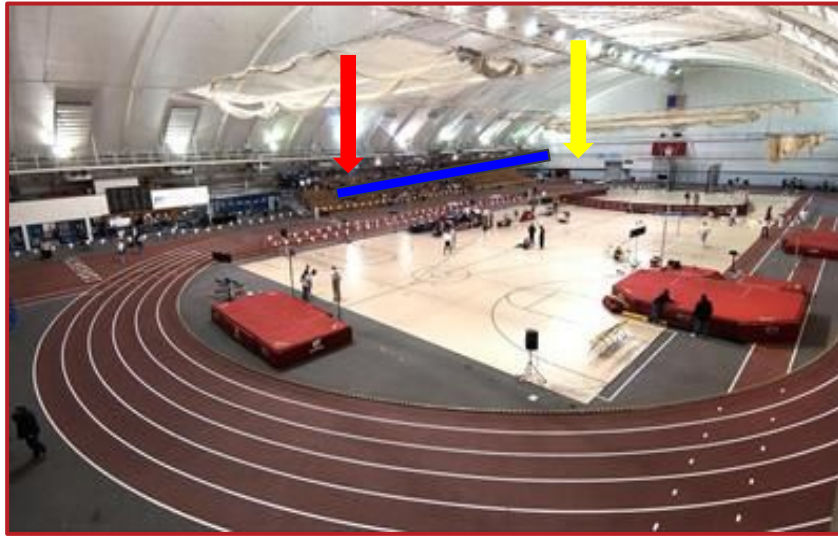
- 2017:
 - Men: National Champions
 - Women: 3rd Place
- 2018:
 - Men: 2nd place
 - Women: 8th place
- 2019:
 - Men: 5th Place
 - Women: 6th Place

COVID-19 POLICY

- **Masks will be required** at all times when using indoor facilities such as The Shell or The Nick
- We will continue to update all members regarding policy changes due to Omicron variant



SPRINTS & FIELD - Spring



Shell-Indoor
Monday-Thursday 5:30 pm

McClimon Track- Outdoor



DISTANCE

Spring Season Practice: Mon-Thurs @ 5:30pm

Women's LR: Saturday 9am @ EHall

Men's LR: Sunday 9am @ EHall

Workouts: Monday and Wednesday

One of these days in the Shell - Communicated via email



SPACE & EQUIPMENT

Space

- Year Round
 - The Great Outdoors
 - McClimon Track
 - The Shell Track
 - Gray Area (Jumps/Hurdles)

Equipment

- Stored in Locker at the Shell
 - Including:
 - Blocks
 - Shots + Discs
 - Foam Rollers
 - Resistance Bands
 - Cones, Mini Hurdles, etc.
 - Anything you may want



PRACTICES



TRACK CLUB: WE HAVE THE MEETS!

- Wisconsin/Midwest area
- Transportation provided
- No cut -- just sign up!
- Day meet cost - ~\$15-25
- Overnight meet cost - ~\$35-50
 - Less with more people
- Typically about 8-10 meets per season
- Always open to suggestions!



**WE
HAVE
THE
MEETS®**

TRACK SCHEDULE 2022

Let's see what Chef Matt has been cooking up:



Indoor Track:

Fri, Jan 28 - Time Trial of the Cows - The Shell

Sat, Feb 5 - Big Dawg Invite - UW Stevens Point

Sat, Feb 12 - Dick Hendricks Invite - Ripon

Sat, Feb 26 - Club Relays - University of Illinois

Sat, Mar 5 - Pointer Final Qualifier - UW Stevens Point

Outdoor Track:

Sat, April 2 - NIRCA Natties - Location TBA

Sat, April 9 - Pioneer Open - Carroll College

Sat, April 30 - Drake Alternative - UW Whitewater

Fri, May 13 - Eagle Open - UW Lacrosse

← sign eligibility form!!

HOW DO I JOIN?

1. Join us on [IMLeagues](#)
2. Fill out ALL forms on IMLeagues (3 required)
3. Join our **Google Group** (Email List) and **Google Calendar**
4. Join Wisconsin Track Club on Facebook
5. Follow us on Instagram! @wtccows
6. Check out our [website!](https://wisconsintc.org/) (<https://wisconsintc.org/>)
7. COME TO PRACTICE



HOW DO I GO TO MEETS?

1. Join the club! (Forms)
2. [Sign up](#) for the meet (Meet Fee and Dues)
3. Become an authorized driver! (If from Wisconsin)
4. Receive travel and meet info
5. Hang with the Cows while traveling
6. Run fast, make friends, and **HAVE FUN!**



IS WTC JUST ABOUT COMPETING?

NO! We have Social Events!

- Informal in Fall
- Formal in Spring
- Brinner
- Pasta Feeds
- Cookouts
- Milk Mile
- Cowcast
- Fruns
- Extracurricular Activities at the Cow House



OTHER THINGS OUTSIDE COMPETING...

Volunteering and Community Outreach!!

- Summer Track Series
- RACE Running Program
- Concessions -- UW Athletics
- Subzero Racing Series
- Ironman Triathlon



SUMMER TRACK SERIES

- What is it?
 - Our biggest community event and fundraiser
 - 5 community track meets in June/July
 - 28 years running!
 - **Funds go to lowering meet costs**
- What can you do?
 - Will you be in Madison this summer?
 - Sign up to volunteer
 - Join our STS Committee!
 - Build infrastructure of volunteers
- Great leadership opportunity/ resume builder
- **Connect with the community through the sport of running**



Contact us if you are interested!

NEW AND IMPROVEDVOLUNTEERING INCENTIVE SYSTEM

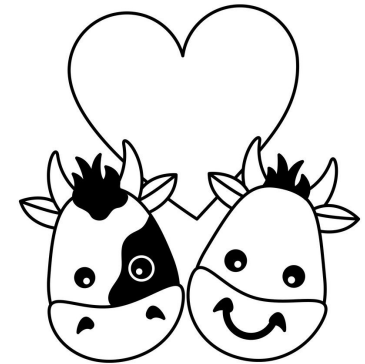
- Cow Incentive System
 - Rewards based on volunteer hours:
 - **“Community Cow” award to #1 volunteer with the most hours**
 - Top 3 volunteers get a reward!
- A way to “track” volunteer hours



Direct your questions to
[Brock Thompson](#)

DIVERSITY AND INCLUSION!

- We are actively working to make the Wisconsin Track Club as inclusive as possible
- **We want your voices to be heard!**
- Consider joining the Diversity and Inclusion Committee:
 1. Help develop and promote events addressing diversity and inclusion topics
 3. Provide guidance to board members on emphasizing and communicating diversity and inclusion within the club
 4. Conducting surveys from members on how we can achieve greater inclusivity
 5. Assist in creating a financial assistance and shoe drive program



Scan this to answer
our survey on D&I!



Apparel



Under Armour singlet: \$42

Cow print singlet: \$15

Black spandex shorts: \$39

Unisex shorts: \$24

Old red jersey: \$17

any old apparel: \$5

Venmo: @WISCOTC

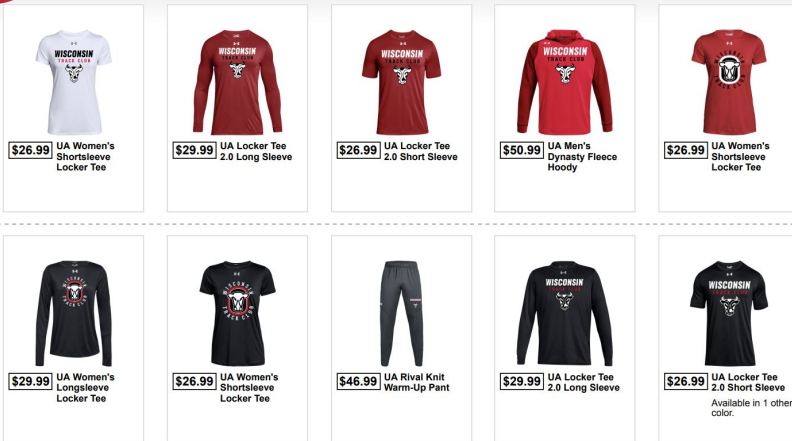


Stay on the lookout for new apparel coming soon!!

Apparel Store Now Open!

ORDER BY
FEBRUARY
17

UNIV OF WISCONSIN-MADISON TRACK AND FIELD 2022



PAGE 1 OF 2



MTS Customer Support - ref # 8124397
1-800-749-3813 | myteamshop@bsnsports.com
Team Coordinator Sammie Corning scoring@wisc.edu



Access Code

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Click Here To

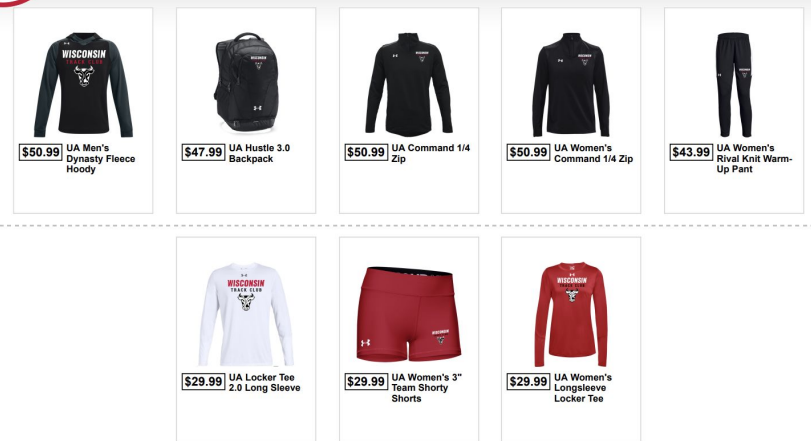
SHOP NOW

Order 2/3 to 2/17

No orders will be accepted after the deadline.

ORDER BY
FEBRUARY
17

UNIV OF WISCONSIN-MADISON TRACK AND FIELD 2022



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Team Coordinator Sammie Corning scoring@wisc.edu



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www.bsnteamsports.com



Click Here To

SHOP NOW

Order 2/3 to 2/17

No orders will be accepted after the deadline.

Order by February 17th!!



Limited Edition Apparel!!!!



- **ONE** Large
- **TWO** Small & Medium

- **ONE** Medium
- Smalls available

- only 5 left!

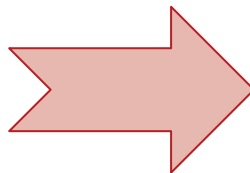
Get it while it's hot



Contact Sammie @763-486-7856

HOW TO PAY FOR STUFF

What costs money?



- Meets (\$20-\$50)
- Membership (\$30)
- Apparel
- Socials



Venmo
@WiscoTC
Venmo.com/WiscoTC

** Cash and check
also accepted, but
discouraged

NEW THIS SEMESTER ...

Cow Mentorship Program !!

What is it?

- **A completely voluntary mentorship program**
- Upperclassmen paired with underclassmen
- New members paired with Crusty Cows
- Sprinters paired with Distance

Why?

- Meet new members!
- A mentorship opportunity
- Fun socials!
 - Bag tournament
- Gift giving at Natties



SOOOOO ... WHAT NOW?

- Come to practice! 5:30 at E Hall (Distance) and 6:30 at The Shell (Sprints/Field)
- Sign up for races!
- Come to our socials! -- **Ice Skating tonight at the Shell!**

Join our group chats! (we promise we won't bite)

Sprint/Field GroupMe



Thrower GroupMe



Distance GroupMe



QUESTIONS?

