





# Kickoff Meeting

BRACK CLUB



# MEET YOUR 2022 OFFICERS!



**President**  
Lauren Fitzsimmons



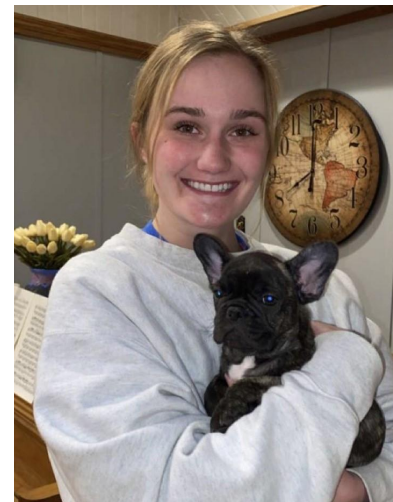
**VP- Men's Distance**  
Zach Spears



**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



**Matt Cooper**

Virtual Workout Cooker-Upper

# SPRINTS & FIELD COACHES



**Sabina Dayal**

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!
- **3x 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



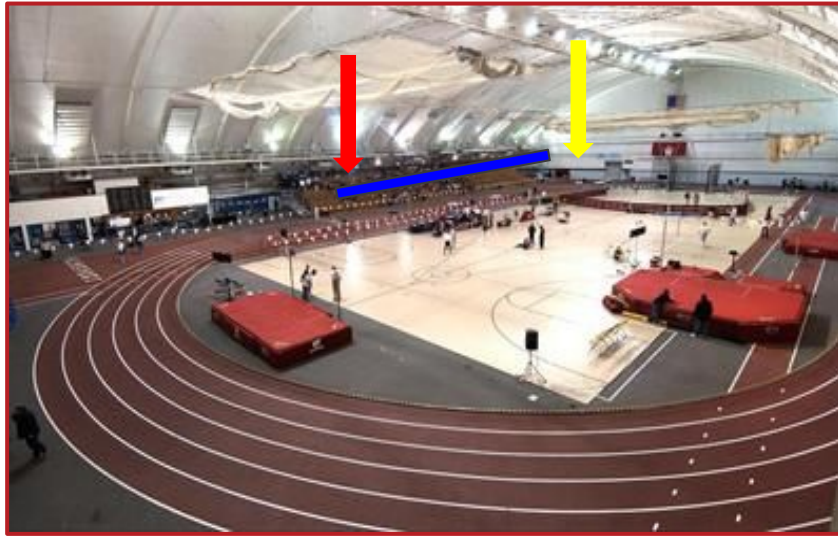
## NIRCA Cross Country Nationals

- 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

# SPRINTS & FIELD - Fall



Monday 6:30 pm - The Shell

Thursday 6pm - McClimon Track



# DISTANCE - Fall

Mon-Thurs @ 5:30pm

Women's LR: Saturday 9am @ EHall

Men's LR: Sunday 9am @ EHall

Workouts: Tuesday and Thursday

McClimon Track on Thursdays



# SPACE & EQUIPMENT

## *Space*

- Year Round
  - The Great Outdoors (for distance 🤔)
  - 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  
excluding your parents' love and support



# 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 6-7 meets per season
- Always open to suggestions!



**WE  
HAVE  
THE  
MEETS®**

# XC SCHEDULE 2022

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



Sat, Sep 17 - Border Battle - Verona Area HS

Fri, Sep 23 - Roy Griak Invite - U of Minnesota

Sat, Oct 8 - Gene Davis Invite - Lawrence University

Sat, Oct 15 - Drews/Neubauer Invite - UW-La Crosse

Sat, Oct 22 - NIRCA Regionals - Geneva, IL

Sat, Nov 12 - NIRCA Nationals - Mechanicsville, VA

*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](#) and Moosletters! (<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!

- Schuster's Farm Corn Maze (9/30)
- Screamin Acres Haunted House (10/28)
- Informal (11/18)
- Pasta dinners
- Food runs (fruns)
- Annual summer camping trip
- & MUCH MORE!!



# OTHER THINGS OUTSIDE COMPETING...

## Volunteering and Community Outreach!!

- Summer Track Series
- RACE Running Program
- Ainsley's Angels
- Concessions -- UW Athletics
- Ironman Triathlon
- AND MORE!



# 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!
- Great leadership opportunity/ resume builder
- **Connect with the community through the sport of running!**

**Contact us  
if you are  
interested!**



## NEW AND IMPROVED .....VOLUNTEERING INCENTIVE SYSTEM

- Community 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:
  - Financial assistance program
  - Shoe drive -- Movin Shoes and MORE Foundation Group

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**















# Apparel Store Now Open!




ORDER BY  
SEPTEMBER  
26

## UNIVERSITY OF WISCONSIN (MADISON) UNIVERSITY OF WISCONSIN TRACK 2022

 <p><b>\$33.99</b> UA Women's Shortsleeve Locker Tee Available in 1 other color.</p>	 <p><b>\$33.99</b> UA Women's Shortsleeve Locker Tee</p>	 <p><b>\$33.99</b> UA Locker Tee 2.0 Short Sleeve Available in 1 other color.</p>	 <p><b>\$37.99</b> UA Women's Longsleeve Locker Tee</p>	 <p><b>\$37.99</b> UA Women's Longsleeve Locker Tee</p>
 <p><b>\$37.99</b> UA Locker Tee 2.0 Long Sleeve Available in 2 other colors.</p>	 <p><b>\$56.99</b> UA Hustle Fleece Hoody Available in 1 other color.</p>	 <p><b>\$55.99</b> UA Women's Command 1/4 Zip</p>	 <p><b>\$55.99</b> UA Command 1/4 Zip</p>	 <p><b>\$32.99</b> UA Women's 3" Team Shorty Shorts</p>

PAGE 1 OF 2

## UNIVERSITY OF WISCONSIN (MADISON) UNIVERSITY OF WISCONSIN TRACK

 <p><b>\$48.99</b> UA Rival Knit Warm-Up Pant</p>	 <p><b>\$51.99</b> UA Women's Rival Knit Warm-Up Pant</p>	 <p><b>\$43.99</b> UA Hustle 5.0 Backpack</p>
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PAGE 2 OF 2



Customer Support - ref # 9053505  
3813 | myteamshop@bsnsports.com  
or Samantha Corning scoring@wisc.edu



Access Code  
**xjkSwsNRRa**  
www.bsnteamsports.com

No orders will be accepted after the

**BSN SPORTS**  
MTS Customer Support - ref # 9053505  
1-800-749-3813 | myteamshop@bsnsports.com  
Team Coordinator Samantha Corning scoring@wisc.edu



Access Code  
**xjkSwsNRRa**  
www.bsnteamsports.com

Click Here To  
**SHOP NOW**  
Order 9/15 to 9/26

No orders will be accepted after the deadline.

## Order by September 26th!!

# Windbreakers



\$40

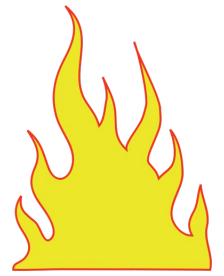
Order individually and  
will ship to your  
address!

\*mens sizing only\*

**Order by  
September 29th**



## Limited Edition Apparel!!!!



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

- **ONE** Medium
- Smalls available

- only 5 left!

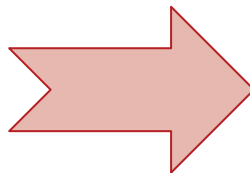
Get it while it's hot



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

# SOOOOO ... WHAT NOW?

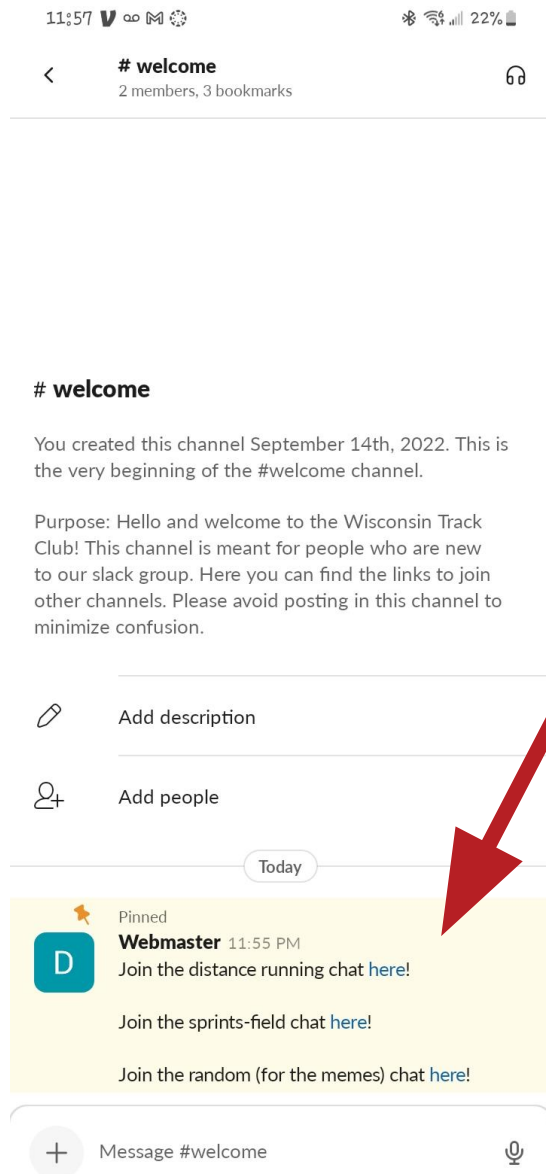
- Come to practice! 5:30 at E Hall (Distance) and Mondays at 6:30 at The Shell and Thursdays at 6:00 at McClimon (Sprints/Field)
- Sign up for races!
- Come to our socials!




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


**SLACK!**



# Joining Slack Channels




11:57   


< # welcome   
2 members, 3 bookmarks

# welcome


You created this channel September 14th, 2022. This is the very beginning of the #welcome channel.


Purpose: Hello and welcome to the Wisconsin Track Club! This channel is meant for people who are new to our slack group. Here you can find the links to join other channels. Please avoid posting in this channel to minimize confusion.

 Add description

 Add people



Today

 Pinned

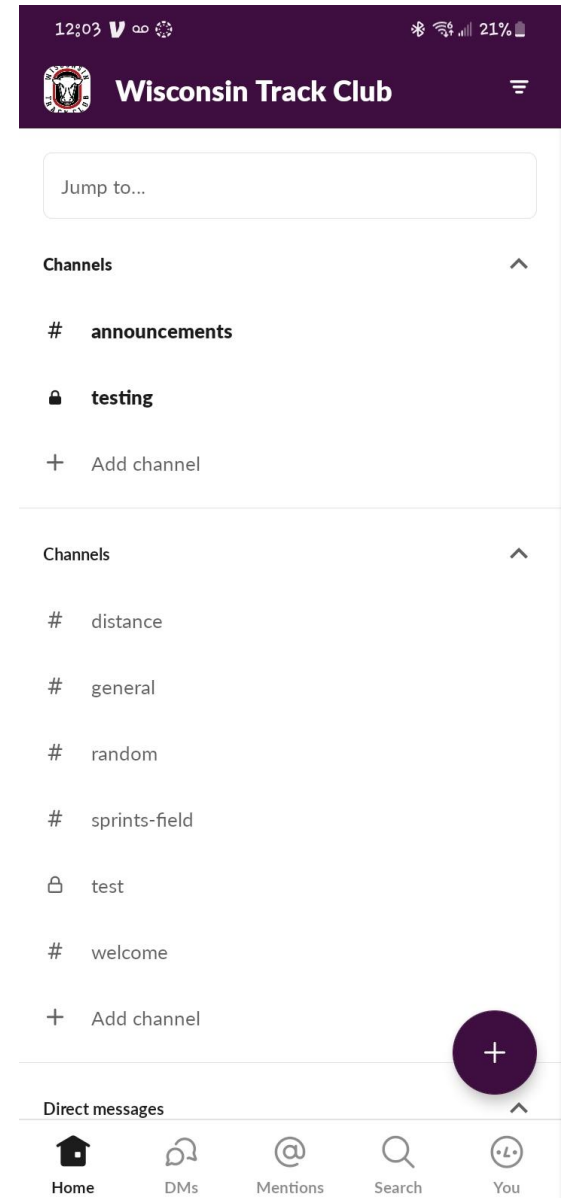
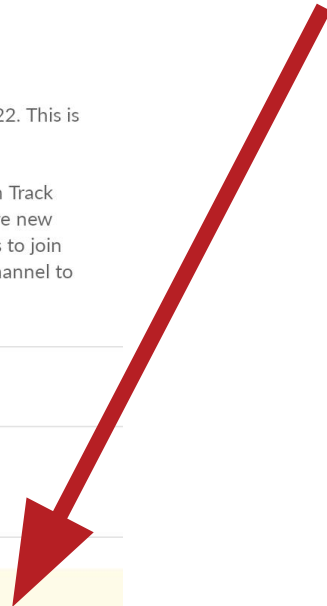
 **Webmaster** 11:55 PM  
Join the distance running chat [here!](#)



Join the sprints-field chat [here!](#)



Join the random (for the memes) chat [here!](#)

 Message #welcome 


Join channels here!




12:03  

 Wisconsin Track Club 


Jump to...

Channels 

# announcements

 testing

+ Add channel


Channels 

# distance

# general


# random


# sprints-field






 test

# welcome

+ Add channel



Direct messages 

 Home  DMs  Mentions  Search  You

To see them here!



# Slack Notifications

12:06 21%

**You**

**Webmaster**  
Away

Update your status

Pause notifications On

Set yourself as active

---

Saved items

View profile

Notifications

Preferences

---

Home DMs Mentions Search You

12:07 20%

Channel details

# announcements

**Description**

This is the one channel that will always include everyone. All announcements and updates will be sent in this channel.

Dylan Fahrney created this channel on May 25th, 2022.

**Topic**

No topic set

---

Search in channel

---

Member list (89)

---

Notifications  
Just @mentions

Mute channel

---

**Bookmarks**

Messages 4 ▶

Volunteer Sign-up

Meet Sign-up

QUESTIONS?



