

The Phaser!!



DRIVE PHASE TRACK CLUB, INC.

REG. 501C-3

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January 2017
Bi-weekly pub.

STRONG SHOWING AT THE 2016 USATF NATIONALS!!



Track team honored for 2016 performance

Sat, 10/29/2016 - 2:51pm The Citizen

Drive Phase Track Club is based in Fayetteville and is a youth-based track team serving athletes ages 7-19. The club trains at McCurry Park and competes in track meets all over the country. Athletes train two hours per day, three days a week from February through July.

This past season, Drive Phase Track Club had 66 athletes; 35 of whom qualified to compete at the Amateur Athletic Union (AAU) Junior Olympics in August at California State University in Sacramento.

One of the highest achievements in youth track and field is to be recognized as an All-American. To earn this recognition, athletes must finish in the top eight places overall in their event at the National Junior Olympics. The Drive Phase Track Club had 27 All-American performances this year.

Those being recognized at the Oct. 13 meeting of the Fayette County Board of Commissioners include Zalen Green, James Fason, Ethan Pittman, Vernorris Kelly, Jr., Genesis Johnson, Madison Gardner, Bobbi Olive, Ryan Davis, Morgan Hatcher, Kenyah Conner, Corey Richardson, Jaren Blankenship, Zion Redding, Trenneddy Whatley, Herschel Parker, Imari Johnson, Jasmine Harmon, Isis Grant, Gabriella Grissom, Tia Williams, Ajanae Chatham, Amari Barkley, Austin Anderson, Ayden Anderson, Brandon Moss, Christopher Wright-Goss and Amara Nwajagu.

Happy Birthday to our January Drive Phasers!

- SKYLAR BROWN
- GENESIS JOHNSON
- AMARI BARKLEY
- MADISON GARDNER
- ZION REDDING
- ELIJAH ELBERT
- NOAH GARDNER
- COREY RICHARDSON

Congrats to all!!!

In only our second season, we had 72 competitive athletes on the team and 35 of them qualified to compete at the USATF Junior Olympics in Sacramento, GA at Sacramento State University on August 2-8. Congratulations to all of our National Champions and All-Americans!!! We were honored again by the Fayette County Commission (above) for our outstanding season.

Check Us Out!!!

Website:
www.drivephasetc.com

Instagram Feed:
Drivephase

Facebook:
Drive Phase Track Club

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2016-17 INDOOR RECAP:

On December 17th, 30th and January 15th, several athletes traveled to Birmingham, AL for the indoor meets and earned over thirty 1st, 2nd, and 3rd place medals and set numerous meet records to boot. What's most impressive about the

kids' performances is that we haven't formally practiced since July. As proposed when we announced the meets, we just wanted to come together to run and have fun. Needless to say, we dominated! Congrats to all who participated!!

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NEW YEAR, NEW OPPORTUNITIES!!

It's 2017...the track journey begins now!!!

While 2016 was amazing for Drive Phase, all good things come to an end. The slate has been wiped clean and what was accomplished last year is now old news. We now have an opportunity to write the next chapter and we are excited about what 2017 has in store.

Over the last month, we've been busy preparing for the season. Your club administra-

tors, board members, and committee leaders met recently to plan out the year and discuss ways to enhance the club experience. Last weekend, your coaching staff (we've added several coaches!) met to prepare for our first Sunday session on 2/12. We look forward to seeing many of you on 2/12. While the summer season is still months away, spring preparation - for both athletes and parents - is critical to summer success. We've tried to lay

things out to make them easy for you but you have to be engaged to take advantage of all that we've planned and put in place. Looking forward to another great year!

Coach Grant

"WE PLAN TO ORDER UNIFORMS THE FIRST WEEK OF MARCH AND THE FIRST WEEK OF APRIL TO ALLOW FOR THE 6-WEEK DELIVERY"

SUNDAY PRACTICE, UNIFORMS, FEES...

Sunday practice begins on Feb. 12th and we are off to a great start! As we get settled into the season, there are various administrative items that we need to execute. Parents, please check your email/text daily for team announcements, to connect and plan for the upcoming deadlines. Uniform designs have been finalized and are ready to be ordered. Beginning Feb. 12th, order forms

will be available for you to size-up and select your style.

We plan to order uniforms the first week of March and the first week of April to allow for the six-week delivery timeframe.

To begin the Sunday practice, the \$150 deposit must be paid. The total 2017 fees are \$450/new members and \$250/returning members. A breakdown of the fee structure is on the website and

will be discussed in detail as we move into the season.

Important Fee Dates:

2-12-17

\$150.00 due

3-12-17

\$150.00 due

4-23-17

Final fees due

SPRING SEASON IS HERE!

DPTC is a 'melting pot' of many recreation and school track programs in the metro area. Fayette, Henry, Clayton, Troup, Fulton, Atlanta, Spalding, middle and high schools come together to build our DP family. As you embark upon your respective spring season, please remember to always properly warm-

up, hydrate, eat right and be careful.



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2017 Region/Jr. Olympics Hotel Information...

So far, we have a block of rooms at three locations Kansas which averages about 20-30 minutes from the venue. We also have a block of rooms for our region meet to be held in Jacksonville, Fl. More information will follow as we start spring/summer practice.

2017 Jr. Olympics Group Flight Information...

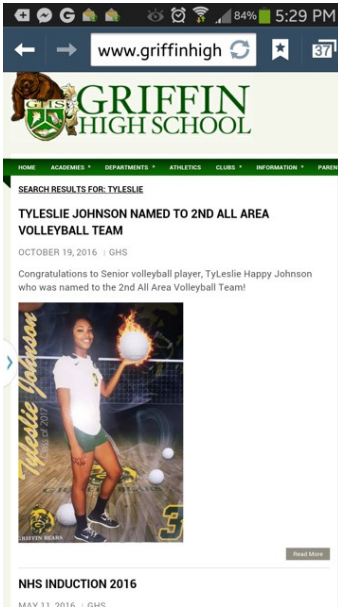
******VERY IMPORTANT******

We have secured an awesome group flight deal with Southwest Airlines. The cost for a round-trip ticket is \$204.70/person. Of course, time is of the essence so please send your deposit (\$50/person) to your paypal escrow account by February 15th. Please put a note on the payment identifying them as flight deposit(s) so they can be properly booked to your account. For our new family, escrow accounts will be set up for you so you can last year this proved to be a convenient and seamless way to have the team travel together and have fun while doing so.

PayPal is open for 2017 fees/dues deposits...

We all know how demanding the track season is...on our time AND our treasure. That is why proactive planning is critical to having a stress-free spring and summer season. You can visit the website any-time, day or night, to make payments to your child(rens) escrow account.

Congrats TyLeslie Johnson!!



Let's all join together and congratulate our very own TyLeslie Johnson. She's had a very exciting fall/winter season of activities. She was named to her 2nd straight all-area volleyball team (left), was voted Homecoming Queen (right) and she's tearing up the hardwood on her varsity basketball team. Way to represent yourself, your

family and your DPTC family. We're very proud of all your accomplishments. Keep up the good work!!



HEALTH & WELLNESS....WHAT'S EATING YOU?

Water....What's the Big Deal?

Water is important for our bodies and as an athlete, it becomes essential. Our bodies are made up of 60% water; this means we have to eat and drink it for our bodies to work. When we exercise, our bodies sweat as a way to make sure our bodies don't over-heat. That sweat is water that has to be put back in for us to perform mentally and physically.

Why can't I drink Gatorade or soda instead? Water is the source, but Gatorade is not a bad alternative. Gatorade has electrolytes and carbs that water doesn't have, but since it has a lot of sodium, you have to drink more Gatorade to get the full benefits that water would give. Soda is another story. Soda is full of sugar and acid and can damage your teeth and weaken your bones.

How much water do I have to drink? A general rule to follow is to drink about 85 ounces of water per day. This is roughly two and half liters of water per day or 6 water bottles. If you exercise, you should drink about 4-6 ounces of water for every 15-20 minutes of exercise in addition to the daily amount. This means at an hour-long track practice, you should drink about 18 ounces of water, which equals a little over a full water bottle.

Sound like a lot? Don't worry, you get water from foods and other drinks...it does not have to all be straight water, but some food and drinks allow you to absorb water better than others. This means not all food and drinks are equal and none are a substitute for good ole' water....so drink up!!