

The Phaser!!



DRIVE PHASE TRACK CLUB, INC.

REG. 501C-3

The Phaser!!

March 2016

Bi-weekly pub.

'SURGE TO SACRAMENTO'-USATF JO'S JULY 25-31, 2016



Believe it or not, we are 30+ days from the start of the summer track and field season and 114+ days from the 2016 Junior Olympics in Sacramento, CA. Between now and then, a lot of hard work and preparation has to take place. Our Sunday practices are laying the foundation for the forthcoming journey.

On the administrative side, we need to begin mental and financial planning. On that front, we have 20 rooms blocked at \$129 per night from 7/24/16 – 7/30/16. All the rooms are double beds. If you would like to reserve one of these rooms, please email stating your intentions.

As a precaution, we recommend you either take one of these rooms or make your own reservation for the entire week ASAP. You can always cancel or modify the reservation but if wait until the last minute, you risk a lot of inconvenience.

**Team Hotel (optional) Fairfield Inn and Suites by Marriott
Sacramento Airport Natomas
2730 El Centro Rd., Sacramento, CA 95833
[916-923-7472](tel:916-923-7472)**

IMPORTANT MEET DATES COMING UP!!

-GRPA Class A State Meet _ May 14 (Park&Rec)

Location: Augusta, GA

-Mark Trail Memorial Day

Weekend Invitational _ May 28-29

Location: TBD (*very important meet...snapshot of JO-type competition*)

-USATF Georgia Area C Meet _ Jun. 11

Location: Lovejoy, GA

-USATF Georgia Association Championships __ Jun. 23-26

Location: Lovejoy, GA

USATF Region 4 Championships _ Jul. 7-10

Location: TBD

-USATF Junior Olympics __ Jul. 25-31

Location: Sacramento, CA

Check Us Out!!!

Website:

www.drivephasetc.com

Instagram Feed:

Drivephase

Facebook:

Drive Phase Track Club

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THE QUIET BEFORE THE STORM!!

Spring Break is an important milestone in our season progression. With one third of our training time now behind us, our focus narrows as we begin to think specifically about how every athlete needs to develop to reach their goals. The road ahead is long and will come with both ups and downs. April and May

bring closure to the spring season while June and July are about the “Surge to Sacramento”. In the coming weeks, we will talk more about our plans for the Junior Olympics, relay implications, and other matters pertaining to the championship season. We firmly believe in the 5 P’s – proper planning

prevents poor performance. This is not only true for our athletes as they prepare for the journey ahead. We urge you as parents to prepare for your responsibility in this as well. With all of this, proactive communication is key and we welcome it so don’t hesitate to reach out!

Coach Grant



“PLEASE SUBMIT YOUR UNIFORM ORDER FORMS...THE FINAL ORDER WILL BE PLACED THE 2ND WEEK OF APRIL”

FIRST UNIFORM ORDER COMPLETE!...

Without a doubt, we would like to have all the kids ‘suited-and-booted’ when the summer season begins. In order for this to be reality, we need everyone to take a few minutes to determine if you have uniform needs. If you do, please submit the order form and payment so it can be ordered in the final mid-April uniform order. Of course, all newcomers are required to get the necessary

items to be properly attired for meets. Returning members have options based upon the new styles available. \$200 balance in your escrow is needed to order. At this point, everyone should have this balance based on the fee due dates. If this isn’t the case, please take care of it asap. Also, please check your email/text daily for team announcements and to connect and

plan for the upcoming deadlines.

Important Fee Dates:

4-29-16

Final fees due

HAPPY BIRTHDAY-DRIVE PHASERS!!

We have several March birthdays. We hope all of you had a wonderful day on your special day!!

Sydney Bohles
Joshua Davis
Aaliyah Summers
Jahlian Borden
Sonali Anderson

Nia Harmon
Ajanae Chatham
Olivia Bailey
Imari Johnson
Olivia Powell
Keeli Ford
Maya Barkley



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*****ATHLETE SPOTLIGHTS*****

Vernorris (VJ) Kelly, Jr.

1. Name?: VJ (pro)?: **Usain Bolt**
2. Where are you from/born?: **Atlanta, GA**
3. How many brothers/sisters?: **1 brother, 1 sister**
4. Academic accolades? **All A's on report card**
5. Years in Track?: **1**
6. Track/Field highlights? **Meet record in the 8U 4x400m at TrackLab meet**
7. Favorite track athlete

8. Favorite event you like to compete in?: **100m, 200m, 400m**
9. Hobbies/interest? **Math games, video games legos**
10. Interesting fact about you? **I can do more push-ups in a minute than my dad**
11. If I were a superhero, who would I be?: **Spiderman**
12. Favorite thing to do?:

- play video games**
13. Least favorite thing to do?: **get into trouble**
14. If I could go anywhere in the world, I would go to?: **DisneyLand**
15. Track goals this year?: **Make it to the JO's this summer**



Corey Richardson

1. Name?: **Corey Richardson**
2. Where are you from/born?: **Detroit, MI**
3. How many brothers/sisters?: **1 brother**
4. Academic accolades?: **All A's since kindergarten**
5. Years in Track?: **3 years**
6. Track highlights?: **PR 14.10 at 2015 JO's and 1:08 in the 400m, GRPA 400m states**
7. Favorite track athlete (pro)?: **Justin Gatlin**

8. Favorite event you like to compete in?: **200m, 100m, 4x100m**
9. Hobbies/Interest?: **Playing football, video games, movies**
10. Interesting fact about you?: **I also play soccer as a striker**
11. If I were a superhero, who would I be?: **Flash**
12. Favorite thing to do?: **Roller coasters**
13. Least favorite thing to do?: **Make my bed**

14. If I could go anywhere in the world, I would go to?: **Hawaii**
15. Track goals this year?: **To get 12.99 in the 100m, win 200m and 4x100m at JO's**



Destiny Johnson

1. Name?: **Destiny Johnson**
2. Where are you from/born?: **Columbus, GA**
3. How many brothers/sisters?: **1 sister, 1 brother**
4. Academic accolades?: **All A's, Principals List since kindergarten**
5. Years in Track?: **3 years**
6. Track highlights?: **2015 USATF JO 100m semis/2013 AAU JO 100m qualifier**
7. Favorite track athlete (pro)?: **Jesse Owens**
8. Favorite event you like to compete in?: **100m, 200m, LJ**
9. Hobbies/Interest?: **Dancing, T&F**
10. Interesting fact about you? **I appeared on the show 'Dancing Dolls' and danced with the baby dancing dolls.**
11. If I were a superhero, who would I be?: **Wonder Woman**

12. Favorite thing to do?: **hang out with my friends**
13. Least favorite thing to do?: **Chores**
14. If I could go anywhere in the world, I would go to?: **Puerto Rico**
15. Track goals this year?: **medal in all my events at the JO's**





Jalen Davis

1. Name?: **Jalen Davis**
2. Where are you from/
born?: **Atlanta, GA**
3. How many brothers/
sisters?: **1 sister**
4. Academic accolades?:
**Excellent Academic
Achievement, A Honor
Roll**
5. Years in Track?: **4th yr**
6. Track highlights?: **Nu-
merous state medalist in
the LJ and running events
since 2013**

7. Favorite track athlete
(pro)?: **Usain Bolt**
8. Favorite event you like to
compete in?: **LJ, 4x100m,
200m**
9. Hobbies/Interest?:
**basketball, video game-
serector sets**
10. Interesting fact about
you? **I like science**
11. If I were a superhero,
who would I be?: **Batman**
12. Favorite thing to do?:

- Play video games**
13. Least favorite thing to
do?: **Writing**
 14. If I could go anywhere
in the world, I would go to?:
Bahamas
 15. Track goals this year?:
**1st place in the LJ at each
meet, become a powerful
runner**

Obasi Onuoha

1. Name?: **Obasi**
2. Where are you from/born?:
Fayetteville, GA
3. How many brothers/
sisters?: **4 sisters**
4. Academic accolades?:
Honor Roll
5. Years in Track?: **4 years**
6. Track highlights?: **2016
GHS participant 800m,
1600m**
7. Favorite track athlete
(pro)?: **Lionel Messi**

8. Favorite event you like to
compete in?: **Soccer tourna-
ments**
9. Hobbies/Interest?:
Track, Soccer, Basketball
10. Interesting fact about
you?: **Good memorization**
11. If I were a superhero, who
would I be?: **Spiderman**
12. Favorite thing to do?:
Sports activities
13. Least favorite thing to
do?: **dishes**

14. If I could go anywhere in
the world, I would go to?:
Las Vegas
15. Track goals this year?:
**sub 55 in the 400m, sub 2:09
in the 800m, 5:10 in the
1600m, 10:59 in the 3200m**



HEALTH & WELLNESS....TO EAT OR NOT TO EAT?

DAY BEFORE A TRACK MEET

DO Eat and Drink

- Pasta, Pizza, Noodles, Potatoes, Peanut Butter & Jelly Sandwiches, Bananas, Oranges, Toast, Angel Food Cake, Plenty of Water
- For speed / power events (i.e. sprints, hurdles, jumps) eat grilled, baked or roast chicken, turkey
- Be in bed by 9:00 PM (You will be waking up around 6:00 AM)

DO NOT Eat or Drink

- Sodas, Candy w/ Nuts or Fruits, Milk Products (Including Butter), Greasy Foods, Gravies, Large Quantities of Meat, High Sodium Drinks, Nuts
- No Soccer, Swimming, Basketball, Tennis, Football, Martial Arts, or other sports.

MORNING OF A TRACK MEET (Breakfast)

All athletes MUST eat some form of breakfast as outlined below, a minimum of 2 hours before competing in an event. This will require eating your meals no later than 6:00 – 7:00 AM. DO NOT bring breakfast to the meet site. For many of you, it will be too late to digest the food and perform on a competitive level.

DO Eat and Drink

- Dry Cereal, Peanut Butter and Jelly, Bananas, Oranges (NOT Processed Orange Juice) – the juice only and not the pulp from the Orange, Oatmeal, Malt-O-Meal, Pancakes and Waffles with Syrup, Chocolate and Granola Bars without Nuts, Water, Honey.

DO NOT Eat or Drink

- Milk or Milk Products (Including Butter), Greasy Foods, Meat, Plums, Grapes, Peaches

DURING THE TRACK MEET

DO Eat and Drink

- Plenty of Water, Pedialyte (or Gatorade/PowerAde in moderation), Juice from Oranges, Honey as Needed, Plain Chocolate, Granola Bars, Peanut Butter and Jelly,
- An Apple (without skin) followed by a small amount of cheese can be eaten immediately following your race/event.

DO NOT Eat or Drink

- Meat, Plums, Grapes, Peaches, Dairy Products, Jams with Fruit and Seeds, Nuts, Sodas, concession stand food.