

The Phaser!!



DRIVE PHASE TRACK CLUB, INC.

REG. 501C-3

The Phaser!!

May 2016
Bi-weekly pub.

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



JO Airline / Hotel Bookings:

To those with flights, please continue to make deposits to your escrow account between now and the final payment date (June 10th) so that we will be able to make the payment to Southwest without any issues. You can bring your payments to practice, use the paypal tabs on the website or send a paypal directly to lamar@drivephaseinc.com.

Also, the hotel block is still available for rooms at the JO's. Please call 916-858-0637 to book your room. They are reserved under Drive Phase Track Club. We have to release all rooms this week so **PLEASE take a minute to book your room.**

JO Rental Car Bookings:

We tried to locate van rental deals but didn't find anything reasonable. In lieu of the vans, we recommend that we partner on rental cars for the JO's. Parents please seek out other JO parents to share a rental car for the week. We'll be discussing this more in the coming days/weeks. Thanks!!

IMPORTANT MEET DATES COMING UP!!

-All-Heart TC Relays _ Jun. 4-5

Location: Banneker High School

-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: Spartanburg High School (Spartanburg, SC)

-USATF Junior Olympics __ Jul. 25-31

Location: Sacramento, CA

Check Us Out!!!

Website:

www.drivephasetc.com

Instagram Feed:

Drivephase

Facebook:

Drive Phase Track Club

Inside this issue:

JO INFORMATION & UPDATES 1

COACHES CORNER 2

ATHLETE SPOTLIGHTS 3-4

HEALTH & WELLNESS 5

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A STRONG START TO THE SEASON..

(COACHES CORNER)

Congratulations to all for a very respectable showing at the Mark Trail Invitational last weekend. We will not see that level of competition again until the Junior Olympics in Sacramento. We should all now have some perspective on the big picture and be reminded that success is INDIVIDUAL and defined differently for every athlete. Each meet, we track

the athlete's results to ensure we are improving over the course of the season. Please continue setting realistic expectations with your athletes about competition and their performance. Despite the detail and attention we give to race preparations, the athlete still has to execute - and that can be challenging for many.

As we work to provide a first-class experience for you and your athlete, we will be requesting more support from you as parents. More detail to come soon but we will need your help with medal pick-up, practice/meet/tent photos of athletes and parents, and more. We appreciate your support!

Coach Grant



HAPPY BIRTHDAY-DRIVE PHASERS!!

We have a few May birthdays! We hope all of you had a wonderful day on your special day!!

Morgan Hatcher
Gabiella Grissom
Zavion Green
Jalen Davis



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

Morgan Hatcher

1. Name?: **Morgan**
2. Where are you from/born?: **Atlanta, GA**
3. How many brothers/sisters?: **2 brothers**
4. Academic accolades?: **Honor Roll, class monitor**
5. Years in Track?: **4 years**
6. Track highlights?: **4x100m record GRPA 8u**
7. Favorite track athlete (pro)?: **Sanya Richards-Ross, Flo-Jo**
8. Favorite event you like to compete in?: **1600m, 4x400m**
9. Hobbies/Interest?: **dancing, doing hair/nails, skating rink**
10. Interesting fact about you?: **n/a**
11. If I were a superhero, who would I be?: **Flash**
12. Favorite thing to do?: **spending time with family and friends**
13. Least favorite thing to do?: **staying in the house**
14. If I could go anywhere in the world, I would go to?: **Cruise to Bahamas and Jamaica**
15. Track goals this year?: **place top 3 at JOs**

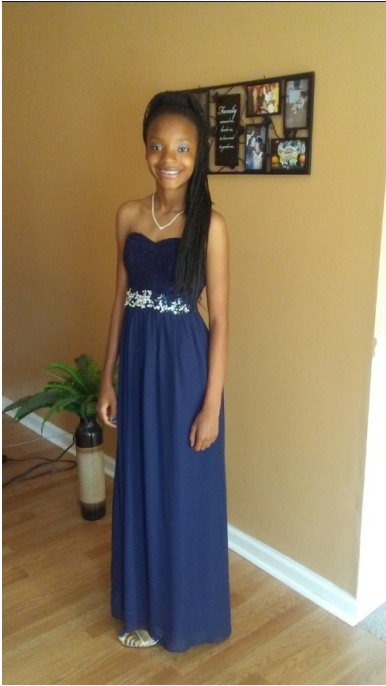


Herschel Parker

1. Name?: **Herschel**
2. Where are you from/born?: **Atlanta, GA**
3. How many brothers/sisters?: **2 brothers, 3 sisters**
4. Academic accolades?: **A/B Honor Roll**
5. Years in Track?: **2 years**
6. Track highlights?: **running times improving**
7. Favorite track athlete (pro)?: **Justin Gatlin**
8. Favorite event you like to compete in?: **400m, 4x400m**
9. Hobbies/Interest?: **video games**
10. Interesting fact about you?: **n/a**
11. If I were a superhero, who would I be?: **Flash**
12. Favorite thing to do?: **train and practice**
13. Least favorite thing to do?: **chores**
14. If I could go anywhere in the world, I would go to?: **Jamaica**
15. Track goals this year?: **run 1:02 before the JOs**



Aliyah Summers



1. Name?: **Aliyah**
2. Where are you from/
born?: **Atlanta, GA**
3. How many brothers/
sisters?: **1 sister**
4. Academic accolades?
Presidents Award
5. Years in Track?: **4 yrs**
6. Track highlights?: **3rd in
the county 400m**
7. Favorite track athlete
(pro)?: **Alyson Felix**
8. Favorite event you like to
compete in?: **400m**
9. Hobbies/Interest?:
I like to cook, swim, draw
10. Interesting fact about
you? **My fave veggie is
asparagus and I'm left
handed**
11. If I were a superhero,
who would I be?: **Wonder
Woman**
12. Favorite thing to do?:
watch funny movies
13. Least favorite thing to
do?: **watch scary movies**
14. If I could go anywhere
in the world, I would go to?:
Australia
15. Track goals this year?:
1:00 min 400m

Marc Stampley II

1. Name?: **Marc**
2. Where are you from/
born?: **New Orleans, LA**
3. How many brothers/
sisters?: **2 sisters**
4. Academic accolades?
**Honor Roll, Robotics
placed 6th in GA,
band**
5. Years in Track?: **1st**
6. Track highlights?: **3rd
in the LJ, second meet**
7. Favorite track athlete
(pro)?: **Carl Lewis**
8. Favorite event you like
to compete in?: **100m, LJ**
9. Hobbies/Interest?:
**Football, basketball, mu-
sic**
10. Interesting fact about
you? **Future Stars foot-
ball team, GA vs FLA 6th
grade football team**
11. If I were a superhero,
who would I be?: **Batman**
12. Favorite thing to do?:
play football
13. Least favorite thing to
do?: **400m**
14. If I could go anywhere
in the world, I would go
to?: **California**
15. Track goals this year?:
**Improve PR's, medal in
my events**



HEALTH & WELLNESS...A LITTLE INSPIRATION



As much as people do not think track and field is a team sport, it *really* is. No single goal can be accomplished without an incredible support system, and you spend 10+ hours with yours every week. You eat breakfast, lunch and dinner with them at some point, turn up with them, and hold each other's hair or shoulders while you vomit at the finish line. You probably even live with them! Whether they are sprinters, jumpers, throwers, or distance runners, they are your second family and you could not be prouder to call them your team!