

The Phaser!!



DRIVE PHASE TRACK CLUB, INC.

REG. 501C-3

The Phaser!!

June 2016
Bi-weekly pub.

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



Congrats USATF Region Qualifiers:

The group flights to Sacramento are complete. Hopefully, all the hotel rooms have been secured...and we are pressing forward through the USATF qualifying rounds. Along the way, we are racking up impressive stats. We had 65 participants in the state meet this past weekend. Of which, 46 or 71% of them achieved personal records (PRs) in their individual or relay events; 50 or 79% of them qualified for the USATF Region meet in their individual events; 16 or 50% of our male athletes earned PRs and 30 or 50% of our female athletes earned PRs. What's even more impressive is that when compared to last year's top eight at the JO's, OUR

- 10u girls have already ran top 4 times in the 4x100m and 4x400m
- 12u girls have already ran top 8 times in the 4x100m and 4x400m
- 14u girls have already ran a top 8 time in the 4x100m
- 8u boys have already ran a top 8 time in the 4x400m
- 10u boys have ran the fastest 4x100m in the NATION this year and a top 8 time in the 4x400m
- 12u boys have already ran top 8 times in the 4x100m and 4x400m

...not to mention the many individual time projections when compared to last year's JO's. Just a little perspective for you as we near our season's climactic end.

IMPORTANT MEET DATES COMING UP!!

-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

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Drive Phase Track Club

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IT'S ALL IN THE DETAILS....

With the USATF-GA State Championships behind us, the **reality** of where we are and where we want to be as a team becomes **clearer**. As outlined on page one, there were some amazing **PR performances** last weekend. The training **design** of our program is one that steadily **builds** from the spring season through the summer with the intention of **peaking** in late July. While training plays a **significant**

part, many of our athletes can still realize great **improvement by focusing on the many details that are part of their race**. With four weeks of training left, **details, consistency, and execution become critical to continued growth and success**.

Many of us have been preparing for the next month since January. It's both exciting and a little over-

(COACHES CORNER)

whelming as everything comes to a head at the Region meet next weekend. The **athletes will feel the pressure and anxiety** and will all **respond** differently. Take some time to **remind** your children of the following: **focus** on what you **control**, the race is a **personal battle**, and to re-hearse in practice what they want to experience in the meet.



Let's finish strong!

Coach Grant

HAPPY BIRTHDAY-DRIVE PHASERS!!

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

London Harmon
Seniya Dozier
Herschel Parker
Janiya Wilkerson
James Fason



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

Ethan Pittman

1. Name?: **Ethan Chad Pittman**
2. Where are you from/born?: **Atlanta, GA**
3. How many brothers/sisters?: **2 brothers**
4. Academic accolades?: **Honor Roll, Gifted, Perfect Attendance**
5. Years in Track?: **1st year**
6. Track highlights?: **3rd in the 400m, PRs in the 100m and 200m**
7. Favorite track athlete (pro)?: **Usain Bolt**
8. Favorite event you like to compete in?: **100m**
9. Hobbies/Interest?: **jumping rope, building legos**
10. Interesting fact about you?: **I was born with 12 fingers**
11. If I were a superhero, who would I be?: **Batman**
12. Favorite thing to do?: **legos**
13. Least favorite thing to do?: **going to sleep**
14. If I could go anywhere in

the world, I would go to?:

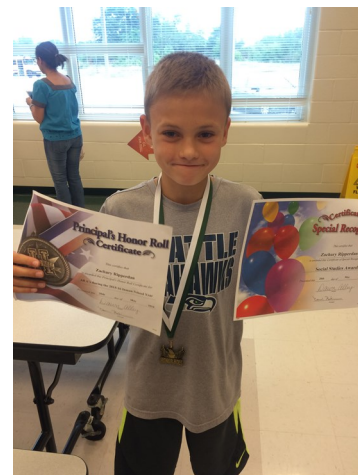
- Washington, DC**
15. Track goals this year?: **make it to the JOs**



Zachary Ripperdan

1. Name?: **Zack**
2. Where are you from/born?: **Louisville, KY**
3. How many brothers/sisters?: **3 sisters, 1 brothers**
4. Academic accolades?: **All A's, Honor Roll**
5. Years in Track?: **1st year**
6. Track highlights?: **5:41 in the 1600m at state**
7. Favorite track athlete (pro)?: **Yohan Blake**
8. Favorite event you like to compete in?: **1500m, 1600m**
9. Hobbies/Interest?: **running**
10. Interesting fact about you?: **I don't like to match clothes**
11. If I were a superhero, who would I be?: **Ironman**
12. Favorite thing to do?: **playing outside**
13. Least favorite thing to do?: **sitting in the car a long time**
14. If I could go anywhere in the world, I would go to?:

- Rio de Janeiro**
15. Track goals this year?: **improve the 800m**



Nia Harmon

1. Name?: **Nia**
2. Where are you from/born?: **Atlanta, GA**
3. How many brothers/sisters?: **1 brother**
4. Academic accolades?: **1st place Science fair, Reading, Art awards**
5. Years in Track?: **2 years**
6. Track highlights?: **JO's last year, 3 events**
7. Favorite track athlete (pro)?: **Jesse Owens**
8. Favorite event you like to compete in?: **200m**
9. Hobbies/Interest?: **golf, draw, tennis, swimming, video games, soccer**
10. Interesting fact about you?: **I like snakes, won a tshirt contest**
11. If I were a superhero, who would I be?: **Flash**
12. Favorite thing to do?: **six flags**
13. Least favorite thing to do?: **ads between games**
14. If I could go anywhere in the world, I would go to?: **Jamaica**
15. Track goals this year?: **1:05 400m**



Isis Grant

1. Name?: **Isis Symone Grant**
2. Where are you from/born?: **Fayetteville, GA**
3. How many brothers/sisters?: **1 brother**
4. Academic accolades?
Principals list, 4-H president, Jr. Teaching assistant, Broad Cast
5. Years in Track?: **5 yrs**
6. Track highlights?: **National Champion in the 800m**
7. Favorite track athlete

- (pro)?: **Candace Hill, Allison Felix, Justin Gatlin**
8. Favorite event you like to compete in?: **800m, 4x100m, 4x400m**
 9. Hobbies/Interest?:
I like to travel around the world, track and soccer
 10. Interesting fact about you? **I won 3 gold medals in gymnastics on floor, beam and bars**
 11. If I were a superhero, who would I be?:

- O'MIGHTY Isis**
12. Favorite thing to do?: **run, watch pros run and EAT**
 13. Least favorite thing to do?: **take tests**
 14. If I could go anywhere in the world, I would go to?: **Costa Rica**
 15. Track goals this year?:
2:20 or lower in the 800m, defend my national championship in the 800m, 50 or lower in the 400m

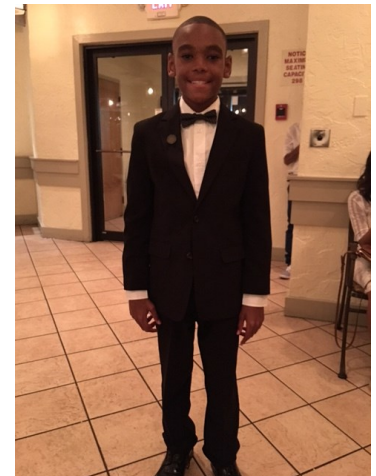


Ayden Anderson

1. Name?: **Ayden**
2. Where are you from/born?: **Atlanta, GA**
3. How many brothers/sisters?: **3 sisters, 1 brother**
4. Academic accolades?
All A's, honor roll, President's award, Principals award
5. Years in Track?: **4**
6. Track highlights?: **2-time JO All-American**
7. Favorite track athlete

- (pro)?: **Usain Bolt**
8. Favorite event you like to compete in?: **100m, 4x100m, 4x400m**
 9. Hobbies/Interest?:
reading and running track
 10. Interesting fact about you? **I'm part of triplets (sister-Aspen, brother-Austin)**
 11. If I were a superhero, who would I be?: **Flash**
 12. Favorite thing to do?:

- reading**
13. Least favorite thing to do?: **wash dishes**
 14. If I could go anywhere in the world, I would go to?:
Hawaii
 15. Track goals this year?: **12.6 100m, 59.8 400m, 49.9 4x100m, 4:03 4x400m**



HEALTH & WELLNESS...WHAT IS TEAM SPIRIT?..2ND READ

"The spirit of a group that makes the members want the group to succeed."

In order for any team to be successful, everyone that collectively makes up 'the team' which includes the athletes, coaches and supporters, must know how to best support one another given the needs of the full team.

Even those athletes with highly individualized skills or newcomers still all need the same active co-operation among various members of the team to successfully build good team spirit.

A big part of team spirit is acting like a team! This can be done through a multitude of actions, where some key actions are referred to as 'Dimensions' and are outlined below.

Team Dimension 1: Purpose & Identity

Each team member should know why they are on the team.

Team Dimension 2: Respect & Trust

Establish a high level of respect and trust amongst the team and between individual members when communicating and also in regards for ones own and others' personal belongings.

Team Dimension 3: Clear Roles & Responsibility

Who does, what, when, and where? This helps the team operate with clear and integrated goals. This is important for individual athletes, relay teams and supporters to understand given training with athletes and coaches.

Team Dimension 4: Commitment & Confidence

This is demonstrating follow through ("show up and don't give up") that a team member takes to both enable and empower oneself and when working with the team.

Team Dimension 5: Positive Direction

This is ensuring positive actions and positive choices of engagement with others at practices, at track/field events, in school or at work and during off season.

Team Dimension 6: Continued Excellence

This is consistently demonstrating personal ownership to grow and sustain a good spirit and energy towards oneself and others when either winning or losing!

Team Dimension 7: Vitality and Resiliency

This is staying energized and motivated by enjoying the opportunity to perform (no matter what ones current performance level may be, the ability to run/throw/jump is a true blessing!) and enjoying the performances of the team as a whole.

So Let's keep building the Drive Phase team spirit!! Let's Go Phasers!!!