

The Phaser!!

February 2018 Edition



IT'S TIME TO TRAIN!!!



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**Sunday practices – Every Sunday, 2-4PM
McCurry Park, Fayetteville**

1. Athletes must have completed the Drive Phase registration ([here](#)) and paid at least \$150 toward summer fees by Mar 3. Payments can be sent via PayPal to lamar@drivephaseinc.com.
2. Regardless of age, we want all athletes to attend Sunday practices. For MS and HS athletes who are getting all the training they need from their school program, Sunday practices will focus on muscle recovery and technical training.



February

1. Taylor Gullatte*
2. Zachary Ripperdan
3. Jamaalriya Parker
4. Cristal Daly
5. Bobbi Olive
6. Jayla Simmons
7. Isaiah Smith
8. Valencia Bryany
9. Amara Nwajagu



COACHES CORNER: BASE BUILDING

One of the reasons I love coaching track and field is because it gives me as a coach an opportunity to apply years of learning, applying, and evaluating in an attempt to outperform previous accomplishments. With every season, some athletes leave the program, others come to the program, and our returning athletes have all developed and grown since the previous year. This forces our staff to consider the specific needs of the athletes on the roster each season and to plan accordingly. While our training philosophy maintains some of the same basic tenets, each season our training program is tweaked to satisfy the needs and skills of the athletes currently on the team.

Regardless of the training strategy we use in any given season, establishing a training base is of critical importance. The training base is established early in the season in what we call the general preparation training period. This training period plays a large part in the amount of performance growth an athlete can realize throughout the season. Simply put, with a poor training base, an athlete's performance potential is greatly limited. The athlete may still put down some fast marks; however, they will likely not reach their ultimate peak and may see performances remain relatively flat (no progression) during the most important competition period of the season.

We all know the amount of time, money, and sweat that comes with summer track. I know that each and every one of you want to see your child at their personal BEST when it counts most in July. Please understand that this early season training is just as important, if not more, as the work we will do in May and June. As a matter of fact, without the proper training in February and March, you may find yourself coming up short in the summer.

We had about 28 athletes at our first Sunday practice on 2/18. It was a GREAT session; however, we have 75 athletes on the roster. We look forward to seeing more of you at Sunday practices in the future.

YOUR family through track and field - Coach Grant

Registration Information

Drive Phase Track Club – [CLICK HERE](#)

Paypal is open for DPTC payments

You can make payments at any time via PayPal to lamar@drivephaseinc.com. Be sure to select “Family and Friends” before sending the payment to eliminate surcharge fees. It is also a good practice to put in a note with the payment (i.e. – *Hershel Parker – registration payment*)

Uniform information

NEW UNIFORMS: This season, you will submit your uniform order requests through the website. Similar to how you completed registration, we will capture all pertinent information via an electronic form. Our first uniform order will be in March. More information coming soon.

UNIFORM EXCHANGE: We want to match athletes who need uniforms with those who have excess uniform items! If you have gently used uniform items that your child no longer wears, stay tuned for the call out for uniform items. Parents needing uniforms may purchase gently used uniforms for ½ price. Stay tuned for details.

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WELCOME!!!

2018 DPTC NEWCOMERS



Dashana Morris – Middle Distance
USATF/AAU Junior Olympic All-American – 400m, 800m, 1500m, 4x400
Former USATF Junior Olympic National Record Holder – 1500m
Competing in 13/14 Girls division in 2018

Nicole Kutob – Long Sprints/Middle Distance
AAU National Qualifier
Ran for i5 Elite in Maryland
Competing in 11/12 Girls division in 2018



Dashaun Morris II - Sprinter
First Year summer track athlete
Competing in 7/8 Boys division in 2018

Raegan Kutob – Long Sprints
AAU National Qualifier
Ran for i5 Elite in Maryland
Competing in 9/10 Girls division in 2018



Madison Poythress – Sprinter/Long Jumper
2017 USATF Junior Olympic National Champion – 100m, 200m
2017 USATF Junior Olympic National Record Holder – 200m
Competing in 9/10 Girls division in 2018

Nicky Kutob – Long Sprints
AAU National Qualifier
Ran for i5 Elite in Maryland
Competing in 7/8 Boys division in 2018





UPCOMING DATES:

March TBD – First uniform order

April 29 – 4th Annual DPTC Cookout @ McCurry Park. More details to follow.

JUNIOR OLYMPIC MEETS AND TRAVEL

We will end the 2018 season at the USATF Junior Olympics at NC A&T University in Greensboro, NC. All of the meets to qualify for the Junior Olympics (USATFGA Area C meet, USATFGA Association meet, USATF Region 4 meet) will be in GA this year. So, the only REAL travel we have to plan for is Greensboro.

We have hotel arrangements in place for Greensboro. In total, we have 35 doubles and 10 kings blocked at two different Marriott properties. Rooms range from \$109-\$119 per night and one of the hotels just opened last month. We will send the information for you to reserve one of these rooms later in the season. We will also host a team dinner (for athletes and parents) while at the Junior Olympics in Greensboro.

REMINDERS:

2018 THANKSGIVING CRUISE

We hope you can join us for an amazing holiday experience. We have reservations for a Royal Caribbean Cruise 11/17-24/18 on the Symphony of the Seas (largest cruise ship in the world).

The cruise leaves out of Miami and ports in Roatan, Honduras, Puerto Costa Maya, Mexico, Cozumel, Mexico, and Nassau, Bahama.

You will have until August to pay. Contact our travel agent, Bryan Slade at

bryan.slade@ourvacationcenter.com or 602-824-5993 x4461. Be sure to reference this booking number: 106806



DRIVE PHASE TRACK CLUB – TEAM RECORDS

After three years, our athletes have compiled a pretty impressive slate of times and marks. With the start of the season around the corner, now is a great time for you to review these records with your athlete. Talk about realistic goals and stretch goals. [TEAM RECORDS](#)