



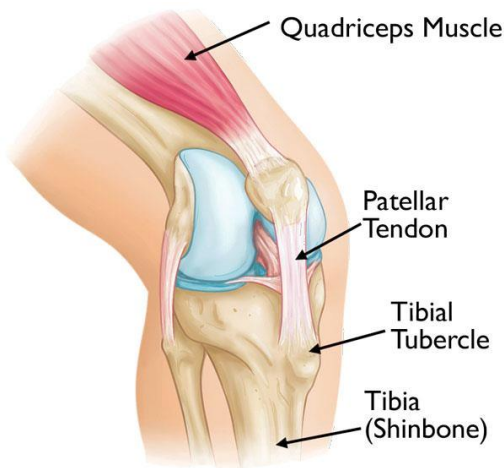
Do You Have Osgood-Schlatter Disease? What is it?

[Source: click [here](#)]

Osgood-Schlatter disease is a common cause of knee pain in growing adolescents. It is an inflammation of the area just below the knee where the tendon from the kneecap (patellar tendon) attaches to the shinbone (tibia).

Osgood-Schlatter disease most often occurs during growth spurts, when bones, muscles, tendons, and other structures are changing rapidly. Because physical activity puts additional stress on bones and muscles, children who participate in athletics — especially running and jumping sports - are at an increased risk for this condition. However, less active adolescents may also experience this problem.

In most cases of Osgood-Schlatter disease, simple measures like rest, over-the-counter medication, and stretching and strengthening exercises will relieve pain and allow a return to daily activities.



Osgood-Schlatter disease causes pain at the tibial tubercle — the bony bump where the patellar tendon attaches to the tibia (shinbone).

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The Phaser!!



COACH'S CORNER: NEW YEAR, NEW ATHLETE

Coaching youth athletes in track in field is very interesting. Mainly because youth athletes are growing and developing in all sorts of ways each and every year. The athlete who may have been an All-American the previous season most likely has a significantly different physical makeup (strength, coordination, weight) this season. These kinds of variables, along with all the others that affect performance, will likely impact how the athlete ranks against those same peer athletes from the previous season (who, in turn, are navigating this same journey at their own rate). And as coaches, we do our best to sort through it all and put the athlete in the best position to be successful.

Youth athletes experience rapid growth and maturation between the ages of 11-19. For girls, significant growth and development occurs between 11-16. For boys, it occurs between 13-19. While all of this growth and change affects performance, it also brings a time of joint discomfort and stress for many. Additionally, track and field is a high impact sport (force applied to the ground), which can add more stress to joints. At some point during these years, your athlete will likely experience joint discomfort and the severity is different for everyone.

Our recommendation is to first bring the issue to the coaching staff so we are aware and can outline a plan. Depending on the issue, remedies could include rest, ice, rehabilitation exercises, and in some cases, medical attention. We need to know what the athletes are experiencing so we can protect their physical health. We also are encouraging parents to take athletes to some proactive visits to a chiropractor. The rapid growth years combined with the pounding from running and jumping causes a lot of joint displacement and discomfort. Sports chiropractors can alleviate this and we can refer you to some of the best in metro Atlanta.

Yours in Track,

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.

Uniform information

NEW UNIFORMS: Submit your uniform order requests through the website NOW. Our first uniform order will be in March 25. Athletes must be registered to order uniforms.

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.

Link to list uniform items for sale - [here](#)

Link to see uniform items for purchase - [here](#)

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CHASING PERFECTION

In this Netflix Documentary, Olympic gold medal-winning sprinter Michael Johnson explores the lives of world-class athletes and the conditions that led to their elite status. See *Chasing Perfection* trailer [here](#).

REMINDERS

- **Practice Every Sunday, 2-4 pm** @McCurry Park, Fayetteville

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.

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.



- **4th Annual Team Cookout**
April 29 @ 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.
- **Team Records.** View DP records here and set your athlete goals for the season. [TEAM RECORDS](#)