

The Phaser!!



DRIVE PHASE TRACK CLUB, INC.

REG. 501C-3

The Phaser!!

March 2017
Bi-weekly pub.

SAVE the DATE THIRD ANNUAL DRIVE PHASE PRESEASON COOKOUT

When: Sunday, April 30th

Where: McCurry Park

Time: 3pm

Be on the lookout for a food sign-up list!

Happy Birthday to our February Drive Phasers!

- AMARA NWAJAGU
- OLIVIA COOK
- ASIA LOVE
- BOBBI OLIVE
- VALENCIA BRYANT
- CRYSTAL DALY
- ZACHARY RIPPERDAN

Check Us Out!!!

Website:
www.drivephasetc.com

Instagram Feed:
Drivephase

Facebook:
Drive Phase Track Club

Inside this issue:

2017 COOKOUT	1
2016-17 INDOOR RECAP	1
BIRTHDAY SHOUT-OUTS!!	1
COACHES CORNER	2
ATHLETE SPOTLIGHTS	3-4

2016-17 INDOOR RECAP:

On December 17th, 30th and January 15th, several athletes traveled to Birmingham, AL for the indoor meets and earned over thirty 1st, 2nd, and 3rd place medals and set numerous meet records to boot. What's most impressive about the

kids' performances is that we haven't formally practiced since July. As proposed when we announced the meets, we just wanted to come together to run and have fun. Needless to say, we dominated! Congrats to all who participated!!

The Phaser!!

PROPER PLANNING PREVENTS POOR PERFORMANCE!!

From a coaching perspective, especially in track and field, proper planning is a critical part of the success formula. Optimizing an athlete's physical, mental, and emotional capabilities for a specific moment in time is a monumental task. However, our planning and preparation, from a training perspective, is designed in a way that gives us a great amount of predictability. It is with this same spirit that we approach the administrative aspects of the program. As

you have seen via email and can read in this newsletter, we are a little less than 2 months away from the start of the summer season but many, many things are already in full swing. So parents, here is your "call to action" - Have you properly planned for the demands of the summer track season? If you perform poorly, it will likely trickle down to your child. I know you of you have a million things going on both personally and professionally. However, I

strongly encourage you to pump the brakes, go thru your Drive Phase emails and make sure you are up to speed on everything, and have a viable plan to help make this season a successful one for your child - their performance is depending on it!

Coach Grant

"WE PLACED OUR FIRST UNIFORM ORDER THIS WEEK. THE FINAL ORDER WILL BE PLACED THE FIRST WEEK OF APRIL TO ALLOW FOR THE 6-WEEK DELIVERY"

SUNDAY PRACTICE, UNIFORMS, FEES...

Sunday practice began on Feb. 12th and we are off to a great start! As we get settled into the season, there are various administrative items that we need to execute. Parents, please check your email/text daily for team announcements, to connect and plan for the upcoming deadlines. Uniform designs have been finalized and are ready to be ordered. Order forms

will be available for you to size-up and select your style. **We placed our first uniform order this week. The final order will be placed the first week of April to allow for the six-week delivery timeframe.**

To begin the Sunday practice, the \$150 deposit must be paid. The total 2017 fees are \$450/new members and \$250/returning members. A breakdown of the fee struc-

ture will be discussed in detail as we move into the season.

Important Fee Dates:

2-12-17(past)
\$150.00 due
3-12-17(past)
\$150.00 due
4-23-17
Final fees due

SPRING SEASON IS UNDERWAY!

DPTC is a 'melting pot' of many recreation and school track programs in the metro area. Fayette, Henry, Clayton, Troup, Fulton, Atlanta, Spalding, middle and high schools come together to build our DP family. As you embark upon your respective spring season, please remember to always properly warm-

up, hydrate, eat right and be careful.



The Phaser!!

2017 Yankee Candle Fundraiser...

We are nearing the end of our Yankee Candle fundraiser and sales sheets and monies must be submitted to LaTasha Jordan at next Sunday's practice, 3-26-17. Please be sure to include taxes and shipping costs into your sales to ensure accurate accounting of the sale and shortages don't occur. If a shortage occurs, the amount will be deducted from the individual profit margin. [i.e. you earn 40% of your sales totaling \$400 but you failed to get taxes from you buyers which total \$36...the \$36 will be paid from your \$400 profit, so you will receive \$364 instead of \$400.] Understand? Good. Contact LaTasha at Jordan.tesha@gmail.com with any questions, etc. Online sales will remain open until June 30, 2017. Also, escrow accounts will be updated with profits earned on July 1, 2017.

2017 Region/Jr. Olympics Hotel Information...

So far, we have a block of rooms at three locations Kansas which averages about 20-30 minutes from the venue. We also have a block of rooms for our region meet to be held in Jacksonville, Fl. More information will follow as we start spring/summer practice.

2017 Jr. Olympics Group Flight Information...

****VERY IMPORTANT****

We have secured an awesome group flight deal with Southwest Airlines and submitted the deposits. We have additional awesome group flights with Delta Airlines that you can take advantage of. The deadline for the deposits is Tuesday March 21st at 11pm. The cost for a round-trip ticket is \$205.79/person. Of course, time is of the essence so please send your deposit (\$50/person) to your paypal escrow account by the 21st. Please put a note on the payment identifying them as flight deposits so they can be properly booked to your account. For our new family, escrow accounts will be set up for you so you can last year this proved to be a convenient and

PayPal is open for 2017 fees/dues deposits...

We all know how demanding the track season is...on our time AND our treasure. That is why proactive planning is critical to having a stress-free spring and summer season. You can visit the website any-time, day or night, to make payments to your child(rens) escrow account.

HEALTH & WELLNESS....

The Truth About Coconut Water

Low in calories, naturally fat- and cholesterol free, more potassium than four bananas, and super hydrating - these are just a few of the many benefits ascribed to America's latest health craze: coconut water. Dubbed "Mother Nature's sports drink" by marketers, the demand is skyrocketing, propelled by celebrity and athlete endorsements and promises to hydrate the body and help with a whole host of conditions, from hangovers to cancer and kidney stones. But is coconut water capable of delivering on all the promises or is it hype?

What Is Coconut Water?

Naturally refreshing, coconut water has a sweet, nutty taste. It contains easily digested carbohydrate in the form of sugar and electrolytes. Not to be confused with high-fat coconut milk or oil, coconut water is a clear liquid in the fruit's center that is tapped from young, green coconuts.

It has fewer calories, less sodium, and more potassium than a sports drink. Ounce per ounce, most unflavored coconut water contains 5.45 calories, 1.3 grams sugar, 61 milligrams (mg) of potassium, and 5.45 mg of sodium compared to Gatorade, which has 6.25 calories, 1.75 grams of sugar, 3.75 mg of potassium, and 13.75 mg of sodium.

Better Than Some Sugary Drinks

Coconut water has less sugar than many sports drinks and much less sugar than sodas and some fruit juices. Plain coconut water could be a better choice for adults and kids looking for a beverage that is less sweet. But don't overdo it, says Lillian Cheung, DSc, RD, of Harvard School of Public Health. "One 11-ounce container has 60 calories and if you drink several in one day, the calories can add up quickly," Cheung says.

Cheung, co-author of *Savor Mindful Eating, Mindful Life*, suggests being mindful about beverage choices and reading labels to choose plain coconut water and avoid those with added sugar or juices, which are no different from other sugary beverages.

Some Athletes Swear By It

Professional tennis player John Isner credits coconut water with keeping him on his feet for his epic 11-hour marathon Wimbledon tennis win. "It is super hydrating and has kept me going in long matches and prevented me from cramping even in the hottest and most humid conditions," Isner says.