

The Phaser!!



DRIVE PHASE TRACK CLUB, INC.

REG. 501C-3

The Phaser!!

February 2016

Bi-weekly pub.

STRONG SHOWING AT THE 2015 AAU NATIONALS!!



National runner ups (2nd place):

Na'ilah Moore - 16 yr old girls Triple Jump
Kenyah Conner - 9 yr old girls 1500 meter run
Imari Johnson - 12 yr old girls 4 by 100 meter relay
Amara Nwajagu - 12 yr old girls 4 by 100 meter relay
Haley Miller - 12 yr old girls 4 by 100 meter relay
Imani Moore - 12 yr old girls 4 by 100 meter relay

5th place:

Isis Grant - 10 yr old girls 400 meter run
Isis Grant - 10 yr old girls 4 by 400 meter relay
Tia Williams - 10 yr old girls 4 by 400 meter relay
Kenyah Conner - 10 yr old girls 4 by 400 meter relay
Aerin Summers - 10 yr old girls 4 by 400 meter relay

6th place:

Tia Williams - 10 yr old girls 200 meter dash
Ayden Anderson - 10 yr old boys 100 meter dash

Happy Birthday to our February Drive Phasers!

- KAYLA MONTGOMERY
- AMARA NWAJAGU
- HALEY MILLER
- ASIA LOVE

Congrats to all!!!

In our inaugural 2015 season, we had 48 athletes on the team and 32 of them qualified to compete at the AAU Junior Olympics in Norfolk, VA at Norfolk State University on August 2-8. We also had one athlete to qualify and compete in the USATF Junior Olympics in Jacksonville, FL. One of the highest achievements in youth track and field is to be recognized as an All-American. To earn this recognition, athletes must finish in the top 8 places overall in their event at the National Junior Olympics. We had 16 All-American performances this year.

National champions (1st place):

Isis Grant - 10 yr old girls 800 meter run
Kenyah Conner - 9 yr old girls 800 meter run
Jasmine Harmon - 11 yr old girls 80 meter hurdles

2016 INDOOR RECAP:

On January 2nd and 17th, 33 athletes traveled to Birmingham for the meet, 14 of them earned a total of 27 1st, 2nd, and 3rd place medals. For many, it was their first time on an indoor, 200m, banked track. Congrats to all who participated!!

Check Us Out!!!

Website:
www.drivephasetc.com

Instagram Feed:
Drivephase

Facebook:
Drive Phase Track Club

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WELCOME BACK!!

It's February 2016...the track journey begins now!!!

One thing I love about the new year is the opportunity it gives every one of us to reflect on the past and redirect, as needed, for the future. Our program enjoyed some really great things in 2015; however, I am more excited about the lessons we learned and the opportunities we've identified to be even better this year.

Over the next few weeks, you

will be hearing more about the many things we've been working on during the off-season - new committees, new coaches, additional uniforms, and more. We are focused on ensuring that DPTC provides every athlete with the opportunity to realize meaningful progression and development in the sport.

While we work hard to define the roles, procedures, and expectations for the program, YOU - the parent, play a huge

role in your child's experience and development. So, at this time of the year, here's what you should "be in the know" via emails, newsletters, and Remind 101. Missing critical information, deadlines, and dates will only complicate matters for you and your child when the season begins. We look forward to partnering with you to make 2016 a success.

Coach Grant

"WE PLAN TO ORDER UNIFORMS THE FIRST WEEK OF MARCH AND THE 2ND WEEK OF APRIL TO ALLOW FOR THE 6-WEEK DELIVERY"

SUNDAY PRACTICE, UNIFORMS, FEES...

As you know, Sunday practice has begun 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. Beginning Sunday, 2-14-16,

order forms will be available for you to size-up and select your style. We plan to order uniforms the first week of March and the 2nd week of April to allow for the six-week delivery timeframe.

Important Fee Dates:

2-7-16
\$150.00 due
3-13-16
\$150.00 due
4-29-16
Final fees due



'PHASE 1 OF FUN'.....TAKES OFF!

A great time was had by all at our first outing of the season dubbed the "Phase 1 of Fun" by our gracious event/marketing committee. We had roughly 17 Drive Phasers come out to bowl and fellowship with each other...and the parents probably had more fun than the kids!! Stay tuned for the next event al-

ready being planned by the committee.



The Phaser!!

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

London Harmon

1. Name?: **London**
2. Where are you from/
born?: **Atlanta, GA**
3. How many brothers/
sisters?: **3 brothers, 1
sister**
4. Years in Track?: **3**
5. Favorite track athlete
(pro)?: **my sister Jasmine**
6. Favorite event you like to
compete in?: **100m**
7. If I were a superhero, who

- would I be?:
Catwoman
8. Favorite thing to do?:
play soccer
 9. Least favorite thing to
do?: **lose a race**
 10. If I could go anywhere
in the world, I would go to?:
Disney World
 11. Track goals this year?:
**make it to the Junior
Olympics**



Madison Gardner

1. Name?: **Madison S. Gardner**
2. Where are you from/born?:
Atlanta, GA
3. How many brothers/sisters?:
2 sisters, 2 brothers
4. Academic accolades?:
Honor Student
5. Years in Track?: **5 years**
6. Track highlights?: **GRPA
4x100m record, All-American
(100m,200m), District champ
(100m,LJ)**

7. Favorite track athlete (pro)?:
Allison Felix, Candace Hill
8. Favorite event you like to
compete in?:
100m, 200m, 4x100m, 4x400m
9. Hobbies/Interest?: **Gymnas-
tics, hair, nails, writing songs**
10. Interesting fact about you?:
**I'm an Aunt, my artwork is
published in a calendar, I was
an asst. cheer coach at 9yo, I
was in a TV commercial**
11. If I were a superhero, who

- would I be?: **Black Widow**
12. Favorite thing to do?:
Hair
 13. Least favorite thing to do?:
Math
 14. If I could go anywhere in
the world, I would go to?: **Mi-
ami**
 15. Track goals this year?:
**National Champ/All-
American in all my events
and PR in all my events**



Tia Williams

1. Name?: **Tia Williams**
2. Where are you from/
born?: **Chicago, IL**
3. How many brothers/
sisters?: **4**
4. Academic accolades?:
Honors
5. Years in Track?: **3 years**
6. Track highlights?: **All-
American(200m,4x400m)
State/Region champion
(200m, 400m, 4x400m)**

7. Favorite track athlete
(pro)?: **Kenesia Bekele**
8. Favorite event you like to
compete in?: **200m**
9. If I were a superhero, who
would I be?: **Batwoman**
10. Favorite thing to do?:
play outside
11. If I could go anywhere
in the world, I would go to?:
Miami

12. Track goals this year?:
**run the 400m in 1:00 or
better**





Amara Nwajagu

1. Name?: **Amara Nwajagu**
2. Where are you from/
born?: **Los Angeles, CA.**
3. How many brothers/
sisters?:
2 brothers
4. Academic accolades?:
Beta Club
5. Years in Track?: **3 years**
6. Track highlights?: **2015
All-American(4x100m),**

- District/State/Region
Champion
(200m,400m,4x100m)**
7. Favorite track athlete
(pro)?: **Alyson Felix**
8. Favorite event you like to
compete in?: **400m**
9. Favorite thing to do?:
Texting
10. Least favorite thing to
do?: **Chores**

11. If I could go anywhere
in the world, I would go to?:
New York or Los Angeles
12. Track goals this year?:
**All-American in the 400m
with a 55-56 sec. time**

Asia Love

1. Name?: **Asia V. Love**
2. Where are you from/
born?: **Riverdale, GA**
3. How many brothers/
sisters?: **1 brother / 2 sis-
ters**
4. Academic accolades?:
A/B Honor Roll
5. Years in Track?: **3 years**
6. Track highlights?: **Trav-
eling and meeting new peo-
ple**
7. Favorite track athlete

- (pro)?: **Mariya Savinava**
8. Favorite event you like to
compete in?: **800m**
9. Hobbies/Interest?: **Art,
music, hanging out with
friends**
10. Interesting fact about
you?: **Not active when I
was younger...homebody**
11. If I were a superhero,
who would I be?: **Starfire**
12. Favorite thing to do?:

- Make my friends laugh**
13. Least favorite thing to
do?: **Stay at home**
14. If I could go anywhere
in the world, I would go to?:
Japan
15. Track goals this year?:
**2:25 or better in the 800m
and 1:00 or better in the
400m**



HEALTH & WELLNESS...WHAT'S EATING YOU?

Water....What's the Big Deal?

Water is important for our bodies and as an athlete, it becomes essential. Our bodies are made up of 60% water; this means we have to eat and drink it for our bodies to work. When we exercise, our bodies sweat as a way to make sure our bodies don't over-heat. That sweat is water that has to be put back in for us to perform mentally and physically.

Why can't I drink Gatorade or soda instead? Water is the source, but Gatorade is not a bad alternative. Gatorade has electrolytes and carbs that water doesn't have, but since it has a lot of sodium, you have to drink more Gatorade to get the full benefits that water would give. Soda is another story. Soda is full of sugar and acid and can damage your teeth and weaken your bones.

How much water do I have to drink? A general rule to follow is to drink about 85 ounces of water per day. This is roughly two and half liters of water per day or 6 water bottles. If you exercise, you should drink about 4-6 ounces of water for every 15-20 minutes of exercise in addition to the daily amount. This means at an hour-long track practice, you should drink about 18 ounces of water, which equals a little over a full water bottle.

Sound like a lot? Don't worry, you get water from foods and other drinks...it does not have to all be straight water, but some food and drinks allow you to absorb water better than others. This means not all food and drinks are equal and none are a substitute for good ole' water....so drink up!!