

# The Phaser!!



DRIVE PHASE TRACK CLUB, INC.

\*REG. 501C-3\*

The Phaser!!

April 2016  
Bi-weekly pub.

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



### Airline Booking Opportunity:

This week we've introduced a flight program we coordinated with Southwest airlines that offers very competitive round-trip tickets to the JO's. Additionally, we sent a follow-up email with the list confirming those who have signed-up and a FACT sheet with relevant information about the program. Please advise if you would like to purchase airline tickets as outlined in the documents. We need to know ASAP so we can contact the airline and

make arrangements for an accurate number of seats. There is a \$50 deposit required for the purchase of a ticket (\$100/2, \$150/3, and so on). The deadline for the deposits to be submitted to Southwest is Monday April 25, 2016. The final payment for all flights is due June 13, 2016.

### Check Us Out!!!

**Website:**  
[www.drivephasetc.com](http://www.drivephasetc.com)

**Instagram Feed:**  
Drivephase

**Facebook:**  
Drive Phase Track Club

## IMPORTANT MEET DATES COMING UP!!

-GRPA Class A State Meet \_ May 14 (Park&Rec)

Location: Augusta, GA

-Mark Trail Memorial Day

Weekend Invitational \_ May 28-29

Location: TBD (*very important meet...snapshot of JO-type competition*)

-USATF Georgia Area C Meet \_ Jun. 11

Location: Lovejoy, GA

-USATF Georgia Association Championships \_\_ Jun. 23-26

Location: Lovejoy, GA

USATF Region 4 Championships \_ Jul. 7-10

Location: TBD (South Carolina)

-USATF Junior Olympics \_\_ Jul. 25-31

Location: Sacramento, CA

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## EFFORT MATTERS-BUT THE FOCUS IS ON SKILL.

If you have been around me for at least a year, you've probably heard me share this before: "If God blessed you to walk then you can probably run; but that doesn't mean you know how to run efficiently." The skill and art associated with optimal running mechanics is something professional track athletes continue working on during their careers. You, as a parent, can help in this area in a couple of ways. Be present

during practice, listen to technical instruction, and reinforce with your child as needed. When appropriate, take some time at home in the yard or in the mirror to sharpen a skill. And lastly, be supportive and patient - skill proficiency takes time, especially when trying to undo what comes naturally. While we understand the opportunity that each season presents, we are mindful of the long journey

ahead for our athletes. Our goal is to prepare them to be at their best each season while nurturing a love for the sport. There are no scholarships awarded until the junior or senior years of HS so we have to keep them "in the game" until that time.

Coach Grant



“PLEASE MAKE SURE YOU TAKE THE TIME GO THROUGH RECOVERY STEPS AFTER STRENUOUS PRACTICES AND MEETS”

## RECOVERY=OPTIMAL PERFORMANCE!...FYI

This journey the kids are embarking upon is a long and arduous one. Undoubtedly, the amount of work and stress they're required to place on their bodies is enormous. The only way the kids can maintain the high-level performance we expect is if they take the time to properly recover after tough workouts or meets. Personally, there are two methods that I've used for my sons that have

worked well and may work for your child(ren). First of which is Epsom salt baths...water as warm as possible, 20-30 minutes fully immersed in the water up to the stomach or chest **but most importantly, the legs fully immersed.** The second method I use, mainly during the summer months, is ice baths; 2-3 bags of ice, cold water, 10-15 minutes,

**again with legs fully immersed in the bath.**

Whether you adopt these methods or not, please subscribe to a body recovery plan today if you haven't already. If not, constant fatigue and 'noodle legs' are likely to occur.

FYI.

Coach Rock

## HAPPY BIRTHDAY-DRIVE PHASERS!!

We have several April birthdays. We hope all of you had a wonderful day on your special day!!

Destiny Johnson  
Ashanti Tigner  
Brandon Moss

Trennedly Whatley  
Aerin Summers  
Isis Grant  
Akenti Zayid  
R'riell Shavers



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## \*\*\*\*\*ATHLETE SPOTLIGHTS\*\*\*\*\*

### Julian Mays

1. Name?: **Julian**
2. Where are you from/born?: **Atlanta, GA**
3. How many brothers/sisters?: **1 brother, 10yo**
4. Academic accolades?: **Honor Roll student**
5. Years in Track?: **2**
6. Track/Field highlights?: **AAU Junior Olympics 2015**
7. Favorite track athlete (pro)?: **Jesse Owens**
8. Favorite event you like to compete in?: **800m, 1600m, 4x400m relay**
9. Hobbies/interest? **Video games, computer coding**
10. Interesting fact about you? **Very good at video games**
11. If I were a superhero, who would I be?: **Superman**
12. Favorite thing to do?: **play video games**
13. Least favorite thing to do?: **play football**
14. If I could go anywhere in the world, I would go to?: **Hawaii**
15. Track goals this year?: **Make it to the JO's this summer. Lower my time in the 1600m, 800m and split time on the 4x400m**



### Olivia Grace Powell

1. Name?: **Olivia Grace Powell**
2. Where are you from/born?: **Chicago, IL**
3. How many brothers/sisters?: **2 brothers (Travis/Richard)**
4. Academic accolades?: **All A's since 3rd grade, perfect attendance**
5. Years in Track?: **1 year**
6. Track highlights?: **Won the LJ in my first meet, competed in the region meet**
7. Favorite track athlete (pro)?: **Allison Felix**
8. Favorite event you like to compete in?: **200m, 400m, LJ**
9. Hobbies/Interest?: **Competitive dancing, sewing and playing with my dog**
10. Interesting fact about you?: **I love FSU**
11. If I were a superhero, who would I be?: **Invisible Girl**
12. Favorite thing to do?: **Dance**
13. Least favorite thing to do?: **Clean my room!!!!**
14. If I could go anywhere in the world, I would go to?: **Paris, France**
15. Track goals this year?: **Sub 27 200m, sub minute 400m, 4.5 LJ**



### Ajanae Trinity Marey Chatham

1. Name?: **Ajanae Trinity Marey Chatham**
2. Where are you from/born?: **Santa Rosa, CA**
3. How many brothers/sisters?: **1 sister, 3 brothers**
4. Academic accolades?: **Honor Roll, perfect attendance**
5. Years in Track?: **1st year**
6. Track highlights?: **PR's 13.88 100m, 29.26 200m**
7. Favorite track athlete (pro)?: **Allison Felix**
8. Favorite event you like to compete in?: **100m, 200m, 4x100m relay**
9. Hobbies/Interest?: **Math, running**
10. Interesting fact about you? **I know how to read chart music and play the flute**
11. If I were a superhero, who would I be?: **Superwoman**
12. Favorite thing to do?: **listen to music and watch TV**
13. Least favorite thing to do?: **Sitting around doing nothing**
14. If I could go anywhere in the world, I would go to?: **Bahamas**
15. Track goals this year?: **improve time and technique**





## Joshua Davis

1. Name?: **Joshua Davis**
2. Where are you from/  
born?: **Houston, TX**
3. How many brothers/  
sisters?: **1 sister, 1  
brother**
5. Years in Track?: **2 yrs**
6. Track highlights?: **100m,  
200m**
7. Favorite track athlete  
(pro)?: **Usain Bolt**
8. Favorite event you like to  
compete in?: **100m**
9. Hobbies/Interest?:

**football**

10. Interesting fact about  
you? **I'm smart**

11.If I were a superhero,  
who would I be?: **Flash**

12. Favorite thing to do?:

**Hang out with friends**

13. Least favorite thing to

do?: **Play Rugby**

14. If I could go anywhere  
in the world, I would go to?:

**Texas**

15. Track goals this year?:

**Improve 100m, 200m**

## Austin Anderson

1. Name?: **Austin**
2. Where are you from/born?:  
**Atlanta, GA**
3. How many brothers/  
sisters?: **1 brother, 3 sisters**
4. Academic accolades?:  
**All A Honor Roll, Duke Tip,  
Beta Club**
5. Years in Track?: **3 years**
6. Track highlights?: **Junior  
Olympic qualifier 3 years  
straight (400,800,4x400)**
7. Favorite track athlete

- (pro)?: **Jeremy Wariner**
8. Favorite event you like to  
compete in?: **400m, 4x400m**
9. Hobbies/Interest?:  
**track, reading, video games**
10. Interesting fact about  
you?: **I'm part of triplets,  
(sister Aspen, brother  
Ayden)**
11. If I were a superhero, who  
would I be?: **Hulk**
12. Favorite thing to do?:  
**play minecraft, watch track**

**videos**

13. Least favorite thing to  
do?: **dishes**

14. If I could go anywhere in  
the world, I would go to?:

**Cruise to Bahamas**

15. Track goals this year?:  
**1:00-1:01 in the 400m, sub  
2:25 in the 800m, 4:05 in the  
4x400m**



## **HEALTH & WELLNESS..TOSS & TURN, CRASH & BURN...**

### *Sleep*

Regular sleep can boost the weight loss benefits of running. “If you don’t get enough sleep, your body’s appetite signaling hormones [leptin and ghrelin] are thrown off,” Harris said. “Less sleep leads to more ghrelin [which makes us hungry] and less leptin [which tells us we’re full]. Sleeping a full night regularly helps keep your hunger signals in check and keeps, especially when combined with exercise, your weight down.” For marathoners during taper weeks, regularly getting a solid night of sleep may be even more important than the miles you’re running during that time period. “Endurance athletes find that moderate carbo-loading just before an event can enhance athletic performance,” Harris said. “However, if you’re not sleeping enough, your body won’t properly store the carbs you’re consuming [leading to less glycogen stores] and the benefits of carbo-loading may be lost. You might even hit the wall sooner than usual because your glycogen stores will be depleted too fast.”

### *Concentration*

Mental toughness. Runners can be analytical — always trying to figure out why one race went so well and why another didn’t. “The right amount of sleep affects your concentration,” said Nathaniel Jones, MD, from Loyola University Health System in Chicago. It takes a few hours after you fall asleep to reach deep, quality sleep, usually into the seventh hour — especially in younger athletes.

Concentration can be negatively impaired when a runner races with sleep debt.

“Enough sleep helps you tune into your body better, improves your concentration and helps you strategize the rest of the race or for the rest of the run,” Jones said. This concentration is also essential for being able to “push” it at the end of a race.

To get the best running from your sleep, Maas recommends these three things:

— Determine your sleep needs and meet it every night, “Monday through Monday.”

— Establish a regular sleep schedule: get up at the same time every day. “If you have a yo-yo sleep-wake schedule, your body never knows when it’s time to shut down,” Maas said. “You end up being in a constant state of jet lag without ever leaving home.”