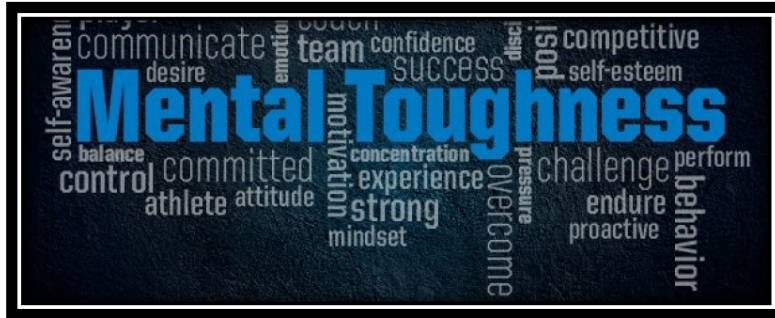


# The Phaser!!

April 2018 Edition



[Read the full article: [www.competitivedge.com/catalog/track-and-field.](http://www.competitivedge.com/catalog/track-and-field.)]

So why would an athlete consistently perform better in practice than in competition? As a track and field competitor, your strength, speed, conditioning and technique are critical to your ultimate success. You know you can't possibly reach your potential without enough work in these training areas. However, far too many athletes stop there. They train physically and leave the mental part of their performance to chance. Without adequate training in the mental side of your sport, you won't be able to go as far as possible in your event. You need mental toughness training to complete your overall training.

What can mental toughness training teach you?

- How to stay relaxed under pressure.
- To recognize when you're leaving "good nervous", entering "bad nervous" and how to quickly get your physiological arousal back in control.
- How to erase the past so that you don't go into a performance carrying any negative baggage.
- How to better control your focus of concentration.
- How to avoid the "uncontrollables" and stay in the "now" of the performance.

What kind of mental toughness skills do you possess? Can you readily handle big meet pressure? Are you able to keep yourself focused on your own performance without getting distracted by a talented opponent? How about failures, setbacks and bad meets? Do you know how to constructively handle them? If your head is getting in the way of your sport, get smarter about your training. You can't reach your athletic dreams without working on the mental part of your events. Develop the competitive advantage.

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### APRIL

- Isis Grant – 4/7
- Sasha Tukes – 4/9
- Akenti Zayid – 4/12
- Antonio Watkins, Jr – 4/13
- Destiny Johnson – 4/15
- Nicole Kutob – 4/16
- Destiny Patton – 4/19
- Nicky Kutob – 4/30

# *The Phaser!!*



## COACH'S CORNER:

### Starting with the End in Mind

As we approach our first official summer track meet on May 12, we start to think about what our team might accomplish this season. The coaching staff has had some time to get familiar with our new athletes and see the growth that returning athletes have made during the off-season. We begin hypothesizing who might accomplish what, how some of the relays may come together, and what we have to do to outperform our 2017 Junior Olympic achievements. FYI - we earned 41 medals at the 2017 USATF National Junior Olympics - that is a high bar, but I confident that we can get there.

Now that we are close to finishing our first 3 months of general and specific preparation training, you will start to see our athletes performing close to their PR. Our entire training calendar and progression is built with a focus on these competitions: June 21-24 for the USATF GA Association Championship, July 5-8 for the USATF Region 4 Championship, and July 23-29 for the USATF National Junior Olympics. These are the biggest stages for our athletes who want to display their talents on the highest level - everything outside of these events are fancy rehearsals. From week to week, athletes should be fine-tuning, adjusting, and making the small tweaks needed to perform their best.

With all of that said, let me bring you back to the big picture. The heading of this section is "Starting with the end in mind". I encourage you to not only think about "the end" as the end of the season, but to also think about "the end" of the journey. What do you want your child to get from their track experience? Life lessons, track scholarship, work ethic? Whatever your goals, keep the long-term, broad arc of this journey in mind and don't get distracted by blips on the radar. There will be plenty of ups and downs and it is important to have those conversations with your athlete.

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](mailto:lamar@drivephaseinc.com). Be sure to select "Family and Friends" before sending the payment to eliminate surcharge fees. All balances are due by May 31.

#### Uniform information

NEW UNIFORMS: Submit your uniform order requests through the website NOW. **Our next uniform order will be in May 1.** Delaying your order may result in athletes beginning the season without a team uniform. Athletes must have at least \$150 in escrow account to order uniforms. Click [here](#) to place your order today.

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](#)

Check us out at:

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

Instragam: [@drivephase](#)

Facebook: [Drive Phase TC](#)



**Summer Season Team Kickoff Cookout!**

Come one and all to the DP Annual Cookout, **April 29, 3-6pm** (immediately following practice). This is a wonderful time to welcome newcomers and to reacquaint with returning athletes, families, and friends. The cookout will be held at a pavilion at McCurry Park → follow the train of cars to the grill pit.

Please sign up today to bring items to the cookout on the DPTC website, or click [here](#).

**Film Study**

On Sunday, **May 6, from 2:30pm to 4:30pm**, we will meet at the **Hilton Garden Inn in McDonough** to review film of the athletes during training. Athletes will be able to view and critique themselves, and we will also look at what the correct techniques and mechanics look like. Additionally, we will also share our broader training and adaptation strategy and timeline so you have a better understanding of the *how and why* of what we do. Parents are encouraged to attend.

Hotel Address:  
Hilton Garden Inn  
95 Hwy 81W  
McDonough, GA 30253

JUST A LITTLE  
*Reminder*



**ITEMS NEEDED:**

- Toothbrush • Hand Towels
- Sunblock • Toothpaste
- Adhesive Bandages • Lip Balm
- Travel Size Lotion • Rain Ponchos
- Tampons • Hair Comb / Brush
- Sanitary Napkins / Liners • Travel Size Shampoo
- Antibiotic Ointment • Socks
- Prepaid Phone Cards • Deodorant
- Travel Size Soap • Empty Shoeboxes

Contact Coach Allen for more details or to donate. Boxes collected April 18-19.

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

Check us out at:  
Instagram: @drivephase      Facebook: Drive Phase TC

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# THE FINAL COUNTDOWN

Team practices begin: **Monday, May 7, 6pm, McCurry Park.**

First DP Team Meet: **Saturday, May 12, Jackrabbit Sapphire Invitational**

**To stay up to date on team events, subscribe to DPTC schedule on the team website.**