

The Phaser!!

June 2018 Edition



Be informed ~ stay engaged 'cause IT'S GO TIME! Mark your calendars for the next few weeks of events. If you have questions, please ask. With so many athletes competing in so many events, it is crucial that you know when and where your athlete competes. Please read the meet schedules carefully.

To stay up to date on team events, subscribe to DPTC schedule at drivephasetc.com.

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~~~~~Drive Phase Upcoming Meets~~~~~

|                                                                                                                |                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>June 21-24 @ Carrollton HS (Carrollton, GA)</b><br><i>USATF GA Association Junior Olympic Championships</i> | <a href="#">Meet Info</a> ; <a href="#">Meet Schedule</a>                                                                                                                                           |
| <b>July 5-8 @ Barron Stadium (Rome, GA)</b><br><i>USATF Region 4 Junior Olympic Championships</i>              | <a href="#">Meet Info</a> ; <a href="#">Meet Schedule</a>                                                                                                                                           |
| <b>July 21 @ Marietta HS (Marietta, GA)</b><br><i>Georgia Games</i>                                            | This meet is open to all Drive Phase athletes. More details forthcoming.                                                                                                                            |
| <b>July 23-29 @ NC A&amp;T Univ (Greensboro, NC)</b><br><i>USATF National Junior Olympics</i>                  | <a href="#">Meet Info</a> ; <a href="#">Meet Schedule</a><br>Group block reserved at team hotel (\$129/night). Will send link to reserve rooms later this month.<br>- <a href="#">Hotel Website</a> |

~~~~~Upcoming Events~~~~~

| | |
|--|-----------------------------|
| June 27, 5pm. Team Pictures @ McCurry Park
- Individual and team pictures available for purchase. Forms will be distributed at practice on 6/25 and 6/26.
- Wear/bring standard (yellow) uniform for team picture. Warm-up not reqd.
- Individual pictures may be taken in uniform of choice. Bring medals, if desired.
- Individual headshots will also be taken for the website
<i>[Picture purchase is optional.]</i> | |
| July 14. Team Fun Day
- Save the Date. | Stay tuned for more details |

~~~~~Looking Ahead ~~~~~

|                                                                                               |                              |
|-----------------------------------------------------------------------------------------------|------------------------------|
| <b>August 26, 4pm. End of Season Banquet</b><br>- Main Event Entertainment, 3101 Cobb Parkway | Stay tuned for more details. |
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**JUNE**

- Melanie Doggett - 6/3
- Janiya Wilkerson - 6/3
- Dashaun Morris II - 6/3
- Herschel Parker - 6/7
- Anaya Williams - 6/9
- Dashana Morris - 6/15
- Adefolake Adewusi - 6/21
- KingRamonice Johnson - 6/24
- Steven Wilson - 6/29

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### COACH'S CORNER:

## Championship Season is Here!

For many of you, we are finally in the time of year you've been waiting and planning for - USATF state, region, and nationals! This is an exciting time as we are now in our last training phase of the year. From a training standpoint, everything we do is intentional - rest, hard days, light days, competition, etc. For example, in May, our training calendar required us to put a lot of stress on the body and for the most part, athletes probably felt somewhat heavy and fatigued during competition - that was by design. While as a parent, you may not have a deep understanding of how the body adapts to training stress, know that our training progression is designed to have our athletes performing their best in July; therefore, certain things have to be done at certain times.

It is also important for you to understand that missing practice or doing your own workouts on the side changes our training formula for your child. When you get too involved in the training progression, you are likely doing more harm than good. A training progression is like a recipe - too much of this, not enough of that, or doing certain things at the wrong time of the season can compromise an athlete's performance. We are deliberate in what we do and have years of data to support our approach. Do you know what the workouts were the week of 5/14/18? Do you know why we did what we did on 2/25/18? It is this broad, macro-level perspective that allows us to create some predictability with athlete performance. As coaches, our reward comes as we watch our athletes perform well and exceed expectations at the most important meets of the year. We want success for your athlete as much as you do - that's how we measure our performance as coaches!

Yours in Track,

Coach Grant

JUST A LITTLE  
*Reminder*

#### DPTC payments

You can make payments at any time via PayPal to [amar@drivephaseinc.com](mailto:amar@drivephaseinc.com). Be sure to select "Family and Friends" before sending the payment to eliminate surcharge fees. **See Coach Grant if you have not paid your balance.**

#### Uniform information

UNIFORMS ARRIVALS: Uniforms are due to arrive within the next two weeks. Distribution will be at practice as soon as they arrive.

#### Real-time Meet Communication: Via REMIND

If you are not on REMIND, download the app and contact Tamika Grant. This is the primary communication tool used throughout the qualification meet series, and during national competition. Please do not rely on email updates during the meets.

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