

The Phaser!!



DRIVE PHASE TRACK CLUB, INC.

REG. 501C-3

The Phaser!!

March 2016

Bi-weekly pub.

DPTC VOLUNTEERS AT THE MIDWEST FOOD BANK!!



Everyone had a fantastic time volunteering at Midwest Food Bank. With parents and kids, we had 23 1/2 work for about 2 hrs. Their job for the day was to package red beans into serving size bags. They packaged 505 bags in 101 packages of 5. At the end, they were told that their contribution will help feed several hundred people. When they were told of their feat, all burst out with an applause because they all felt satisfaction knowing they helped with a significant cause. Kudos!!!

DPTC VOLUNTEERS AT THE SHRC!!

Awesome job kids!

Some of our teen Drive Phasers kicked-off our 2016 season by volunteering at the Southland Health and Rehabilitation Center for it's bingo-day event. Their efforts consisted of escorting the residents to the common area, helping the residents play bingo as needed, then escorting them back to their rooms. Volunteerism is the cornerstone of Drive Phase Track Club and we're always happy to help others! Kudos!!!



Check Us Out!!!

Website:
www.drivephasetc.com

Instagram Feed:
Drivephase

Facebook:
Drive Phase Track Club

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The Phaser!!

WELCOME COACHES!!

We are one month into our spring season and it feels great to be back in the swing of things. On the track, we are focused on technical instruction, acceleration and running mechanics, and general conditioning. Our approach to the season is both tactical and deliberate with the ultimate focus being on optimizing athlete performance for June and July - the championship season. None of this work could be accomplished without the

support and commitment of our coaching staff. **Our 2016 staff includes Coach Anthony Edwards - Sprints/Hurdles; Coach Rock - Sprints; Coach Blankenship - Sprints/Throws; Coach Cory - Middle Distance.** I will be working with our relays, horizontal jumpers, and supporting all the other coaches in their training groups. We are excited about the opportunities ahead of us this season. The coaches attended

(COACHES CORNER)

a clinic back in January to review best practices and learn about new training strategies. We also met as a staff to outline our 2016 roadmap. If at any point in time you have questions or want to learn more about our team or training philosophy, please give me a call or grab me after practice. We thank you for being a part of the Drive Phase family.

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...

Sunday practice is off to a great start! As we move forward in the spring 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. Even if you plan on joining

joining the team later, please stop by the Sunday practice to complete the order form. We will hold all forms until the escrow account is suitable for ordering. Thanks to all who have taken care of their dues and order forms thus far. **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 2 OF FUN -‘RACE’ MOVIE!



A great time was had by all at our second outing of the season dubbed the ‘Phase 2 of Fun’. We had roughly 20+ Drive Phasers come out to view an exciting and historical movie about the trials and tribulations of one of track and fields’ preeminent athletes; Jesse Owens! Stay tuned for the next event

already being planned by the committee.



The Phaser!!

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

Zalen Green

1. Name?: Zalen
2. Where are you from/born?: **Atlanta, GA**
3. How many brothers/sisters?: **1 brother, 1 Sister**
4. Academic accolades? **Advanced 1st grade student/4th grade reading level**
5. Years in Track?: **0**
6. Track/Field highlights? **3 medals (1 gold/2 silver) in his first meet**
7. Favorite track athlete (pro)?: **Tyson Gay**
8. Favorite event you like to compete in?: **100m, 200m, 400m**
9. Hobbies/interest? **Playing drums, basketball, with his sister**
10. Interesting fact about you? **Born on 12/31, the last of the track cut-off for an age group**
11. If I were a superhero, who would I be?: **Green Lantern**
12. Favorite thing to do?: **play video games**
13. Least favorite thing to do?: **get into trouble**
14. If I could go anywhere in the world, I would go to?: **Las Vegas**
15. Track goals this year?: **Anchor the relay, state champion, medals, get faster**



Aerin Summers

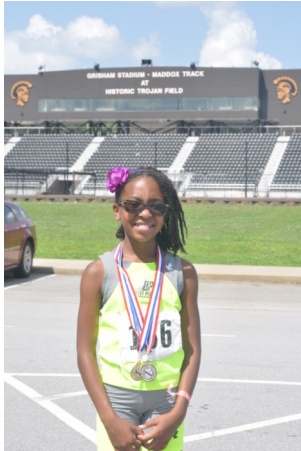
1. Name?: **Aerin Summers**
2. Where are you from/born?: **Atlanta, GA**
3. How many brothers/sisters?: **1 sister**
4. Academic accolades?: **Honor Roll, Beta Club, Safety**
5. Years in Track?: **3 years**
6. Track highlights?: **1:08 in the 400m**
7. Favorite track athlete (pro)?: **Sanya Richards-Ross**
8. Favorite event you like to compete in?: **200m**
9. Hobbies/Interest?: **Playing board games**
10. Interesting fact about you?: **I wanted to play tennis, not track**
11. If I were a superhero, who would I be?: **My own superhero—Pink Flash**
12. Favorite thing to do?: **Travel**
13. Least favorite thing to do?: **Eat bananas**
14. If I could go anywhere in the world, I would go to?: **Washington DC and Hollywood**
15. Track goals this year?: **To get faster, better starts, better 200m**



Genesis Johnson

1. Name?: **Genesis**
2. Where are you from/born?: **Atlanta, GA**
3. How many brothers/sisters?: **4**
4. Academic accolades?: **Honors, 4th grade President, Math club**
5. Years in Track?: **4 years**
6. Track highlights?: **2015 AAU JO's/7th place in the LJ**
7. Favorite track athlete (pro)?: **Flo-Jo**
8. Favorite event you like to compete in?: **LJ**
9. Hobbies/Interest?: **Arts&Crafts, guitar, tennis**
10. Interesting fact about you? **I own a business named 'Creations by Genesis' where I sell handmade hair-bows and headbands**
11. If I were a superhero, who would I be?: **Super Girl**
12. Favorite thing to do?: **listening to music, reading, business expansion**
13. Least favorite thing to do?: **Drawing**
14. If I could go anywhere in the world, I would go to?: **California**
15. Track goals this year?: **medal in all my events at the JO's**





Sydney Bohles

1. Name?: **Sydney Bohles**
2. Where are you from/born?: **Sumpter, SC**
3. How many brothers/sisters?: **2**
4. Academic accolades?:
Duke Tip
5. Years in Track?: **4 yrs**
6. Track highlights?: **In 2015 I won a 800m run with one shoe on**

7. Favorite track athlete (pro)?: **Usain Bolt**
8. Favorite event you like to compete in?: **800m/Cross Country**
9. Hobbies/Interest?:
Drawing and design
10. If I were a superhero, who would I be?: **Storm**
11. Favorite thing to do?:
Play with my dog Hazel

12. Least favorite thing to do?: **Kumon**
13. If I could go anywhere in the world, I would go to?:
Paris
14. Track goals this year?:
Run 2:26 in the 800m

Sonali Anderson

1. Name?: **Sonali**
2. Where are you from/born?:
Fayetteville, GA
3. How many brothers/sisters?: **1 brother**
4. Academic accolades?:
Beta Club, Natl English Honor Roll
5. Years in Track?: **3 years**
6. Track highlights?: **2015 GHSC participant 400m, 800m and 2015 JO participant 800m**

7. Favorite track athlete (pro)?: **Ajee Wilson**
8. Favorite event you like to compete in?: **800m**
9. Hobbies/Interest?:
Reading, soccer, saxophone
10. Interesting fact about you?: **Learned to sail and scuba-dive on a 21-day yacht excursion in the Virgin Islands**
11. If I were a superhero, who

- would I be?: **Aquaman**
12. Favorite thing to do?:
Reading
13. Least favorite thing to do?: **Cleaning my bedroom**
14. If I could go anywhere in the world, I would go to?:
Bora-Bora
15. Track goals this year?:
sub 1:00 in the 400m, sub 2:20 in the 800m



HEALTH & WELLNESS....?

Well, first, know this. You *need* to stretch! If you own a pet (dog or cat), you see them do it every day!!

Running makes your legs strong, toned, and, unfortunately, tight. Every step you take forces those quads, hamstrings, calves, core and hips to flex and extend over and over and over again to propel you down the track. After running any laps or miles, those hardworking muscles and tendons can develop imbalances, scar tissue, and tension, which can SLOW you down and contribute to more injuries.

The good news is, it's easy to stretch! However, stretching is often overlooked because the results are not as visible as lifting weights and squatting — or so you thought. Stretching can lead to improved posture, fewer aches and pains, greater confidence, and better track & field performances.

Stretching has so many benefits. Just start regularly stretching (every day is recommended whether you are working out or not), and you'll soon notice many of the benefits. Some of the benefits of stretching are:

- relief from pain and reduced muscle soreness
- increased energy
- better range of motion
- increased circulation of blood to various parts of the body and nutrients supplied to the muscles
- enhanced muscular coordination
- improved posture
- decreased injury
- stress relief