

The Phaser!!



DRIVE PHASE TRACK CLUB, INC.

REG. 501C-3

The Phaser!!

May 2016
Bi-weekly pub.

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



JO Airline / Hotel Bookings:

We've submitted the down payment on the 60 flights requested from our members, that we negotiated with Southwest Airlines. The balance on the tickets is due on June 13, 2016. **To those with flights, please continue to make deposits to your escrow account between now and the final payment date so that we will be able to make the payment to Southwest without any issues.**

Also, the hotel block is still available for rooms at the JO's. Please call 916-858-0637 to book your room. They are reserved under Drive Phase Track Club. **We have to release all rooms the first week of June so PLEASE take a minute to book your room.**

Check Us Out!!!

Website:
www.drivephasetc.com

Instagram Feed:
Drivephase

Facebook:
Drive Phase Track Club

IMPORTANT MEET DATES COMING UP!!

-Park & Rec. State Meet (Augusta) _ May 13-14

Location: Lucy Haney High School

-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: Spartanburg High School (Spartanburg, SC)

-USATF Junior Olympics __ Jul. 25-31

Location: Sacramento, CA

Inside this issue:

JO INFORMATION & UPDATES	1
COACHES CORNER	2
COOKOUT/PICTURE RECAP!	2
ATHLETE SPOTLIGHTS	3-4
SPECIAL RECOGNITION ; AMARA NWAJAGU	4
HEALTH & WELLNESS	5

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IN CASE YOU MISSED IT....

With the official start of our second year quickly approaching, I want to reflect on two recent events - the 2nd Annual DPTC Season Cook-out and our preseason team debut at the TRACKLAB meet on 5/7. It was truly an amazing experience for me, the coaches, and committee members to see so many families enjoying themselves at the cookout. We are humbled to have so many GREAT

people supporting and serving the program. It takes a village to operate a program that's in line with our vision and we couldn't do it without many of you. Together, we know that we can move these kids to some amazing things both on and off the track.

Now on the track, we made a huge statement on Saturday at Emory. Both personal and meet records were set by

(COACHES CORNER)

many throughout the day. While I was busy timing the meet, our coaches were in mid-season form preparing the kids for their races and the results were amazing. With this as a starting point, the bar has been set for some outstanding performances later in the season. Make no mistake, there is plenty of hard work, lessons to be learned, and fine tuning ahead. We are related to embark on this journey in partnership with you.



Coach Grant



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

Christian Davis

1. Name?: **Christian**
2. Where are you from/born?: **TX**
3. How many brothers/sisters?: **1 brother, 1 sister**
5. Years in Track?: **1st yr**
9. Hobbies/interest? **running**
10. Interesting fact about you? **math**
11. If I were a superhero, who would I be?: **Ant man**
12. Favorite thing to do?: **football**
13. Least favorite thing to do?: **chores**
14. If I could go anywhere in the world, I would go to?: **Tennessee**
15. Track goals this year?: **to get better in my races**



Travis T. Harris, Jr. (TJ)

1. Name?: **Travis**
2. Where are you from/born?: **Nashville, TN**
3. How many brothers/sisters?: **1 sister**
4. Academic accolades?: **Advanced reading award**
5. Years in Track?: **1 year**
6. Track highlights?: **running in the JO's**
7. Favorite track athlete (pro)?: **Justin Gatlin**
8. Favorite event you like to compete in?: **100m, 4x100m, LJ**
9. Hobbies/Interest?: **dirt bikes**
10. Interesting fact about you?: **I want to attend Clemson Univ.**
11. If I were a superhero, who would I be?: **Flash**
12. Favorite thing to do?: **play football, run track**
13. Least favorite thing to do?: **go to the barber shop**
14. If I could go anywhere in the world, I would go to?: **Hawaii**
15. Track goals this year?: **improve all my times from last year**



Brandon Moss

1. Name?: **Brandon**
2. Where are you from/born?: **Columbus, OH**
3. How many brothers/sisters?: **2 brothers**
5. Years in Track?: **4 yrs**
6. Track highlights?: **state finals each year**
8. Favorite event you like to compete in?: **200m, 4x100m relay**
9. Hobbies/Interest?: **drawing and writing stories**
10. Interesting fact about you? **I love watching animal planet**
11. If I were a superhero, who would I be?: **Superman**
12. Favorite thing to do?: **play football**
13. Least favorite thing to do?: **ride roller coasters**
14. If I could go anywhere in the world, I would go to?: **Hawaii**
15. Track goals this year?: **win nationals in the 400m, 4x400m**





Valencia Denise Bryant

1. Name?: **Valencia**
2. Where are you from/
born?: **Georgia**
3. How many brothers/
sisters?: **4 sisters**
4. Academic accolades?
**Honor Roll, Acceler-
ated Reader**
5. Years in Track?: **2 yrs**
6. Track highlights?: **100m,
200m, LJ, 4x100m**
7. Favorite track athlete
(pro)?: **Jackie Joyner-
Kersee**
8. Favorite event you like to
compete in?: **100m, 200m,
4x100m, LJ**
9. Hobbies/Interest?:
**Reading, math, drawing,
dancing, singing**
10. Interesting fact about
you? **Love pets, funny,
playful**
11. If I were a superhero,
who would I be?: **Wonder
Woman**
12. Favorite thing to do?:
**sleep, go to movies,
church, travel, eat**
13. Least favorite thing to
do?: **chores**
14. If I could go anywhere
in the world, I would go to?:
Washington, DC
15. Track goals this year?:
**Improve PR's, medal in
my events**

Congrats Amara Nwajagu!!!!

Team,
We wanted to share some **record-breaking** spring season achievements from one of our very own, Amara' Nwajagu!! The list below outlines her individual and team accomplishments and the collage picture shows the plaques and medals she received for her special feats this season. She received six plaques and 3 medals:

1. Team MVP
2. Fayette county MS record holder in the 400 (57.02)& 200 (25.34)
3. 400 1st in Fayette county
4. 200 1st in Fayette county
5. 4 x 1 Relay 1st in Fayette county (record holders 51.40)
6. 4 x 4 Relay 1st in Fayette county
7. PTC invitational Gold medal in the 400 (56.51)...she broke a record set in 2009.
8. PTC Invitational Gold medal in the 200 (25.40)
9. PTC Invitational Bronze medal in the. 4 x 1.



HEALTH & WELLNESS...IMPORTANCE OF HYDRATION?

Why is hydration so important when it comes to running?

Hydration is something many of us take for granted.

It has been reported that most runners have no clue as to how much water they lose during a run.

For many runners, hydration is the difference between a great run and a not so great run.

Some runners find that drinking a sports drink with electrolytes added can help keep the body's hydration in check.

[Water](#) is one nutrient we cannot, nor should not forgo. While we can go for weeks without food, water is a whole different scenario. Without water, death can occur within days.

Water acts as a coolant when you are exercising. Sweating is the involuntary response that keeps your body from overheating.

Because our bodies are comprised of 40-70% water, just a slight shift in the body's fluid balance can lead to drastic changes in our running performance.

Sweating accounts for well over 90% loss in water during a run. And if you consider warm temperatures and humidity into the mix, this rate can go even higher. The remaining fluid loss comes from our breathing as well as urine and feces production.

Keeping tabs on your hydration is essential to getting you through your run.

Optional inclusion:

Dehydration is defined as losing more fluid than you have taken in. Dehydration can cause many changes in the body including the following:

- Fatigue
- Dry mouth
- A decrease in sweat rate
- An increase in heart rate
- An increase in body temperature
- A drop in blood volume which can lead to a drop in glucose being transported to the muscles to use for energy
- Nausea/vomiting
- Drop in urine output
- Cramps
- Chills
- Humidity levels-The higher the humidity, the more difficult it is for the sweat to evaporate off the skin making it harder for the cooling off process to take place.
- Wind speed-The higher the wind speed the greater cooling-off effect so that sweat production may be lessened. Calm days may lead to an increase in your sweat rate.
- Body conditioning-The better conditioned you are to a particular activity, the greater the sweat volume, so you will usually begin to sweat sooner into your run.