

# The Phaser!!



DRIVE PHASE TRACK CLUB, INC.

\*REG. 501C-3\*

The Phaser!!

June 2016  
Bi-weekly pub.

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



### JO Airline / Hotel Bookings:

The group flights to Sacramento are complete. We hope this proactive effort has been helpful to those participants. Our only intent with setting up group reservations is to make the JO travel process as stress-free as possible for our members. For those who paid the deposit for tickets but did not fully purchase them, we will be issuing refunds over the next few days. Please be mindful that the refunds will be net of any outstanding fees/dues owed to the club... (i.e. \$200 refund but \$60 fees due to the club = \$140 net refund).

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

### JO Rental Car Bookings:

We tried to locate van rental deals but didn't find anything reasonable. In lieu of the vans, we recommend that we partner on rental cars for the JO's. Parents please seek out other JO parents to share a rental car for the week. Thanks!!

## IMPORTANT MEET DATES COMING UP!!

- 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

### Check Us Out!!!

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

Instagram Feed:  
Drivephase

Facebook:  
Drive Phase Track Club

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## LET'S FINISH STRONG....

After months and months of preparation, the stage has been set. From winter conditioning to the spring season, the most important time of the track year is now upon us. Our athletes have worked hard and are preparing to be at their best - expectations are high!

We expect athletes to be both mentally and physically ready for every

training session. The coaching staff is focused on refining the small details needed to make additional improvements and this won't happen without high levels of athlete focus. Now is a great time for you to start talking to your child about the importance of mental rehearsal and visualization. In everything our athletes do, there

### (COACHES CORNER)

are many tactics and strategies they must execute to be at their best. Help them think through this process and encourage them to apply these thoughts to the training sessions. If they rehearse this in practice, it will transfer to the race. We are looking forward to a great weekend with a lot of PR's and region qualifiers.

Coach  
Grant



## HAPPY BIRTHDAY-DRIVE PHASERS!!

We have a few June birthdays! We hope all of you had a wonderful day on your special day!!

London Harmon  
Seniya Dozier  
Herschel Parker  
Janiya Wilkerson  
James Fason



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

### Shaniyah Simmons

1. Name?: **Shaniyah**
2. Where are you from/born?: **Decatur, GA**
3. How many brothers/sisters?: **2 brothers**
4. Academic accolades?: **Math Achiever Award**
5. Years in Track?: **1 year**
6. Track highlights?: **2nd in the 200m**
7. Favorite track athlete (pro)?: **Alyson Felix**
8. Favorite event you like to compete in?:

9. Hobbies/Interest?: **playing games**
10. Interesting fact about you?: **I love to swim**
11. If I were a superhero, who would I be?: **Super Woman**
12. Favorite thing to do?: **read**
13. Least favorite thing to do?: **clean up**
14. If I could go anywhere in the world, I would go to?: **Paris**

15. Track goals this year?: **make it to the JOs**



### Skylar Brown

1. Name?: **Skylar**
2. Where are you from/born?: **Atlanta, GA**
3. How many brothers/sisters?: **2 brothers**
4. Academic accolades?: **AR Goals A student**
5. Years in Track?: **1st year**
6. Track highlights?: **200m, 100m, 4x100m, LJ**
7. Favorite track athlete (pro)?: **none yet**
8. Favorite event you like to

9. Hobbies/Interest?: **running**
10. Interesting fact about you?: **4th place in LJ at state, reading**
11. If I were a superhero, who would I be?: **Superwoman**
12. Favorite thing to do?: **flip, cartwheels, dance**
13. Least favorite thing to do?: **laydown**
14. If I could go anywhere in

15. Track goals this year?: **win 1st place**



### Ryan Davis

1. Name?: **Ryan**
2. Where are you from/born?: **Stockbridge/Atlanta, GA**
3. How many brothers/sisters?: **1 brother**
4. Academic accolades?: **Academic Achievement**
5. Years in Track?: **3 years**
6. Track highlights?: **1,2,3 place ribbons**
7. Favorite track athlete (pro)?: **Allyson Felix**
8. Favorite event you like to

9. Hobbies/Interest?: **run, draw, read, compete**
10. Interesting fact about you?: **I can dance really good**
11. If I were a superhero, who would I be?: **Flash**
12. Favorite thing to do?: **run track, play games**
13. Least favorite thing to do?: **chores**
14. If I could go anywhere in

15. Track goals this year?: **28 sec. 200m, 1:05 400m, 1st place**





## Chris Wright-Goss

1. Name?: **Chris**
2. Where are you from/  
born?: **Atlanta, GA**
3. How many brothers/  
sisters?: **1 sister, 1  
brother**
4. Academic accolades?  
**All AP courses**
5. Years in Track?: **3 yrs**
6. Track highlights?: **1:02 in  
the 400m**
7. Favorite track athlete  
(pro)?: **Usain Bolt**
8. Favorite event you like to  
compete in?: **4x400m relay**
9. Hobbies/Interest?:  
**I love reading mystery  
books, robotics**
10. Interesting fact about  
you? **I'm good at telling  
jokes**
11. If I were a superhero,  
who would I be?: **Flash**
12. Favorite thing to do?:  
**roller coasters, running**
13. Least favorite thing to  
do?: **cook**
14. If I could go anywhere  
in the world, I would go to?:  
**Hawaii**
15. Track goals this year?:  
**work harder, win gold at  
the JOs**

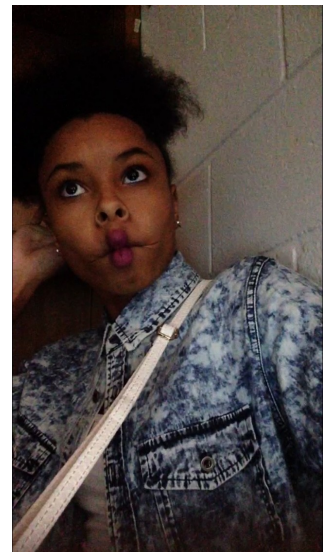
## Jordan Parker

1. Name?: **Jordan**
2. Where are you from/  
born?: **Stone Mountain,  
GA**
3. How many brothers/  
sisters?: **2 brothers**
4. Academic accolades?  
**Principals list, student  
govt, math, safety, at-  
tendance**
5. Years in Track?: **5 yrs**
6. Track highlights?: **9th in  
the JOs 200m**
7. Favorite track athlete  
(pro)?:
8. Favorite event you like to  
compete in?: **200m**
9. Hobbies/Interest?:  
**I like to dance**
10. Interesting fact about  
you? **I love school**
11. If I were a superhero,  
who would I be?: **none**
12. Favorite thing to do?:  
**run track and dance**
13. Least favorite thing to  
do?: **sit down**
14. If I could go anywhere  
in the world, I would go  
to?: **Bahamas**
15. Track goals this year?:  
**26 sec. 200m**



## Alexis Williams

1. Name?: **Alexis**
2. Where are you from/  
born?: **Chicago, IL**
3. How many brothers/  
sisters?: **3 sisters, 1  
brother**
4. Academic accolades?
5. Years in Track?: **6**
6. Track highlights?: **state  
my freshmen yr.**
7. Favorite track athlete  
(pro)?: **Allyson Felix**
8. Favorite event you like  
to compete in?: **200m**
9. Hobbies/Interest?:
10. Interesting fact about  
you?
11. If I were a superhero,  
who would I be?: **Cat-  
woman**
12. Favorite thing to do?:  
**spending time with  
friends**
13. Least favorite thing to  
do?: **ice baths**
14. If I could go anywhere  
in the world, I would go  
to?: **Australia**
15. Track goals this year?:  
**23.8 in the 200m**



## **HEALTH & WELLNESS...WHAT IS TEAM SPIRIT?**

**"The spirit of a group that makes the members want the group to succeed."**

In order for any team to be successful, everyone that collectively makes up 'the team' which includes the athletes, coaches and supporters, must know how to best support one another given the needs of the full team.

Even those athletes with highly individualized skills or newcomers still all need the same active co-operation among various members of the team to successfully build good team spirit.

A big part of team spirit is acting like a team! This can be done through a multitude of actions, where some key actions are referred to as 'Dimensions' and are outlined below.

### **Team Dimension 1: Purpose & Identity**

Each team member should know why they are on the team.

### **Team Dimension 2: Respect & Trust**

Establish a high level of respect and trust amongst the team and between individual members when communicating and also in regards for ones own and others' personal belongings.

### **Team Dimension 3: Clear Roles & Responsibility**

Who does, what, when, and where? This helps the team operate with clear and integrated goals. This is important for individual athletes, relay teams and supporters to understand given training with athletes and coaches.

### **Team Dimension 4: Commitment & Confidence**

This is demonstrating follow through ("show up and don't give up") that a team member takes to both enable and empower oneself and when working with the team.

### **Team Dimension 5: Positive Direction**

This is ensuring positive actions and positive choices of engagement with others at practices, at track/field events, in school or at work and during off season.

### **Team Dimension 6: Continued Excellence**

This is consistently demonstrating personal ownership to grow and sustain a good spirit and energy towards oneself and others when either winning or losing!

### **Team Dimension 7: Vitality and Resiliency**

This is staying energized and motivated by enjoying the opportunity to perform (no matter what ones current performance level may be, the ability to run/throw/jump is a true blessing!) and enjoying the performances of the team as a whole.

So Let's keep building the Drive Phase team spirit!! Let's Go Phasers!!!