

The Phaser!!



DRIVE PHASE TRACK CLUB, INC.

REG. 501C-3

The Phaser!!

July 2016
Bi-weekly pub.

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



Congrats USATF Junior Olympic Qualifiers:

The group flights to Sacramento are complete. Hopefully, all the hotel rooms have been secured...and we are pressing forward through the USATF qualifying rounds. Along the way, we continue to rack up impressive stats. We had 50 participants in the region meet this past weekend. Of which, 39 of them qualified for the JO's and 37 are confirmed to compete in the JO's. What's continuing to be even more impressive is that when compared to this year's top performances (USATF & AAU) and last year's top eight at the JO's, OUR

- 10u girls still has top 4 times in the 4x100m and 4x400m
- 12u girls still has top 8 times in the 4x100m and 4x400m
- 8u boys still has a top 8 time in the 4x400m
- 10u boys still has the 2nd fastest 4x100m in the NATION this year and a top 4 time in the 4x400m
- 12u boys still has top 8 times in the 4x100m and 4x400m

...not to mention the many individual time projections when compared to last year's JO's. Just a little more perspective for you as we near our season's climactic end.

IMPORTANT MEET DATES COMING UP!!

-USATF Georgia Games _ Jul. 16th
Location: Marietta High School (Marietta, GA)
-USATF Junior Olympics __ Jul. 25-31
Location: Sacramento, CA

Check Us Out!!!

Website:
www.drivephasetc.com

Instagram Feed:
Drivephase

Facebook:
Drive Phase Track Club

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THE STAGE IS SET!!!!....

It's been a long journey and the ultimate test is now before us....the **USATF National Junior Olympics**. For the 70+ athletes on our roster this season, we have experienced a lot. From **first time summer track athletes to veterans**, adding new events like the hurdles, organizing relay teams - there have been many **moments to reflect** on over the course of the season. While the last chapter is still being written, we are very proud of what our athletes

have accomplished this year - PR's, new events, a love for the sport, desire to return bigger and better in the future - these are all important parts of the journey.

We brought 50 athletes to the Region 4 qualifying meet in SC. 39 of them qualified for the Junior Olympics in one or more events - PHENOMENAL!! As it stands now, we are scheduled to have 37 athletes represent Drive Phase and

(COACHES CORNER)

compete in Sacramento. This will be a memorable experience for all. Thank you for allowing us to be a part of your track and field experience.

Let's finish strong!

**Coach
Grant**



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HAPPY BIRTHDAY-DRIVE PHASERS!!

We have some July birthdays to celebrate! We hope all of you have a wonderful day on your special day!!

- Tia Williams**
- Ryan Davis**
- Zya Wymberly**
- Austin Anderson**
- Ayden Anderson**
- Bryson Ogletree**



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

James Fason

1. Name?: **James Fason II**
2. Where are you from/born?: **Atlanta, GA**
3. How many brothers/sisters?: **none**
4. Academic accolades?: **All A's, Gifted**
5. Years in Track?: **1st year**
6. Track highlights?: **4x400m JO's this year**
7. Favorite track athlete (pro)?: **Jesse Owens**
8. Favorite event you like to compete in?:

9. Hobbies/Interest?: **fishing, playing with my friends**
10. Interesting fact about you?: **I have a giant Schnauzer named Jakota**
11. If I were a superhero, who would I be?: **Superman**
12. Favorite thing to do?: **fishing**
13. Least favorite thing to do?: **homework**
14. If I could go anywhere in the world, I would go to?:

- Alaska to ice fish
15. Track goals this year?: **win the 4x400m at the JOs**

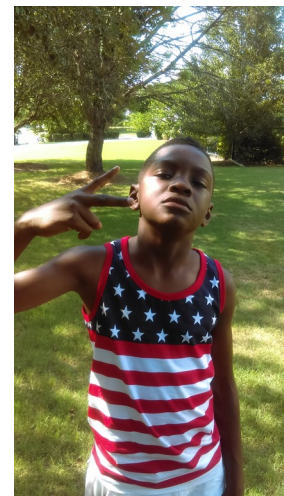


Trennedy Whatley

1. Name?: **Trennedy**
2. Where are you from/born?: **Lawrenceville, GA**
3. How many brothers/sisters?: **1 sister, 1 brothers**
4. Academic accolades?: **A/B Honor Roll**
5. Years in Track?: **2nd year**
6. Track highlights?: **1:02 in the 400m at state**
7. Favorite track athlete (pro)?: **Usain Bolt**
8. Favorite event you like to

- compete in?: **400m**
9. Hobbies/Interest?: **playing games, playing football**
10. Interesting fact about you?: **I rock myself to sleep**
11. If I were a superhero, who would I be?: **Superman**
12. Favorite thing to do?: **run track**
13. Least favorite thing to do?: **wash dishes**
14. If I could go anywhere in

- the world, I would go to?: **Africa**
15. Track goals this year?: **1:00 in the 400m**



Jaren Blankenship

1. Name?: **Jaren Christopher Blankenship**
2. Where are you from/born?: **Fairburn, GA**
3. How many brothers/sisters?: **1 brother, 1 sister**
4. Academic accolades?: **3 year Honor Student**
5. Years in Track?: **3 years**
6. Track highlights?: **2016 50m state champion**
7. Favorite track athlete (pro)?: **Bolt**

8. Favorite event you like to compete in?: **100m, 4x100m, SP**
9. Hobbies/Interest?: **football, basketball, video games**
10. Interesting fact about you?: **I rushed for 300 yards and 5 TDs in a single game**
11. If I were a superhero, who would I be?: **Ironman**
12. Favorite thing to do?: **play games and watch teen titans**
13. Least favorite thing to do?:

- clean up
14. If I could go anywhere in the world, I would go to?: **Jamaica**
15. Track goals this year?: **All-American in the 100m, 4x100m and SP**

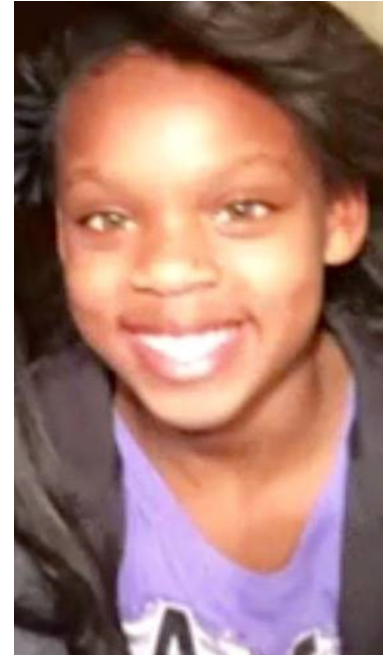


Gabriella Grissom

1. Name?: **Gabriella Grissom**
2. Where are you from/born?: **San Francisco, CA**
3. How many brothers/sisters?: **3 brothers, 1 sister**
4. Academic accolades? **Principals award, President's award, All A's, Citizenship award**
5. Years in Track?: **3 yrs**
6. Track highlights?: **400m medal at state**

7. Favorite track athlete (pro)?: **Sanya Richards-Ross**
8. Favorite event you like to compete in?: **4x400m**
9. Hobbies/Interest?: **I like tumbling, skating, playing sports**
10. Interesting fact about you? **I have a dog named Gucci Grissom**
11. If I were a superhero, who would I be?: **Super Girl**

12. Favorite thing to do?: **decorate**
13. Least favorite thing to do?: **clean up**
14. If I could go anywhere in the world, I would go to?: **Brazil**
15. Track goals this year?: **medal at JOs**

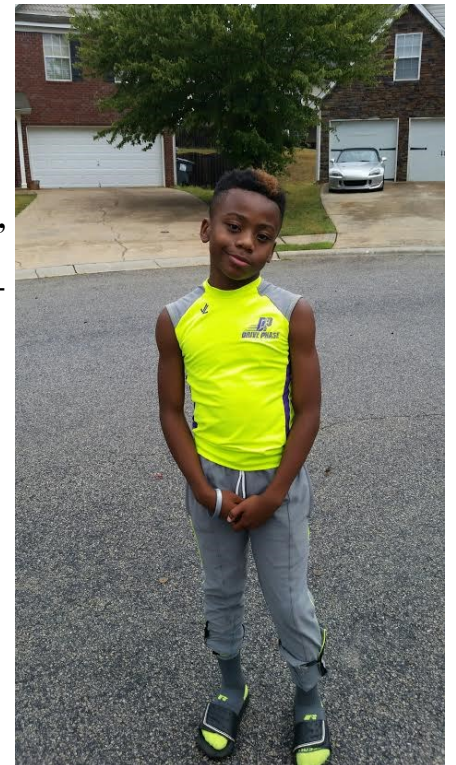


Jayden Hollis

1. Name?: **Ayden**
2. Where are you from/born?: **Stockbridge, GA**
3. How many brothers/sisters?: **1 sister**
4. Academic accolades? **A/B honor roll, top 5 school-wide in Math**
5. Years in Track?: **4**
6. Track highlights?: **2-time 100m finalist at Mark Trail**
7. Favorite track athlete (pro)?: **Justin Gatlin**

8. Favorite event you like to compete in?: **100m, 4x100m, 200m**
9. Hobbies/Interest?: **football and basketball**
10. Interesting fact about you? **I met Warrick Dunn at a football game**
11. If I were a superhero, who would I be?: **Superman**
12. Favorite thing to do?: **play football, run, dance**

13. Least favorite thing to do?: **singing, public speaking**
14. If I could go anywhere in the world, I would go to?: **visit Seattle**
15. Track goals this year?: **Finals in the JO's**



“3 Ways To Speed Up Recovery After A Hard Run Or Race”

1 Recovery after a long hard effort either in training or on race day is almost as important as the runs themselves. Giving attention to your recovery after a long run or race should be a priority so that you can keep meeting the demands you are putting on your body. Here are a few tips for aiding recovery:

Refuel and Rehydrate

Sometimes, the last thing we want to do after a hard effort is eat or drink, but taking the time to refuel and rehydrate post-run is important in providing your body with the building blocks it needs to repair muscle. Eat and drink within **30 minutes** of completing your run or race. Try [this homemade recovery drink](#) or have a slice of whole grain toast with avocado, nut butter or coconut oil. Follow up this with a hearty meal later on.

Ice Bath

An [ice bath](#) is a great way to immediately reduce inflammation and aid in recovery. Throw on a sweatshirt and grab a hot cup of coffee or tea to help make the ice bath more bearable. Soak for 10-15 minutes. If you can't get in an ice bath, consider using freezable wraps like [these ones](#).

Stretch and Roll

Shortly after your run or race, take the time to stretch and roll muscles, especially ones that have a tendency to be chronically tight (you know, those muscles that ache when you get out of bed first thing in the morning). Breaking up lactic acid and lengthening muscles can help recovery.