

# The Phaser!!

May 2018 Edition



Are you ready for summer track and field, that is? Whether you are new to the summer scene or just getting reacclimated, it is time! For new athletes and families, there are so many questions – we cannot stress enough...ask! While every effort is made to communicate via text, email, newsletter, website, and person-to-person, things get missed and information gets crossed. Below we've listed some of the FAQs (frequently asked questions of newcomers). By no means is this an exhaustive list, but hopefully it will get you started in the right direction. Here's to a great Drive Phase Track Club season!

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## FAQs

What should I do now?	<b>Athletes – TRAIN! Parents – PLAN!</b>
What do I need for the summer season?	<b>Athletes – DP uniform, spikes, trainers, track bag and a POSITIVE MENTAL ATTITUDE!</b> <b>Parents – A summer plan and PATIENCE!</b>
How do I plan?	<b>Parents –</b> Read every email, newsletter, and text – the information is there. Review the calendar and reserve hotels for ALL meets requiring overnight accommodations. You can always cancel if your plans change, but securing a hotel at the last minute may be costly and difficult.
Should I think about the Junior Olympics (JOs) this early?	<b>Athletes – TRAIN!</b> <b>Parents – Yes!</b> You need a plan before the JOs. Team hotel block rooms will be released later.
What do I need for each meet?	<b>Athletes – DP uniform, spikes, trainers and a POSITIVE MENTAL ATTITUDE</b> <b>Parents – PATIENCE...and a few other things:</b> Healthy food and snacks; water and ice, lots of water and ice; sunscreen; sun visor/hat; first aid items; Gator/Powerade/Pedialite/water. <b>{OPTIONAL comfort items: portable/hand-held fans; cooling towels; beach and/or stadium chairs; umbrella and/or tent - something to get you out of the sun; water, lots of water; cot/mat for athlete to rest between events.}</b>
What do I do when I arrive at a meet?	Arrive on time; assemble at the white DP tents and sign. Athletes warm up and rest while awaiting each event. Limit exposure to the sun.
What's the deal with the relays?	Relay athletes <b>WILL</b> change: expect it – embrace it – for the good of the team!



## MAY

Larry Lyons - 5/4  
Undraye Blake - 05/14  
Marvin Smith - 05/15  
Kamryn Wollaston - 05/18  
Cameron Bowsky - 5/21  
LaKiah Lyons 5/21  
Dylan Kellings 05/24  
Gabriella Grissom 5/29

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## COACH'S CORNER:

### New Team, Same Process

Regardless of the number of returning and new athletes we have each season, every year the team is completely different than the previous. Our returning athletes are a year bigger, stronger, faster, and we have a wave of new athletes. This season, our wave of new athletes is pretty big - about 40 athletes!!! We are so happy to welcome our new members and look forward to watching them develop in the sport.

We are in our 4th season and have about 30 athletes who have been with us for 3 or 4 years. Our program takes pride in DEVELOPING athletes: from undeveloped to good, from good to great, and from great to elite. Athletes progress through these buckets at different times, some fast, some slow, while some show improvement, but never progress from one bucket to the next. Performance improvement is a complex recipe of talent, skill, work ethic, training, diet, sleep, and much more.

Our performance last weekend at the Jackrabbit Sapphire Invitational was a great way to open the season. We believe in our process because many of our athletes prove it to be effective. With the addition of private, small-group, skill sessions on Wednesday's, we look forward to seeing more athletes acquire and apply key skills more quickly.

Yours in Track,

Coach Grant

#### Registration Information

Drive Phase Track Club - [CLICK HERE](#)

#### Paypal is open for DPTC payments

You can make payments at any time via PayPal to [lamar@drivephaseinc.com](mailto:lamar@drivephaseinc.com). Be sure to select "Family and Friends" before sending the payment to eliminate surcharge fees. **All balances are due by May 31.**

#### Uniform information

NEW UNIFORMS: The final uniform order has been placed. If you missed the order, see Coach Grant. As uniform items arrive, they are distributed at practices. Contact Deanna Richardson, via the DPTC email address, with questions about uniforms.

UNIFORM EXCHANGE (ongoing): Parents needing uniforms may purchase gently used uniforms for ½ price.

Link to list uniform items for sale - [here](#)

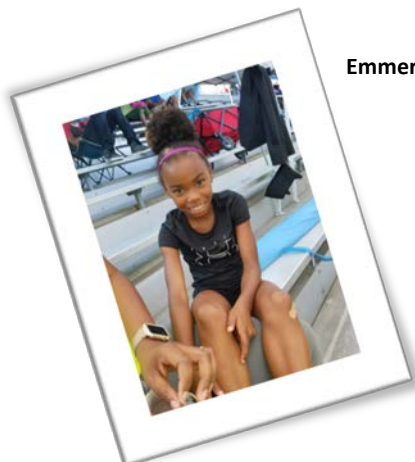
Link to see uniform items for purchase - [here](#)

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Welcome  
To the Team!

Please take a moment to welcome the following new athletes and families! We are glad you are here and look forward to getting to know you all during the 2018 season.



**Emmerson Strickland, 7-8,  
Sprinter**



**Adefolake Adewusi, 11-12,  
Sprinter**



**Peter Tatem, 11-12,  
Distance**



**Tyree Decree, 13-14,  
Sprinter**

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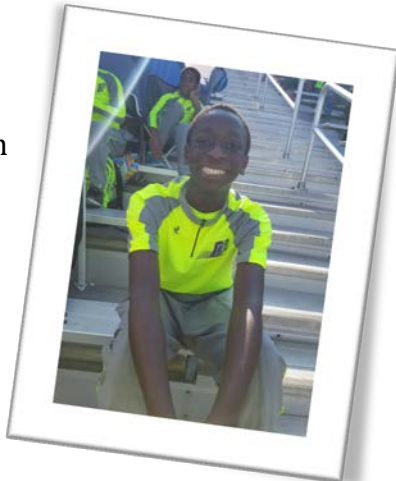


Ritchie Powell, 15-16,  
Distance



Solomon Greenlee, 9-10,  
Distance

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Ademola Adewusi, 11-12,  
Sprinter



Derreon Costen, 9-10,  
Sprinter



Ian Terrell, 11-12,  
Sprinter



Dahlan Peoples, 13-14,  
Sprinter

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Laila Dotson, 7-8,  
Sprinter



Melanie Doggett, 7-8,  
Sprinter



Nydia Lewis, 9-10,  
Sprinter



Steven Wilson, 15-16,  
Sprinter



Andre Kelly III, 11-12,  
Distance



Undraye Blake, 11-12,  
Sprinter

## *The Phaser!!*



JUST A LITTLE  
*Reminder*

### Upcoming Meets:

**May 19 - GA Summer Track Classic; Eagles Landing High School**  
(Drive Phase is the host of this Meet; please volunteer to help!)

**May 25-27 - Mark Trail Invitational; Discovery High School**  
(Days of participation depend on Meet schedule. More info to soon.)

**June 2 - USATFGA JO Area C Meet; Eagles Landing High School**  
#1 of 3 JO Qualifying Meets

**June 21-24 USATFGA JO Championships; Carrolton High School**  
#2 of 3 JO Qualifying Meets

**July 5-8 USATF Region 4 JO Championships; Berry College**  
#3 of 3 JO Qualifying Meets

**July 21 Georgia Games; Marietta High School**

**July 23-29 USATF National JO Championships; North Carolina A&T**

To stay up to date on team events, subscribe to DPTC schedule at [drivephasetc.com](http://drivephasetc.com).

*Thank You!*