

Triangle Champions Track Club

Outdoor Season

April /Part II Newsletter 2010

Scripture

Philippians 4:13

I can do all things through Christ, which strengthens me.

Administrative Updates

Registration Deadline for grades K-6 (May 3)
Grades 7-12 (May 31)

USATF: Register or renew online at usatf.org

USATF-Registered Club number: 13-0795

AAU: Register online at AAUsports.org

AAU-Registered Club number: NCATD56KB0

Nutrition Tips

Remember that nutrition will play a vital role in your child's athletic development. Eating more fruit and vegetables, drinking more water and eating less meat aid in the recovery for your child. This means that it would take less time for the soreness to subside.

Parking

Parents please park beyond the yellow gate (across from Softball Field).

Coaches Corner

Great News!!!

A big congratulation is due for three of our high school senior student-athletes. Aiesha Goggins, Genesis Henderson and Jazmen Flagler have all signed Letter of Intents to attend college on track scholarships.

Aiesha(Riverside HS)	East Carolina
Genesis(Hillside HS)	Savannah College of Arts and Design
Jazmen(South Granville HS)	North Carolina Central

WE ARE PROUD OF ALL OF YOU!!!

Up & Coming Events

May 1 st	Developmental Meet	Reid Ross MS, Fayetteville
May 15 th	Developmental Meet	Hillside HS, Durham
May 29 th	Developmental meet	Southern HS, Durham
June 12 th	AAU Qualifier	Charlotte



Practice Schedule

Daily attendance needed for all practices. Parents sign in athletes below age 9 at attendance table. Athletes 9 and up need to check off their name before going onto track.

Runners will practice at "The Hill" every Tuesday. Athletes who just "throw" will remain at Hillside on Tuesdays.

More Administrative Updates

Parent Volunteers needed for TCTC Dev. Meet May 15th
All parents & athletes need to help keep the track, field & bleachers clean.

Parents – please notify us of athletes needing tutoring ASAP.