

Triangle Champions Track Club

Outdoor Season

May Newsletter 2010

Scripture

Romans 5:3-5

Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out His love into our hearts by the Holy Spirit, whom He has given us.

Practice Schedule

Monday (Hillside HS)
Tuesday (Hillside HS)
Thursday (Hillside HS)

5:45- 7:30pm

Nutrition Tips

FLUIDS WHILE TRAVELING: It's easy to become dehydrated while traveling. To prevent dehydration:

Drink at regular intervals throughout the day.

Carry sport drinks and water with you.
-Limit or eliminate caffeinated beverages, as they are diuretics and promote fluid loss.

Always hydrate, especially the day before the meet and each practice day.

Remember to drink water daily!!!

Minimum amount should equal 1/2 ounces of your body weight: 100 lbs/2 = 50 oz. (at least 6 cups for this weight).

Parking

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

Coaches Corner

Please start registering for AAU and USATF under the club's number. This is extremely important to complete by June 1st.

USATF-Registered Club number: 13-0795

AAU-Registered Club number: NCATD56KB0

Up & Coming Events

May 29th

Developmental meet

Southern HS, Durham

June 12th

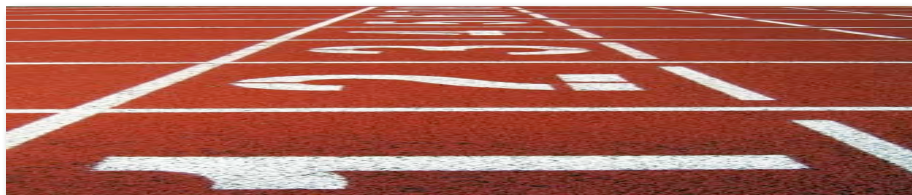
AAU Qualifier

Charlotte

June 17-20th

AAU

Laidley Field, Charleston WV



Administrative Updates

Registration open for middle school & high school age students only: Deadline is May 27th!

USATF: Register or renew online at usatf.org

AAU: Register online at AAUsports.org

Let us acknowledge your child's achievements; send us their performance to t_champions@yahoo.com.

CONGRATULATIONS

Akera Toomer	A/B Honor roll
Alexis Irving	A/B Honor roll
Brianna Dowd	A Honor roll
Chase Dawson	Academic Excellence
Christian Long	A Honor roll
Derrick Ross	African American Male Leadership
Destini Gilliam	A/B Honor roll
Eden Harris	Academic Excellence
Jala Laws	Academic Excellence
Jamaal Williams	A/B Honor roll
Kelley Traynham	A/B Honor roll
Kezia Holder-Cozart	A Honor roll
Kiara Thorpe	A/B Honor roll
Kristen Dowd	A/B Honor roll
Makaela Johnson	A Honor roll
Myles Speller	A/B Honor roll
Nya Crockett	A/B Honor roll
Qualia Holder-Cozart	A Honor roll
Savanna Kanu	A Honor roll
Sean Long	A/B Honor roll
Stefanee Powell	A/B Honor roll
Steven Powell	A Honor roll
Synia Stephens	Honor roll
Tayla Chavis	A/B Honor roll
Tristen Beasley	Academic Excellence