

Triangle Champions Track Club

Outdoor Season

June Newsletter 2010

Scripture

1 Corinthians 6:19 (NIV)

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own

Practice Schedule

Monday (Hillside HS)

Tuesday (Hillside HS)

Thursday (Hillside HS)

5:45- 7:30pm

Nutrition Tips

The weather is getting hotter and we will experience this heat for the next few weekends. Things to remember to bring to the meets: Water! Fruit! Healthy Snacks! Sunblock Lotion (spf30)! When packing a lunch, avoid dairy, processed meats, and excess sugar - these items will cause nausea in hot climate!
Tip: It's not the quantity of food we eat, but the quality.

Parking

Only coaches allowed inside the gate.

Coaches Corner

Hello Family!!! The AAU season is here and we are headed to Charlotte this weekend and Charleston, West Virginia next weekend. PLEASE RESERVE YOUR ROOMS NOW IF YOU HAVEN'T YET. Looking forward, start reserving your rooms for Greensboro for the USATF State and Regional Championship Meets. Also, rooms for the AAU National Championships are going fast. BOOK YOUR ROOMS NOW IF YOU ANTICIPATE YOUR CHILD MAKING IT TO THE AAU NATIONALS IN NORFOLK, VIRGINIA. Good luck this weekend!!!

Up & Coming Events

June 12-13	AAU District Qualifier	Charlotte
June 17-20	AAU National Qualifier Top 4 advance to AAU JO's	Charleston, WV
June 24-27	USATF State Championship Top 5 advance to USATF Regional Championship	NC A&T
July 8-11	USATF Regional Championship Top 3 advance to USATF JO Championship	NC A&T

Administrative Updates

All athletes should already have turned in all registration forms, registration balance, and physical forms. If you have not done so, we are requesting that it is taken care of prior to our first District Meet for AAU. Without proper paperwork and paid fees, you will be ineligible to participate.

Reminder to Parents: This is a liability risk when you allow your child to participate without proper registration forms.

Thank you for your immediate support!