



## Durham Striders Track Club

### **Extra Practice/Intrasquad meet/THIS Saturday morning/9AM/NCCU Track**

We will have an additional practice/intrasquad meet on Saturday morning at NCCU beginning at 9AM. We'd like for the kids to get to the track by 8:30AM. They should wear their **regular track practice clothes** for this practice/instrsquad meet. We will work on starts, relays, and will have another opportunity for the kids to run the 100m, 200m, 400m, and 800m. Please make sure that you send plenty of water and some nutritious snacks. We do not plan to be at the track much more than 1:00PM. This extra practice/intrasquad meet will allow us to get ready for the meets next weekend in Greensboro and Charlotte.

### **USATF Numbers:**

Please remember to get your USATF numbers and provide a printed copy of these to Veta Brown or Jeanine Holland so that we can get your kids entered into the USATF Junior Olympics. We need the numbers **NO LATER THAN Monday, June 9th**. You can email the confirmation that you get from USATF to Jeanine at [jholland@duke.edu](mailto:jholland@duke.edu). To register online, go to: [www.usatf.org](http://www.usatf.org) to register. On the top menu, fine "Products/Service", scroll down to "Individual membership" and register as a new member or renew your membership. **REMEMBER to make sure that you affiliate as a Durham Strider, club number 618.** Once you have finished, please **REMEMBER TO PRINT** your confirmation/receipt to give to Veta Brown or Jeanine Holland. You will need to insert the Durham Striders Club number, which is 618.

In preparation for the beginning of the competitive season, please check with Mrs. Holland and Mrs. Brown to make sure that we have all birth certificates. This will become increasingly more important as we compete through the Junior Olympic competition.

### **Congratulations to the 5-6 year olds.**

Our 5-6 year olds have completed their seasons for this year as of the Developmental Meet during the Memorial Day weekend meet at NCCU. A few of the 5-6 year olds will continue to practice and "run up" as 7-8 year old through July. Those who will continue had competitive times as the 7-8 year olds.

### **Practice**

We are asking that the kids get to as many practices as possible as we begin the competitive part of our season. In order for us to get as much as possible done toward

keeping the kids in shape and sharpening their technique, they need to make every practice. Especially for those who will be on relay teams, it is really important that the relays get used to running together. We have specialty practices now on Wednesdays and Thursdays for hurdles, jumps, throws, and relays.

### **State Games/Jim Law**

Based on performances thusfar, the qualifying standards from the Jim Law Invitational, we will be able to begin entering athletes into the competition at the State Games and at the Jim Law. **Everyone is expected to participate in in one of the two meets next weekend. Our lists of entrees for this meet will be ready on Monday and we will let the kids know where they will be competing.**

### **REPORT CARDS**

We are at the end of the school year and it's time for us to see report cards and make sure that everyone is on target academically. Please bring a copy of your report card for your coaches to see next week. We know that you all did great on the EOCs/EOGs and we are very proud of all of you!!!

### **New Coaches:**

Many of you wanted to know who our "newest" specialty coaches are. They are former Striders or long term Strider coaches who have trained many of the State's and country's best who started out as young athletes like many of our current Striders. These specialty head coaches are:

Roy Anderson:	Long and Triple Jump
Elbert Ellis	Straight, 200m and 400m Hurdles
Terrence Townsend	Straight, 200m, 400m Hurdles
Willette Crews	High Jump
Willie Reese	Shotput, Discus, Javelin and Mini-Javelin
Carla McLaughlin Boynton(13 and up)	Sprints
Reggie Wiggins (13 and up)	Sprints

### **Strider Village**

If you have not given your contact information to Ralph Hunt who has coordinated our Strider Village, so that we can keep everyone in touch with what's going on, especially as we begin the busiest and most competitive part of the season. Thanks to all of the parents who continue to support the kids as they practice and compete. Your encouragement is NOT missed.

### **Remember:**

**Practice on Saturday morning, starting at 9AM at NCCU  
Be at the track by 8:30AM**