

Durham Striders Track Club



Final information for USATF Youth National Championships/UNC-Charlotte Track June 26-29, 2008

The team will leave Hillside High School on Wednesday, June 25th for Charlotte. The team will be staying at the Hilton Charlotte University Place. The team will return on Sunday afternoon at the conclusion of the meet. The contact information for the hotel is: 8629 J.M. Keynes Drive, Charlotte, North Carolina, United States 28262

Tel: 1-704-547-7444 Fax: 1-704-549-9708\

Driving Directions to the Hotel: Exit from I-85 North or South at exit 45A, W.T. Harris Boulevard East. Hilton Charlotte University Place is 1/4 mile on the left in the University Place complex. The hotel is the highrise building in the complex, totally visible from Harris Boulevard. Then left turn at J M Keynes Drive goes directly into the hotel parking lot.

Please make sure that you pack BOTH white and navy Durham Strider shirts. Please change out your spokes BEFORE leaving and LABEL every piece of clothis, shoes, bags, coolers, etc. Please pack in CRUSHABLE bags as there is limited space on the bus and on the vans.

The kids will need \$15/day for meals. For the younger athletes, please put their money in an envelope, labeled with their names, and give it to Coach Robinson or Coach McFadden to keep. Any unused money will be returned to the parents upon the team's return of the athlete leaving with their parents. If there are medications (e.g. inhalers or other meds) these should be put in a LABELED container in a plastic bag and given to Coach Robinson or Coach McFadden. Please feed your children BEFORE they come to the get on the bus and vans. There will be NO eating on the bus!!!

If you are coming down to the meet and plan to take your child home with you, you MUST let one of the Coaches know before doing so. We insist on a strict accounting of all athletes.

*Please **REVIEW** the code of conduct with your children as it will be **STRICTLY ENFORCED**. There will be no rude or disrespectful behavior, use of profanity, inappropriate behavior between boys and girls, NO BOYS in GIRLS rooms and vice-versa, no fighting, or other behaviors unbecoming of Durham Striders. The first offense will be grounds for immediate suspension from the team. Curfew and lights out will be STRICTLY enforced. On the track there will be sportsmanship at the highest level from Durham Striders!!! Any unsportsman like behavior will be grounds for immediate dismissal from the team,*

PRACTICE SCHEDULE:

The team will practice today AND tomorrow prior to going down to UNC-Charlotte. There will be no practice on Wednesday or Thursday for those athletes who will remain in Durham

Week of June 30-July 3rd (next week), the team will practice on Monday, **TUESDAY**, Wednesday and a limited practice on Thursday. . Tuesday practice is designed for relays, jumpers, hurdlers, sprinters to practice starts and do focused sprint workouts. There is no track meet during the 4th of July weekend. Please **ALLOW THE KIDS TO REST!!!!**
DURHAM STRIDERS TRACK CLUB

Week of July 7th: Practice on Monday, **Tuesday (for ALL)**, and Wednesday. The team will leave for South Carolina on Thursday morning for Rock Hill, South Carolina for the Regional JO Championships.

NC Association JO Championships Followup

With the exception of dangerous thunderstorms that showed up on Saturday and Sunday afternoon, the State JO Championships went off with great success. With more than 1500 athletes, we were able to finish on both days at reasonable times, thanks to ALL of the volunteers who helped at multiple places on the track and in the field. Thanks to everyone for your help and willingness to pitch in to make the meet run efficiently.

We qualified 69 athletes in 91 open events and 11 relays to the Regionals. There were even more who finished in the top 8 and made it to the finals in their events. We are VERY proud of the performances by the athletes this weekend. In looking over our results and their times and distances, there continues to be the kind of incremental improvement that we hope to see as they “peak” toward the end of the season. We qualified more athletes to the Regionals this year than last year and we hope that we will get a number of the kids out to the National Championships in Nebraska in late July.

Russell E Blunt East Coast Invitational/July 20-22, 2008/Wallace Wade Stadium/Duke University

The Blunt ECI is looming in the distance. We are anticipating more than 2500 athletes for the country’s most competitive invitational track meet of the summer. The Blunt ECI is the “warmup” for the AAU and USATF National Championships and we anticipate that some of the country’s most elite athletes in ALL age groups will be coming to Durham again.

We will need LOTS OF HELP to make this 3-day meet as successful and well-run as in the past. Please plan to help us out for the meet. There are A LOT of jobs on each day and we can use EVERYONE’s help.

Jeanine Holland will have a signup sheet beginning next week.

Direction to UNC-Charlotte:

I-85 South to I-485 Exit toward Rock Hill, SC. Take NC 49 exit Exit 33. Turn Right onto University City Blvd/NC 49S. End at 9201 University Blvd, Charlotte, NC, UNC-Charlotte. Follow signs to Belk Track.

Remember: The team will leave from HILLSIDE HIGH SCHOOL parking lot on Wednesday at noon.