

ANGEL ELITE SPORTS

JUNE 28, 2006

VOLUME I ISSUE 2 NEWSLETTER DATE JUNE 28, 2006

ANGEL ELITE FLIES HIGH AT AAU STATES

The Angel Elite Track Club spread it's wings this weekend by collecting 14 medals at the N.C. AAU State Track meet in Charlotte. Over 350 athletes from North Carolina participated in the event.

Aminah Ghaffar collected 3 state titles winning the 11 year old long jump, high jump and 80m hurdles. Morgan McEachin captured the club's 4th state title of the meet winning the Intermediate 200m dash. She also collected silver in the 400m dash and bronze in the 100m dash. McEachin is the current N.C. High School 2-A defending champ in the 200m. Jamicia Jones led the club qualifying in 4 events (400m, 800m, 100m hurdles and 200m hurdles).

The top 6 finishers in each event advance to the Region 3-A (North Carolina, Tennessee and Alabama) Championships in Knoxville, TN July 6-9. Overall 9 Angel Elite athletes ad-

vanced in 20 events.

Gold medalists: Ghaffar (11 year old long jump, high jump, 80m hurdles), McEachin (Intermediate 200m dash)

Silver medalists: Jaynell Brown (12 year old shot put, discus), McEachin (400m)

Bronze medalists: Jamicia Jones (13 year old 800m dash, 100m hurdles); Wynola Cain (14 year old 200m hurdles), Taylor McBride (12 year old 400m dash), Savion Ashford (Men's triple jump), McEachin (100m).

Other Regional Qualifiers: Justin Jacobs of Fairmont (11 year old 1500m), Brandon Brown of Pembroke (12 year old long jump and 100m dash).

Ciandre Maultsby finished 10th in the 100m dash and 7th in the 400m dash. Alphonso White of Bladenboro finished 11th in the 100 dash.



COACH SPOTLIGHT

RASHEEDA GHAFFAR

Born in Chapel Hill, NC. Rasheeda attended high school in Knoxville, TN where she began running. While at South Doyle High she broke 2 school records in the 100m hurdles and 300m hurdles. She was All-KIL(all city) in both hurdles as well as all-region and all-state. She qualified for the AAU Junior Olympic Games in 1998 and 1999 in the 400m hurdles and the 4x100m relay. Rasheeda graduated high school with a 3.5 GPA.

She attended The University of Tennessee at Chattanooga on an academic and athletic scholarship. Rasheeda 5th (all-conference) in the heptathlon as a freshman. She made all-conference in the indoor 55m hurdles her junior year and all-conference outdoor in the 100m hurdles, 400m hurdles and heptathlon as a senior. She all-conference every year of her college career. Rasheeda graduated with a B.A. in Communications and minored in athletic coaching. She has coached for 6 years and is a level one certified USATF coach.

MORGAN MCEACHIN TO COMPETE AT USA MEET

Morgan will compete at the prestigious USA Youth Outdoor Track & Field Championships in Greensboro, North Carolina on the campus of North Carolina A&T State University June 28-July 3. Last year's competition was held in Knoxville, Tennessee and attracted over 2,000 athletes from across the country. The 2006 champion-

ships will be even more exciting for athletes, coaches, family members and spectators alike!

The championship event is a national competition with entry based upon qualifying standards for each event and has the same age divisions as the USATF Junior Olympic program. The USA Youth Outdoor Championships are also scored

for team championships in all age divisions and is a popular competition for clubs around the country. In addition, this year's meet will serve as one of the selection pool competitions for the 2007 IAAF World Youth Championships in Ostrava, Czech Republic.



Angel Elite Athletes set 2 national records at the Club Championships in 2006

AAU CLUB CHAMPIONSHIPS JULY 2-7 AT DISNEY

The 10th annual Disney Club Championships will be held July 2-7 in Orlando, Florida. **Recap of last year:**

Wynola Cain won gold for the club in the sub-youth division setting a Club National record for Angel Elite in the 80m hurdles. She followed that record with a silver medal in the 200m hurdles.

Aminah Ghaffar got the meet started for Angel Elite on opening day by winning the bantam triathlon (high jump, shotput, 200m dash) also setting

a National Championship record scoring 1076 points breaking the old record set in 2002. She followed her triathlon performance with a silver medal in the open high jump competition.

Jaynell Brown dominated the sub-midget discus competition winning by nearly 4ft with her throw of 56 feet. Brown followed with a 4th place finish in the shot put competition with a personal best of 23ft.

Jamicia Jones made a trip to the medal stand with a 7th place finish in the 800m run.

Justin Jacobs finished 10th in the 800m run while **Brandon Brown** finished 19th in the 100m dash and 20th in the long jump.

Contact the coaches for more information about the upcoming meet. All athletes who finish in the top four at the Club nationals automatically qualify for the Junior Olympic Games to be held in Hampton Roads, VA.

AAU REGION 3-A MEET TO BE HELD IN KNOXVILLE

The AAU Region 3-A Meet will be held in Knoxville, TN Friday July 7-9. The meet will be held at Tom Black Track on the campus of the University of Tennessee at Knoxville.

The club will send 9 qualifiers from the NC AAU State meet to compete in 20 events.

The top 4 athletes from each event will qualify

for the AAU Junior Olympic Games to be held in Hampton Roads, VA.

The Club will pay for all Regional Entries this year as a special gift to the qualifiers!!! Congratulations!!!

The AAU Junior Olympic Games are known as the largest national multi-sport event for youth in the United States. It has become the

showcase event of the AAU Sports Program. For more information visit:

www.aaujrogames.org/



ANGEL ELITE SPORTS HAS BEEN IN EXISTENCE SINCE 2001



The 12 and under and 14 and under teams both competed in N Myrtle Beach last weekend

HOOPS TEAMS TRAVEL TO MYRTLE BEACH

The Angel Elite 12u and 14u teams traveled to N. Myrtle Beach to compete in the S.C. United State Basketball Association (USBA) Tournament. Both teams went 1-2 in the tournament.

The 12 and under team started out with a 1 point win over the Union City Extreme. Nicori Sinclair

led the team in scoring with 11. Jamicia Jones and Jaynell Brown both made big shots with under a minute to go to lead the team to the win. Angel Elite was then beaten soundly by Siler City 44-19. The day ended with the Extreme avenging their loss to Angel Elite winning a 43-33 decision. The fourteen year old team was led by Simone

Floyd who averaged 9 pts for the tournament and Carmen Spencer who erupted for 24 pts in the only win for the team.

