

# ANGEL ELITE SPORTS

## JUNE 2006

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NEWSLETTER DATE JUNE 2006

### AAU STATE MEET JUNE 24-25

The **AAU State Track Meet** will be held Saturday June 24-25 at Mt. Pleasant H.S. in Mt. Pleasant, N.C. A schedule has been provided for you. Please be sure your young athlete is at the track ready to compete **NO LESS** than 1.5 hours prior to the scheduled event.

**Address:** 700 Walker Rd. Mt. Pleasant, N.C.

Please remember:

- Athletes should wear their Angel Elite t-shirts to the event
- The weather will be **HOT**. Please bring sunblock, chairs and umbrellas
- Please help the coaches listen for first call for athletes. Everyone should check in at **FIRST CALL**.
- Anyone needing transportation should talk with coach Rasheeda or coach Candace-cost \$10 per athlete (must have signed waiver on file).

- Hotel costs for athletes rooming with coaches is \$10.00 per night (any fee questions should be directed to Abdul)
- Meet will begin at 9 a.m. and will run through completion. Please note that the meet can run as much as 1 hour ahead of schedule
- Know your age group:
  - Primary 1998-after
  - Sub-bantam 1997
  - Bantam 1996
  - Sub-midget 1995
  - Midget 1994
  - Sub youth 1993
  - Youth 1992
  - Intermediate 1990-91
  - Young 1988-89



### COACH SPOTLIGHT

#### CANDACE FOSTER

*Native of Knoxville, TN. Ran track for over 15 years (started in the 3rd grade). Won East Tennessee HS Regional title as a senior in the Long Jump. Placed 7th at the Tennessee HS State championships. Ran at the University of Tennessee at Chattanooga where she was a 5 time All-Conference performer in the 4x100, 4x400 and Sprint Medley Relay. Graduated with honors (3.8 GPA) with a Degree in Sports Administration and minor in Business Administration. Ran with Knoxville Track Club. Qualified for Junior Olympic Games five times. Began coaching in 2001 with Knoxville Track Club. Has coached with the Angel Elite Track Club since 2002. Became a Level I Certified Coach in January of 2006.*

### WATCH YOUR DIET!!

It is very important the athletes eat healthy foods especially the day before the meet and of course the day of the meet. Appropriate snacks on meet day include water, gatorade, apple juice (unsweetened), fresh or dried fruit, fresh vegetables, fruit cups, granola bars, fig bars, peanut butter sandwiches,

turkey sandwiches (no mayo on wheat). **NO** fried foods, chips, candy, cookies, foods containing milk, juices that contain pulp.

**Breakfast:** waffles, pancakes (no butter), bagels, biscuits with jelly. Avoid lots of meat and fried foods.

#### Days leading up to the meet:

Give starchy foods particular emphasis the days right before the event by building the main meal around a high-starch entree like spaghetti and meatballs. Make sure the other food groups are also represented.

**Eat right!!**



Angel Elite Athletes set 3 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:** **Aminah Ghaffar** got the meet started for Angel Elite on opening day by winning the 10 and under triathlon (high jump, shotput, 200m dash) and 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 discus competition winning by more than 4ft with her throw of 56 feet. Brown followed with a 4<sup>th</sup> place finish in the shot put competition with a personal best of 23ft. **Wynola Cain** ended the meet as it began adding another gold for the club and setting a second Club National record for Angel Elite in the 80m hurdles. She followed that record with

a silver medal in the 200m hurdles. **Jamicia Jones** made a trip to the medal stand with an 7<sup>th</sup> place finish in the 800m run. **Justin Jacobs** finished 10<sup>th</sup> in the 800m run while **Brandon Brown** finished 19<sup>th</sup> in the 100m dash and 20<sup>th</sup> in the long jump. Contact the coaches for more information about the upcoming meet.

## MORGAN MCEACHIN TO COMPETE AT USA MEET

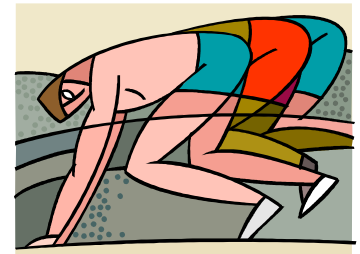
Morgan will compete at the prestigious USA Youth Outdoor Track & Field Championships will be conducted in Greensboro, North Carolina on the campus of the North Carolina A&T State University. [Last year's competition](#) was held in Knoxville, Tennessee and attracted over 2,000 athletes from across the country. The 2006 championships 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.

Morgan has qualified to compete in the 100m 200m and 400m.

ANGEL ELITE SPORTS HAS BEEN IN EXHISTANCE SINCE 2001



## 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 Jones 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 44-21. 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.



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