

TEAM ELAM ELITE TRACK CLUB

NEWSLETTER



EVERY RUN!

EVERY JUMP!

EVERY

THROW!

We should be doing on non-practice days:

- SIT-UPS
- LUNGES
- SQUATS
- PUSH-UPS
- JUMPING JACKS
- STAYING HYDRATED

COACHES / BOARD MEMBERS

- *Coach Carnell - Head Coach
- *Coach Treci - All around, Hurdles, 8U and under youth
- *Coach Mia - Field events (Long, high, and triple jump)
- *Coach Bri - middle/long distance, new athletes, and conditioning
- *Coach Pops - All around, advanced kids, and sprinters,
- *Coach Dre - Field events (Javelin Throw, Shot put, and discus)

TEAM MOMS/BOARD:

- *Orencia, Bernice and KC

Healthy Snack Ideas!

- Cheese stick
- Cutie/Halo Oranges
- Squeezable Applesauce
- Whole Wheat Pretzels
- Apple Slices
- Bananas
- Yogurt Tubes
- Chocolate Milk

Avoid: Chips, Candy, and Sugary Drinks

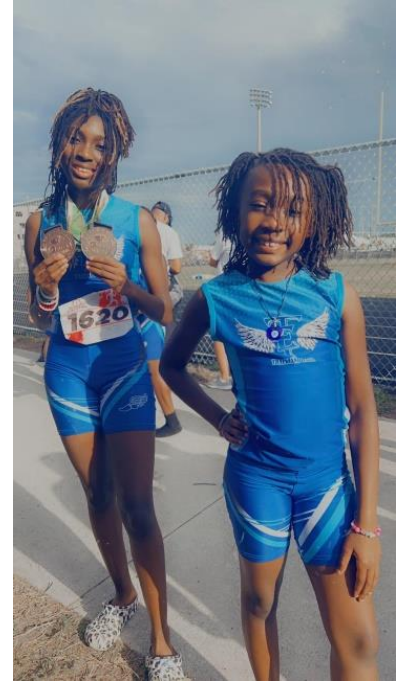
PARENTAL ENCOURAGEMENT

Sports keep kids really involved in a good place

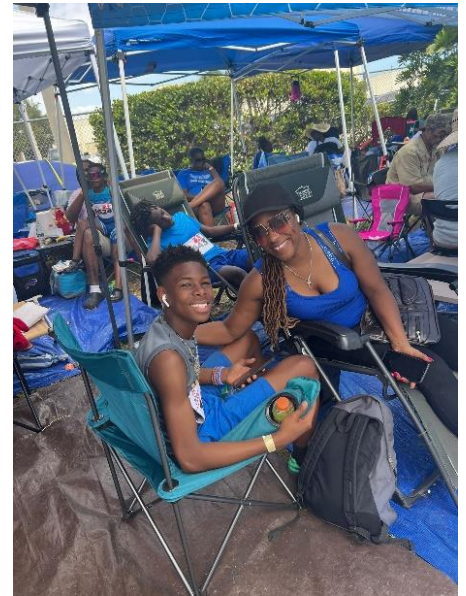
SPEED CAPITAL DELRAY



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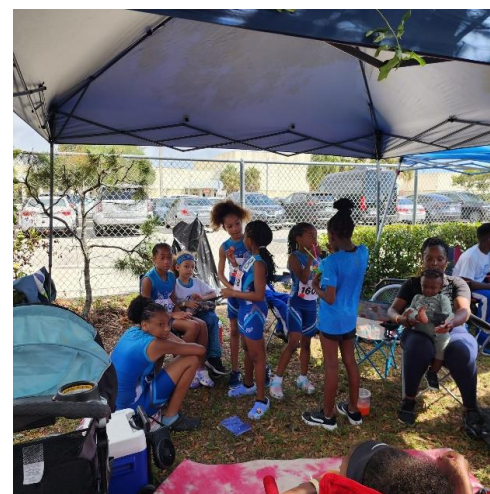
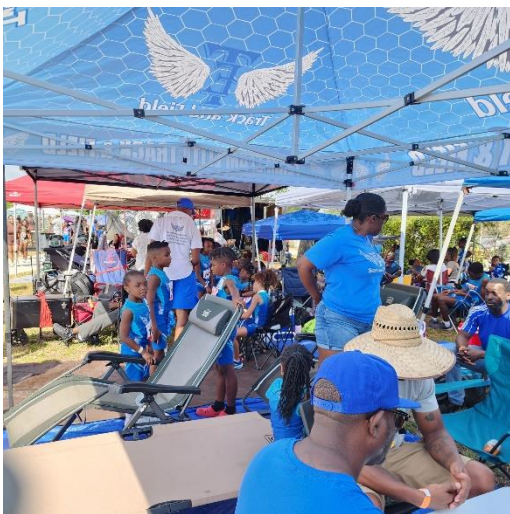
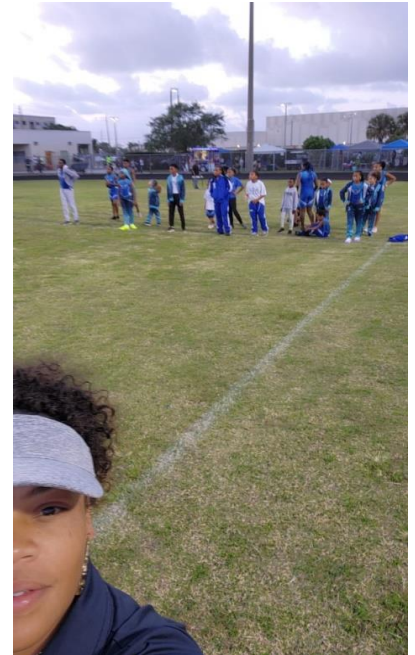
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WHY IS SPORT SPONSORSHIP IMPORTANT?

Managing and being part of a sports team goes beyond practices and competition days. One effective way to fundraise is to seek sponsors. In order for a team to get equipment, travel, etc., - funding is needed. Team Elam has a formal Sponsorship letter to share with family/friends, but most importantly, businesses, corporations, etc.

- Reach out to existing contacts (team members themselves who may be business owners, or they could work for a local company that might be open to being a sponsor.

PLEASE SEE ONE OF YOUR TEAM MOMS FOR MORE INFORMATION AND TO RECEIVE AN ELECTRONIC OR HARD COPY OF THE LETTER!



BIRTHDAY CORNER



APRIL BIRTHDAYS

- ✚ COACH POPS - 04/05
- ✚ KHAMANI GREEN-HARRIS - 04/09
- ✚ JHAIDEN WILLIAMS - 04/17
- ✚ CARNELL COLEMAN - 04/24
- ✚ TERRANIQUE BIAS - 04/26
- ✚ ADRIEL SERRANO - 04/30

MAY BIRTHDAYS

- ✚ JOSIAH STOKES - 05/08
- ✚ SAMIA TAYLOR - 05/15
- ✚ CALIYAH GORDON - 05/15
- ✚ KYLIE SKIPPINGS - 05/21
- ✚ KEYSHAUNNA PHILLIPS - 05/26
- ✚ ARYANNA PAULENA - 05/30



HEALTH AND WELLNESS

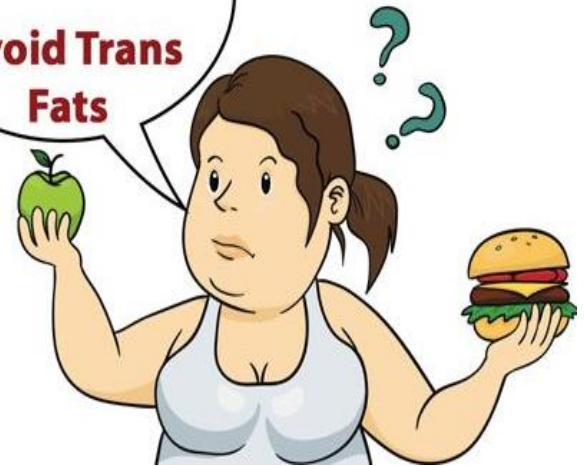
You Are What You Eat

As athletes, its important that you treat your body correctly. What you put into your body directly affects what your body puts out. This could mean more efficient practices, more energy, better sleep, more focus, better recovery, and less injuries.

Trans fats are a dangerous type of fat found in processed foods that can increase your risk of Alzheimer's disease, cancer and heart disease.

Fitness Tip Of The Day

Avoid Trans Fats



EXERCISE TIPS

DON'T PUT IT OFF  **KEEP IT FUN** 

SET GOALS BUT BE REALISTIC 

"WARM UP" YOUR BODY BEFORE YOU EXERCISE 

Try to be active 1 hour a day  **BREAK YOUR HOUR UP INTO SMALLER CHUNKS** 

EXERCISE WITH YOUR FAMILY OR FRIENDS 

STAY HYDRATED  **EAT HEALTHY** 

DO SOME STATIC STRETCHING AFTER EXERCISE 

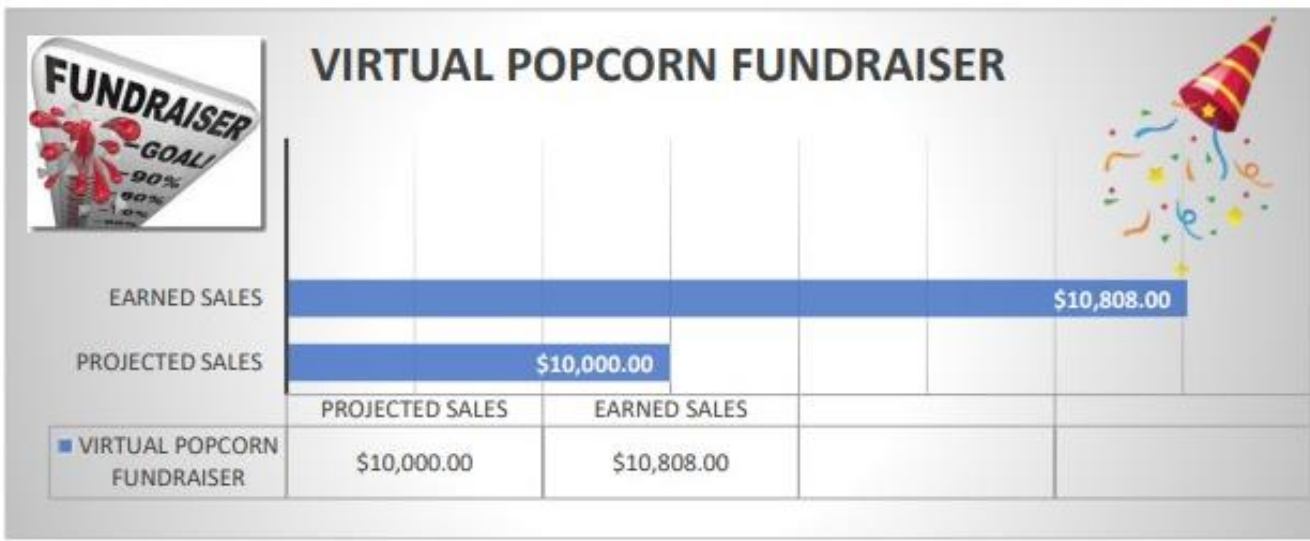
RUNNERS FOOD



A HUGE THANK YOU TO THE ATHELETES/FAMILIES THAT PARTICIPATED IN OUR VIRTUAL POPCORN FUNDRAISER

- ❖ JESSICA / JASMINE BRYAN
- ❖ MAYA CARTER
- ❖ CARNELL COLEMAN
- ❖ JELIYAH SHELTON
- ❖ ELIJAH WASHINGTON
- ❖ DA'NARIA STRONG
- ❖ HARLEM KNOWLES
- ❖ AUBRIE SMITH
- ❖ ENAHRI GAINES
- ❖ SARIAH RICHARDSON
- ❖ DARLA PAULENA
- ❖ BRY'ANNA, CAYLEB AND CHRISTIAN JONES
- ❖ JORDYNN THURSTON
- ❖ JOSIAH STOKES
- ❖ NYLAH, ADRIEL, AND NARAH SERRANO
- ❖ JUSTYCE, NENE, AND MYA

WE DID IT!





WhatsApp

TEAM GROUP COMMUNICATION

It is very important to check the Group chat regularly for all general announcements, track practice, upcoming meet events, team expectations, fundraising, etc. As we connect in the group, we want to make sure the information is communicated efficiently and effectively. We do understand that messages can easily get overlooked and to not overload the group chat you can message privately:

323-507-6033 (Team Mom)

TEAM ELAM ADULT SIZE T-SHIRTS (AVAILABLE) \$10.00 EACH

PLEASE SEE ONE OF YOUR TEAM MOMS TO PURCHASE

WHITE COLOR

❖ ADULT LARGE - (3)
THREE LEFT

❖ ADULT XL - (14)
FOURTEEN LEFT

BLUE COLOR

❖ ADULT SMALL - (6)
SIX LEFT

❖ ADULT LARGE - (9)
NINE LEFT

JOIN THE TEAM / REGISTRATION FEES

Membership registration is only available online at www.teamelam.org.

Registration Fees are \$250.00/per athlete and will be due prior to any participation. Payment is accepted via-Zelle to (561) 201-6141 (be sure to include your child(ren) full name and in the memo section (registration fees))

**TRACK PRACTICE
IS HELD ON
TUESDAY,
THURSDAY, AND
SATURDAY**

(unless otherwise noted)



NEVER
NEVER
Give up
BECAUSE
Great things
Take time