

## *What's New with Golden Elite:*

The 2018 AAU Junior Olympics in Des Moines, Ia. was truly a success. This year's team produced the world's fastest 8-year old male CamRon Chandler, in the 100- meter dash. Golden Elite also produced this year 6 (six) All-American youth track & field athletes. Sophia Litchfield-Dahven Hutchinson- Zamari Purifoy-Blaine Fuller- Zayla Purifoy. Thank you to all who helped us to make this a life-changing time for some of our local youth.

### **Off Season Training**

The start of the 2018 "off-season" has truly been a success. The Golden Elite coaches and staff, are truly humbled by the trust this year's parents are giving us. With a large number of first time track & field participants, we are looking forward to hearing a number of "SUCCESS" testimonials.

### **Practice Tardiness**

Showing up late to practice has ineffectiveness for athletes. Any athlete(s) that arrives 30 minutes late or later will not be allowed to practice that day. Practice schedule and location is available on team app, Facebook, and website Any questions please contact Coach Mike.

## *Welcome*

• • •

### **Upcoming Events:**

November 27, 2018

Giving Tuesday  
Golden Elite will be raising funds for our scholarship fund for less fortunate athletes.

December 1, 2018

Emerging Elite Athlete Pre-Indoor/Outdoor 2018 T&F Invitational  
powered by MYIA and TFCUSA (Youth/Open)  
Choccolocco Park Sports Complex, 954 Leon Smith Pkwy  
Oxford AL  
TBD

December 15, 2018

The Galleria Games (Youth) Birmingham  
Crossplex Birmingham AL  
TBD

December 30, 2018

Last day of "Off-season" training.

### Coach's Corner

From the coaches of Golden Elite. The off-season has got off with a meaningful group of athletes. We are looking forward to an AWESOME off-season.

### Nutritious Note

<https://kidshealth.org/en/parents/feed-child-athlete.html>

It's important for young athletes to drink plenty of fluids to prevent dehydration. Even mild dehydration can affect athletic performance. Experts recommend that kids drink water or other fluids before and every 15 to 20 minutes during physical activity. Sports drinks can be a good choice for kids who participate in strenuous physical activity for more than 1 hour, because after exercising for 60 to 90 minutes, the body has used up its readily available sources of energy. The bottom line is that for most young athletes, water is the best choice for hydration. After the activity, carbohydrates and electrolytes can be replenished [with sports drinks].

## Off-Season Practice Schedule

**\*\*\*\*\* Location will be posted on team Facebook\*\*\*\*\***

Practices will be cancelled for the following conditions:

Temperatures below 50 degrees

Severe Weather

Practice cancellations will be posted on team app and Facebook.

\*Location and time is subject to change