

WHAT'S NEW WITH GOLDEN ELITE MARCH 2018

CONGRATULATIONS!!

Dates to Remember:

- March 23 – Uniform Fitting
- March 31 – Parent Meeting (Competition Team Only)
- March 31 – Uniform Fitting
- May 1 – Registration Closes for competition team

Fundraisers:

- March 23 – Can Shake @ Publix Gulf Breeze
- March 24 – Can Shake @ Publix Gulf Breeze
- April 6 – Can Shake @ Publix 9mile/Pine Forest
- April 7 – Gulf Coast Half Marathon
- April 27 – DeLuna Beach Games
- May 11 – Can Shake @ Publix Perdido
- May 18 – Leftover 4 Miler

Educational Classes

Mandatory for Competition Team

- March 31 – Getting Back to Basics @1:00 Pensacola Library Spring St.
- April 28 – Rethink Your Drink
- May 19 – Farm Tour (tentative)

We'd like to congratulate the following athletes on their outstanding performance at the Indoor National Meet

Gold Medalist:

- Camron Chandler – 60M
- Zamari Purifoy – 200M
- Mason Parker – Long Jump
- Quentin Lewis-Wright – High Jump

Silver Medalist:

- Jenna Bichan – 1500M Walk
- Zamari Purifoy – 60M
- Camron Chandler – 200M
- Zamari Purifoy – 400M
- Jackson Parker – Shot Put
- Jaylen Shropshire – 200M
- Jaylen Shropshire – 400M
- Blane Fuller – 1500M

Bronze Medalist:

- Camron Chandler – 400M
- Antenney Hemingway – 1500M
- Anorga Vidal – Long Jump
- Eddie Love Jr – 60M

Great job to all the athletes that competed!! An extra shout out to all of our first-time athletes for their extraordinary performances!

And lastly, a standing ovation awarded to all parents for a job well done!



Coach's Corner

*Believe you can, and you're
half way there...*

Join us is wishing the following athletes
very happy belated birthdays!!

Ben R 1/26

Angelica 2/22

Lane 3/2

Sophia 3/15

Stay Hydrated!!

As the weather starts to
warm up, stay on the
lookout for signs of
dehydration...

Practice Schedule

Saturday 12pm-2pm West Florida High School

Sunday 3pm -5pm UWF

Practice will be cancelled for sever weather.

Cancellations will be posted on the team app
and Facebook page.

Thirst
Irritability
Headache
Weakness
Dizziness
Cramps
Nausea
Decreased Performance

Remind your athlete to
drink plenty of water
throughout the week.

