

WHAT'S NEW WITH GOLDEN ELITE

MARCH 2018

Dates to Remember:

March 23 – Uniform Fitting

March 31 – Parent Meeting (Competition Team Only)

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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)

CONGRATULATIONS!!

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

Anorgia 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 in 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...

Thirst

Irritability

Headache

Weakness

Dizziness

Cramps

Nausea

Decreased Performance

Saturday 12pm-2pm West Florida High School

Sunday 3pm -5pm UWF

Practice will be cancelled for severe weather.

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

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

Practice Schedule

Saturday 12pm-2pm West Florida High School

Sunday 3pm -5pm UWF

Practice will be cancelled for severe weather.

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