

## WHAT'S NEW WITH GOLDEN ELITE JUNE 2019

### Dates to Remember:

- June 1 – AAU District Qualifier in Tallahassee (Competition)
- June 5 – Signup Due for FSU Dorms and Hotel Block Ends
- June 19 – Hotel Block Ends for JO
- June 18 – Escambia Sheriff's Office Drug Free Talk
- June 30 – Girl's Pampering Party
- June 20-23 – AAU Regional Qualifier in Tallahassee (Competition)
- July 10 – Report Cards due for Scholastic Award
- July 18 – Fun Meet with MWR
- July 27-Aug 3 – AAU Junior Olympics in Greensboro, NC (Competition)

### Fundraisers/Community Events:

- Jun 8 – Can Shake @ Publix University
- Jun 15 – Can Shake @ Walmart Market 9mile/Pine Forest
- June 29 – Firecracker 5K
- July 13 – 2<sup>nd</sup> Annual Drawdown Extravaganza
- July 20 – Can Shake @ Walmart Market Mobile Hwy/Pine Forest

### Educational Classes

Thank You Ms. Sams for your guidance in teaching our athletes the importance of label reading, meal planning, and food portion.

## CONGRATULATIONS!!

We'd like to congratulate all of our participating athletes on their outstanding performance at the Peak Performance Invitational (Alachua, FL) and for winning the Gulf Coast Invitational (Mobile, AL). This would not be possible without the caring support of our volunteer coaching staff and dedication of all our parents.

### Middle and High School Recognitions

#### **Zayla Purifoy**

#### **6<sup>th</sup> Grade - Beulah Middle**

Zayla set a new school record for the Long Jump, 4x4 Relay, and 400m. She is the 400m girls county champion.

#### **Jaylen Shropshire**

#### **12<sup>th</sup> Grade – Navarre High**

Jaylen set a new record for the 400m and has been inducted into his school's Hall of Fame. He also received a state medal for the boys 4x1.

#### **Abigail Pantlitz**

#### **11<sup>th</sup> Grade – Navarre High**

Abigail now holds the school record for 100m, 200m, and 4x1. She placed 6<sup>th</sup> in the state for the 100m. She has been inducted to her school's Hall of Fame and will be graduating a year early this year.



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

Mason 4/5  
Victoria 4/12  
Quentin 4/22  
Khalil 5/12  
Jenna 5/28  
Dominic 6/1  
Antenney 6/3  
Yonalley 6/12  
Mariah 6/21  
Will 6/29

### CYSL Track Meet

The CYSL Track Meet was a HUGE success. We have received a number of positive results and the organization would like for Golden Elite to perform the Track & Field duties for future meets. Thank you to all the parents and athletes who volunteered!

## Summer Practice Schedule

See Team App and Facebook for Practice Location

Competition Team:

Monday thru Friday 5:30pm-7:00pm

Non-Competition Team:

Tuesday and Thursday 5:30pm-7:00pm

Practice will be cancelled for sever weather.

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

## Coach's Corner

"If you do what you have always done, you will get what you have always got"

Mark Twain

## Stay Hydrated!!

See Urine Chart on Team App

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

Thirst  
Irritability  
Headache  
Weakness  
Dizziness  
Cramps  
Nausea  
Decreased Performance

Remind your athlete to drink plenty of water throughout the week. He/She should be drinking at least half their body weight in water.

## Thank you to our 2019 Sponsors

### Proud Supporter:

Running Wild

### High Flyers:

Escambia County Sheriff Department

Pensacola Runners Association

Taylor, Warren and Weidner

SouthWest Airlines

Granny Nannies Gulf Breeze

First City Sports

### Milers:

Performance and Regenerative Medicine (Dr. Michael Harris)

Walmart

Santa Rosa Triathlon

David and Betty White

NeuroMicroSpine (Dr. Mark Giovanini)

### Sprinters:

ITL Solutions

Publix Supermarket Charities

Randall Sansom CPA

The Deao Family

To learn more about sponsorship, visit our website at

<https://goldenelite.club>