

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 – 2nd Annual Drawdown Extravaganza

July 20 – Can Shake @ Walmart Market Mobile Hwy/Pine Forest

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

6th 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

12th 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

11th Grade – Navarre High

Abigail now holds the school record for 100m, 200m, and 4x1. She placed 6th 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 in 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 severe 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

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Running Wild

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Pensacola Runners Association

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Performance and Regenerative Medicine (Dr. Michael Harris)

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Santa Rosa Triathlon

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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>