

# WHAT'S NEW WITH GOLDEN ELITE

## NOVEMBER/DECEMBER 2019

### Welcome:

Thank you for this opportunity to allow Golden Elite to teach your child or children in the area of track and field. These next few weeks will have trying and enduring times along with patience and opportunities. Golden Elite coaches and staff's desire is to build up each and every individual to the best of their abilities.

### Dates to Remember:

November 10 –Registration Deadline fee due for Emerging Elite Track Meet \$20.00

November 16 – Emerging Elite Athlete Winter Outdoor 2019 Invite

December 29-End of off season

January 11 – 2020 Season Parent Meeting @ Pensacola Library 239 N. Spring St at 12:00

January 11 Registration opens for competition and non-competition

### Holiday Giveback:

Every year GE selects an organization to give back to during the holiday season. Over the past few years we've given back to the NWFL Ronald McDonald House, NWFL Council on Aging and feeding the homeless. This year we will be giving back to Truth for Youth, a local nonprofit whose mission is to create and provide educational, recreational, cultural, and social programs for youth ages 6-16. Each year they do a toy drive for underprivileged families in Escambia and Santa Rosa. On December 23<sup>rd</sup> they will be serving teen and single mom with an infant/toddler drive. We are asking for donations of baby items from newborn to 2 years old (clothes, diapers, bottles, toys, etc). All donations must be turned in by December 15<sup>th</sup> at practice.

### TEAM AFFIRMATION

I AM GRATEFUL  
I AM THANKFUL  
I WILL SUCCEED  
I WILL UPLIFT OTHERS  
I WILL GIVE A 100% IN EVERYTHING  
I DO  
I AM GOLDEN ELITE

### COACHING STAFF:

Coach Mike-Head Coach and Founder 850-346-4132  
Coach Dallas- Throw Coach  
Coach Hutch-Sprint Coach  
Coach Courtney-Mid Distance Coach  
Coach Charles-Distance Coach

## Practice Schedule

See Facebook (notes) or team website.

Saturday 12pm-2pm

Sunday 3pm -5pm

Be on time if you're more than 15 minutes late  
your child will not be able to practice.

Practice will be cancelled for severe weather or  
temperatures below 50 degrees.

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

## Coach's Corner

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

**REMINDER!!**

Make sure athletes are  
doing their daily workouts.

Remind your athlete to  
drink plenty of water



Pensacola, FL