



# Registration Breakfast February 1, 2020

Pal Roach – Senior Director

[www.northwestflyers.org](http://www.northwestflyers.org)



# Welcome

USATF Video – “It Starts Here!”



# Agenda

- ◆ Intro to Youth Track Video
- ◆ Welcome – T
- ◆ Northwest Flyers History – P
- ◆ What's new for 33? – P
- ◆ Who's Who (Coaches & Admin) – P
- ◆ Recap of Last Year – T
- ◆ NW Flyers Junior Olympians – T
- ◆ 2020 Practice Information – D
- ◆ 2020 Track Meet Schedule – D
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- ◆ Guest Speaker – P
- ◆ College Scholarship Program – K
- ◆ Director's Comments – P
- ◆ NWF Social Committee / Team Moms – K/T
- ◆ Summary

P = Pal

T = Tony

D = Donnell

K = Dr. K

L = Linette

K/T = Keisha / Tralynza

# Northwest Flyers History

- ◆ Founded 33 years ago by Fred Newhouse
  - US Olympic Gold Medalist in Track & Field
- ◆ Mission:
  - Foster the development of youth track & field in Northwest Houston
  - Provide long term growth opportunities to young athletes thru their association with this sport
- ◆ The club is governed by the USATF youth track system
- ◆ Emphasize learning and fundamentals
  - Expert coaches, elite clinics, focused practices

# GoFlyers33 – What's New

## ◆ 3+ New Practice Sites\*

- Cy-Fair ISD, Klein ISD, Royal HS (Katy-Brookshire)

## ◆ NW Flyers Wins NSAF / New Balance Grant!!!

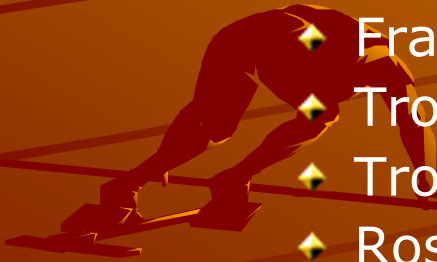
## ◆ Alumni

- Dr. Erin Godfrey – selected team trainer for US Olympic trials, alternate for Olympics (Tokyo 2020)
- Daina Harper – medaled at World Champs (Doha 2019)
- Annika Williams – as a freshman won first at 1<sup>st</sup> collegiate competition (Univ of Kentucky)

\*As justified by demand

# NW Flyers Senior & Head Coaches

- ◆ Dave Bogert
- ◆ Paul Gates
- ◆ Maurice Edwards
- ◆ MaryJo Huggins
- ◆ Calandra Lake
- ◆ Frank Mason
- ◆ Troy Hubert
- ◆ Troy Spencer
- ◆ Rosie Cullen
- ◆ Roslyn Jackson
- ◆ Jacob Pistor
- ◆ Keith Redmond



# Administration



◆ Sr. DIRECTOR (Business)	Pal Roach (281) 826-3449
◆ DIRECTOR	Tony Runnels (832) 489-0739
◆ DIRECTOR	Donnell Carter (281) 467-4727
◆ DIRECTOR	Alan Sims (713) 376-3024
◆ DIRECTOR	Calandra Lake (832) 969-6909
◆ SECRETARY	Linette Roach (281) 826-3449
◆ REGISTRAR	Shavonne Spencer (856) 495-6701
◆ TREASURER	Sheryl Montgomery (281) 770-6563
◆ COMMUNICATIONS	Kerra Serratt (281) 658-2880
◆ Social Committee	Keisha Davis (281) 746-4915
◆ Fundraising	Tracie Haygood (832) 870-3460
◆ Volunteer Coordinator	TBN

# Last Season's Recap

- ◆ Approximately 185 athletes, ages 6 – 18
- ◆ 105 athletes advanced to the Regional Track Champs (Ft. Worth)
  - Very strong medal performance by our 6-8, 9-10, and 11-12 age brackets
- ◆ 58 athletes qualified for nationals!!
  - 54 at USATF Track Junior Olympics in 102 events!!! (Sacramento, CA)
  - 4 at USATF Cross Country Junior Olympics (Madison, WI)
- ◆ **Team won 12 Medals (2 Gold!) at the USATF JO's National Championships in Track !!!**
- ◆ Graduated 6 seniors to NCAA college track programs
- ◆ Made new friends, learned and had fun

**NW Flyers Junior Olympians PLEASE STAND UP!**

\*\* = Team Record



# 2020 Practice Information

## ◆ Practice begins week of Feb 17, 2020

- 6:00 PM

## ◆ Locations

- All Running Events (Basic training) – Cy-Creek HS, Royal HS (Mon, Thurs)
- Technical events (Sprints, Hurdles, Jumps) – Klein Forest HS (Tues, Wed) [starts wk April 14]
- Special Sessions Distance – Kickerillo Mischner Park (Tues) [starts wk April 2]
- Javelin – Klein Forest HS, Meyerland Park (Sun)
- Shot/Discus – TBN
- Pole vault – None
- Varsity athletes in middle school / high school – feel free to join practice at the end of your school season (April)
- Hurdles, jumps, pole vault, and javelin should also attend running practice

# 2020 Track Meet Schedule (USATF)

- ◆ Track meets every week                      Saturday Mar 28 thru Jun 8
- ◆ **NW Flyers Meet**                                      **May 23 (Prairie View A&M)**
- ◆ Gulf 1st Qualifying Round----June 12-13 (HISD Barnett)
- ◆ Gulf Youth Championships----June 20 (Turner Stadium)
- ◆ Region 12 Championships--- July 7-11 (Odessa, TX)
- ◆ USATF National Junior Olympics----July 27-Aug 2 (Jacksonville, FL)

# Registration

- ◆ Complete online registration on team website
  - New members must scan copy of birth certificate & photo
- ◆ Registration fee \$295 for all members
  - Team Uniform (competition jersey and shorts), T-shirt
  - USATF Card w/ insurance
  - Club Dues
- ◆ NEW – Fundraising Buyout fee \$75, one per family
  - Exemption for coaches, staff, team moms, and active fundraisers > \$100
- ◆ 2<sup>nd</sup>+more child family member discount
- ◆ Early bird discount at Kickoff Breakfast Feb 1
- ◆ Online registration opens Wed Feb 5 at 5 PM!

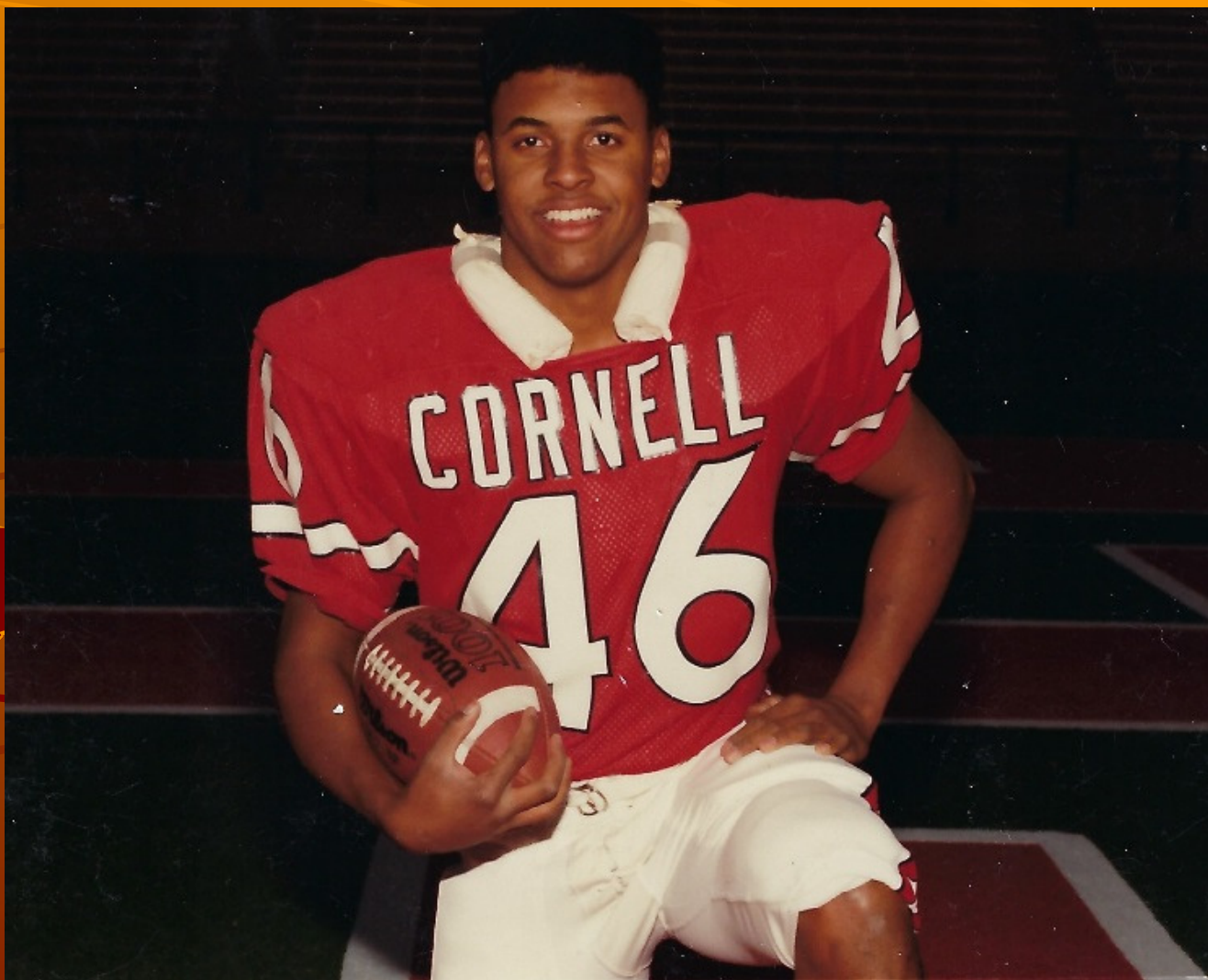
# Keynote Speaker

## Brian Michael Cooper

### Marathon

- ✦ **Brian has rare insight into sports both as an athlete and as a business professional.**
- ✦ Brian competed in Division I football at Cornell University. After graduating from Cornell, he went on to study at the Harvard Kennedy School of Public Administration, and Columbia Law School.
- ✦ After football, Brian became an avid runner, and has since completed five (5) New York City Marathons and two Houston Aramco Half Marathons.
- ✦ Brian began his legal career in New York, where his clients included the NBA, NHL, ATP, and MLS.
- ✦ Brian built a 20+ year career as a sports attorney, agent, executive and advisor, and is a four-time Super Lawyers Texas Rising Star.
- ✦ He served as Director of Sports Programming for DISH Network.
- ✦ Brian also served as Senior Associate Athletic Director at Rice University.
- ✦ He was President of the Rio Grande Valley Vipers, the NBA G-League affiliate of the Houston Rockets.
- ✦ For his work in Houston sports, he received the Outstanding Service Award from the Houston Bar Association's (HBA) Entertainment and Sports Law (ESL) Section in 2009 and 2012, along with the HBA ESL Chairman's Award in 2014.
- ✦ Brian has served on the boards of Texas Accountants and Lawyers for the Arts and Interfaith Ministries of Greater Houston.
- ✦ Brian Michael Cooper is president of the newest Houston professional football franchise, the XFL Roughnecks.
- ✦ He lives in The Woodlands, Texas with his wife Jacqueline and their daughter Kendall.















***READY, ROUGH, AND H-TOWN TOUGH.***



LOS ANGELES  
**WILDCATS**

***SAT, FEB 8***  
***HOME OPENER***

AT



HOUSTON  
**ROUGHNECKS**

# USATF “Win With Integrity” Pledge

I pledge to make good decisions in my life.

I will be an enthusiastic and positive person.

I will live with integrity every day;

I will lead a healthy, active lifestyle.

I will take pride in my successes on the playing field and in the classroom;

I will be honest and drug-free, knowing cheaters never win.

**I am a Champion!**



# New NW Flyers College Scholarship Fund

- ◆ Goal: to provide college scholarships to exemplary student-athletes who have made long term commitments to the NW Flyers and the sport of Track & Field
  - Merit awards > \$1000!!!
  - Program description and application are posted on the team website NOW !!!
  - Completed apps due by May 1, 2020

# Director's Recap

- ◆ The Northwest Flyers is a competitive youth “track team”, affiliated with USATF, a **competitive development** system for youth track & field\*\*
  - The team has a regular schedule of practices, competitions, and championships each season
  - The training sessions and competitions are age appropriate but physically challenging
  - USATF certified coaching, teaching is our coaching method (camps, clinics, video)
- ◆ An excellent program for those who aspire to compete on their varsity middle school or high school track team
- ◆ We're an **All Volunteer** program
  - no conflict of interests to meet salary, facility, & operating costs
  - **The team is self funded, The Fundraising goal for the year is \$20,000**
- ◆ A sport for life – introduce kids to a healthy positive approach to running and fitness

*\*\* Note: this is not a recreational program*

# “It All Starts Here” ...

## Commitment Level

**Competing at a national level requires a lot of resources and the commitment of all participants.**

- ✦ As an all-volunteer program our most precious resource is the time of our coaches, staff, and parent volunteers
- ✦ To use our resources effectively and fairly for the benefit of all that join the NW Flyers Track Club, athletes are expected to make the reasonable commitment of:
  - practicing regularly (75%)
  - competing regularly (75%)
  - supporting our home track meet (100%)
  - and participating in the championships (100%)
- ✦ Membership under any other basis requires a written request for exception by the parents and the approval of the Director

# NW Flyers Fitness Test

**We want every athlete to have a safe and positive experience in the sport.**

- ◆ NW Flyers has a minimum fitness standard for all athletes to join
  - Testing for readiness to train today
  - Based on President's Council on Physical Fitness
  - Experienced athletes are exempt (prior track club, school track team)
  - The test standard is posted on the team website
  - Must pass the 50<sup>th</sup> percentile (within 1<sup>st</sup> first 2 weeks of practice)



# Social Committee, Team Moms Parents Get Connected !

- ◆ Team email list/newsletter (we don't phone chain!!!)
- ◆ NWF Web [www.northwestflyers.org](http://www.northwestflyers.org)
  - Posted practice schedule, meet schedule, contacts, documents
- ◆ NWF Twitter
  - Used for urgent messages
  - You must self register
- ◆ NWF Facebook
  - You must self register
- ◆ Join the NWF Parent Social Committee
- ◆ We need team Moms and Dads!!!

# Summary

- ◆ Welcome to all newcomers
- ◆ Online Registration Opens Wed Feb 5
- ◆ Athletes are required to submit written goals for season
- ◆ Thanks to our coaches / staff / parent volunteers
- ◆ Thank you sponsors!
  - ◆ - Chick-Fil-A Cutten Rd
  - ◆ - USATF Youth Division
  - ◆ - NSAF / New Balance





# Facts Don't Lie

- ◆ The world's oldest organized sport, and most watched event of the Olympics
- ◆ #1 high school and junior high school participatory sport
- ◆ #1 college scholarship opportunity for girls
- ◆ #3 college scholarship opportunity for boys
- ◆ 89% of the 2014 Big 10 recruiting class (305 athletes across 14 teams) ***played multiple sports***
- ◆ 59% of the players in 2014 NFL Draft ran track (only 6% played baseball)
- ◆ The top five quarterbacks in college football all have track backgrounds



# Age Divisions for 2020

*"The athlete's year of birth shall determine their competition bracket."*

## Age Division

- ◆ 8 & Under (prev Sub-bantam)
- ◆ 9 & 10 (previously Bantam)
- ◆ 11 & 12 (previously Midget)
- ◆ 13 & 14 (previously Youth)
- ◆ 15 & 16 (previously Intermediate)
- ◆ 17 & 18 (previously Young M/W)

## Year of Birth

- 2012+\*
- 2010-2011
- 2008-2009
- 2006-2007
- 2004-2005
- 2002-2003

- **Top 5** athletes in the Regional Meet advance to JOs!
- 7-8 YO's can compete at Nationals (no 6YO's) \*
- Drug testing continues (Youth+)

# 2020 Athlete Goals

- ◆ Your goals for the season
  - Specific
  - Measurable
  - Attainable
- ◆ Every athlete must compete!
  - First/Last Name, Age, Event, Goals
- ◆ Fill out your card & bring to practice

# Other Resources

- ◆ Northwest Flyers Home Web-Site

[www.northwestflyers.org](http://www.northwestflyers.org)

- ◆ USATF Web-Sites

[www.usatf.org](http://www.usatf.org)

[www.gulf.usatf.org/Home.aspx](http://www.gulf.usatf.org/Home.aspx)

- ◆ AAU Web-Site

[www.eteamz.com/gulfaau](http://www.eteamz.com/gulfaau)

- ◆ Other

[www.kidsrunning.com](http://www.kidsrunning.com)

[www.txrunning.com](http://www.txrunning.com)

[www.texastrack.com](http://www.texastrack.com)

[www.collegesports.com](http://www.collegesports.com)

# What to Wear

- ◆ Practice – running or cross training shoe
  - Avoid basketball or tennis shoes !!!
  - Bring your own water bottle and towel
- ◆ Competition – track shoes (1/4" spikes)
  - Consider middle distance or youth track shoe
  - Beginners should avoid event-specific shoes
- ◆ Dress for hot & humid weather
  - Hats, umbrellas, sun screen (team tent)
- ◆ Where to buy shoes
  - Fleet Feet (ask for NW Flyers discount)
  - Academy, Sports Authority
  - [www.firsttothefinish](http://www.firsttothefinish)
  - [www.eastbay.com](http://www.eastbay.com)

# What to Eat

## ◆ Fluid Replacement – avoid dehydration by drinking water throughout the sporting event

### – Before Event

- ◆ Drink 2-3 cups fluid 2 hours before the event
- ◆ Drink 1 – 1 ½ cups 10 mins before the event

### – During the Event

- ◆ Drink ½ - 1 cup every 15-20 mins

### – After the Event

- ◆ Replace 80% of your weight loss with water before next practice

## ◆ Eating Between Events – concentrate on high carb, low fat foods

- Air popped popcorn, rice cakes
- NutraGrain bars, Fig Newtons
- Pretzels, Animal Crackers, bagels
- Gatorade, Powerade, Propel, fruit juice

Notes:

