





Virtual Registration Breakfast February 27, 2021

Troy Spencer – Director
Calandra Lake – Director
Pal Roach – Senior Advisor

www.northwestflyers.org



Agenda

- ✦ Welcome – Pal
- ✦ Northwest Flyers History – Pal
- ✦ What's new for 34? – Pal
- ✦ Who's Who (Coaches & Admin) – Troy Spencer
- ✦ Recap of Last Year – Troy Spencer
- ✦ NW Flyers Junior Olympians – Troy Spencer
- ✦ 2021 Practice Information – Calandra
- ✦ 2021 Track Meet Schedule – Calandra
- ✦ COVID19 Protocols – MaryJo
- ✦ Registration – Pal
- ✦ Achievement Award – Tony
- ✦ College Scholarship Program – Pal
- ✦ Director's Comments – Pal
- ✦ Fundraising / NWF Social Committee / Team Moms – Tracy / Keisha
- ✦ Summary

Northwest Flyers History (Pal)

- ◆ Founded 34 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

GoFlyers34 – What's New (Pal)

◆ 3 New Practice Sites*

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

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

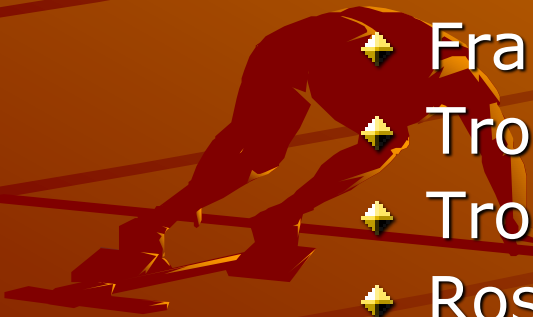
◆ Alumni

- Dr. Erin Godfrey – selected team trainer for US Olympic trials, alternate for Olympics (Tokyo 2020)
- Kinsie Higgins – Sophomore at Duke, PR'd in the shot last week, with #5 all time in school history (former Cy-Ranch HS)
- Mason Melanson – Sophomore at La. Tech made finals in 60M dash at C-USA indoor T&F championships (former Tomball Memorial HS)
- Serenity Rogers – Sophomore at Univ Louisiana (Lafayette) won 60M hurdles at the Sunbelt Conference indoor T&F championships
- Emerald Carter – Sophomore at Xavier of NO, qualified 2nd year in a row to the NAIA national indoor track championships in the hurdles

*As justified by demand

NW Flyers Senior & Head Coaches (Troy)

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



Administration (Troy)



◆ Director	Troy Spencer (609) 792-9479
◆ Director	Calandra Lake (832) 224-5818
◆ Director	Troy Hubert (832) 723-6632
◆ Sr. Advisor	Pal Roach (281) 826-3449
◆ Advisor	Tony Runnels (832) 489-0739
◆ Advisor	D'An Carter (713) 582-2546
◆ Secretary	Linette Roach (281) 826-3449
◆ Registrar	Shavonne Spencer (856) 495-6701
◆ Treasurer (TBN)	Sheryl Montgomery (281) 770-6563
◆ Communications	Kerra Serratt (281) 658-2880
◆ Social Committee	Keisha Davis (281) 746-4915
◆ Team Mgr / Fundraising	Tracie Haygood (832) 870-3460
◆ Volunteer Coordinator	TBN

2019* Season's Recap (Troy)

- ✦ 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!

* Note: 2020 season canceled due to COVID19 closures

2021 Practice Information (Calandra)

✦ Practice begins week of March 1, 2021

- 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 in April - TBD]
- Special Sessions Distance – Kickerillo Mischner Park (Tues) [starts in April]
- 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

Note: The first 3 days of practice March 1, 4, 8
will be at Matzke Park due to school use conflict

2021 Track Meet Schedule (USATF) (Calandra)

- ◆ Track meets on weekends: Starts April 24 *
- ◆ **NW Flyers Meet:** **May 29 (TBD)**
- ◆ Gulf Youth Championships: June 2021 (TBD)
- ◆ Region 12 Championships: July 6-10 (Odessa, TX)
- ◆ USATF National Junior Olympics: July 26-Aug 1 (Jacksonville, FL)



*Note: Check the team website for the current schedule of weekly track meets

COVID19 Protocol (MaryJo)

- Each Athlete must perform and submit **(online at the NWF website)** an honest symptom check prior to participation in that day's event (Practice or Meet). The parents of athletes 10 and Under are responsible for submission. Athletes age 11 and up are responsible for their individual symptom check submission.
- **You must present the email (generated from by online screening) confirming your practice status for that day before entering the field.**
- All athletes must bring a face covering to each practice. The face covering must be worn at all times in the facility covering the nose and mouth. Exceptions apply when actively exercising or when drinking water.
- Athletes must social distance, (6 feet when possible), at all times. Hugging, shaking hands and fist bumps are no longer permitted during practice.
- Athletes must bring a water container to each practice. Their individual water containers must be clearly marked with their name or initials.

Registration (Pal)

- ◆ Complete online registration on team website
 - New members must scan copy of birth certificate & photo
- ◆ Registration fee \$295 for all members (or free for 2020 members who elected to roll-over to this season)
 - Team Uniform (competition jersey and shorts), T-shirt
 - USATF Card w/ insurance
 - Club Dues
- ◆ 2nd+more child family member discount
- ◆ Early bird discount at Kickoff Breakfast Feb 27 (good thur Mar 10)
- ◆ Online registration opens Wed Sunday February 28 at 2 PM!

FLYMEM50	2 nd child discount for \$50
FLYMEM75	3 rd child discount for \$75
FLYMEM100	4th child discount \$100
2021EARLY	2021 early bird registration for \$25
2021ROLL	Roll over your paid up 2020 track membership

2021 NW Flyers Achievement Award

Ellen Smith Robinson (Tony)



400 Hurdles - 58.75

- ✦ **Ellen and her twin sister Evelyn have achieved and contributed to the sport of track & field at the highest level for over 40 years.**
- ✦ **She recently received the 2021 TX A&M "Trailblazer" award (12th Man Alumni Magazine)**
- ✦ Graduated from TX A&M with a B.S. in health and physical education
- ✦ Was one the first three black scholarship athletes at TX A&M in history
- ✦ Lettered all 4-seasons, 3 time NCAA Division I All American (400M hur, 400M relay, & 1600M relay)!
- ✦ Her 400M hurdles mark is still in the top 10 performances all-time at A&M
- ✦ Acknowledged by the Aggie Athletic Department for elevating TX A&M women's track to national contenders
- ✦ Currently serves as head official at TX A&M track meets, with 13 years of service
- ✦ Ellen was born and raised in Ft. Worth, but has spent most of her adult years in Houston
- ✦ As a young person, the twins literally started the first Trimble HS girls track team ("they could run")
- ✦ Won four (4) consecutive Texas Class 4A state championships, became become highly recruited athletes
- ✦ Ellen has never missed an opportunity to "give back" to sport that she loves
- ✦ Had a very successful career as a high school teacher and track coach in CFISD, retired with 32 years service
- ✦ Mentored / coached athletes to success in the classroom, on the track, and in life – personally guided her athletes / team to HS district championships, state championships, and on to college scholarships
- ✦ Helped develop the NW Flyers sprints and hurdles program, coached NWF club track for over 10 years
- ✦ Currently a NW Flyers annual track meet head official, with 15 years service and counting!

THANK YOU COACH ELLEN FOR ALL YOU HAVE DONE!!!



USATF “Win With Integrity” Pledge (Tony)

I pledge to make good decisions in my life.

I will be an enthusiastic and positive person.

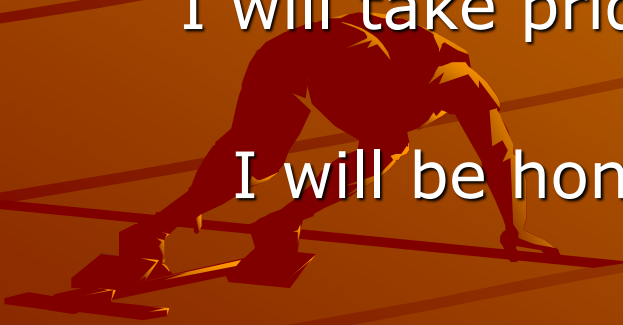
I will live with integrity every day;

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 (Pal) 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 April 15, 2021

“It All Starts Here” ...

Commitment Level (Pal)

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 Sr. Advisor

NW Flyers Fitness Test (Pal)

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

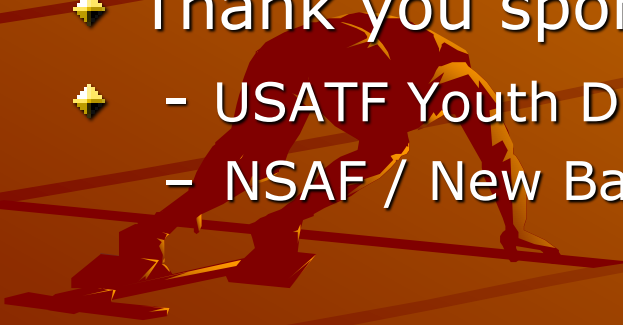
- ◆ NW Flyers has a minimum fitness standard for all athletes to join
 - Testing for readiness to train today
 - Based on President's Council on Physical Fitness
 - Experienced athletes are exempt (prior track club, school track team)
 - The test standard is posted on the team website
 - Must pass the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

Social Committee, Team Moms - Parents Get Connected ! (Tracie Haygood / Keisha Davis)

- ✦ **All parents asked to participate in fundraising, we will provide opportunities!**
- ✦ Team email list/newsletter (we don't phone chain!!!)
- ✦ NWF Web 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 volunteers – Team Moms / Dads, Asst Coaches, etc!!!

Summary (Pal)

- ◆ Welcome to all newcomers
- ◆ Online Registration Opens Sunday Feb 28 at 2PM
- ◆ Athletes are required to submit written goals for season
- ◆ Thanks to our coaches / staff / parent volunteers
- ◆ Thank you sponsors!
 - ◆ - USATF Youth Division
 - ◆ - NSAF / New Balance



Q & A





APPENDIX

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*

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 2021

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

Age Division

Year of Birth

✦ 8 & Under (prev Sub-bantam)	2013+*
✦ 9 & 10 (previously Bantam)	2011-2012
✦ 11 & 12 (previously Midget)	2009-2010
✦ 13 & 14 (previously Youth)	2007-2008
✦ 15 & 16 (previously Intermediate)	2005-2006
✦ 17 & 18 (previously Young M/W)	2003-2004

- **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+)

2021 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

- ◆ USATF Web-Sites

www.usatf.org

www.gulf.usatf.org/Home.aspx

- ◆ AAU Web-Site

www.eteamz.com/gulfaau

- ◆ Other

www.kidsrunning.com

www.txrunning.com

www.texastrack.com

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
 - 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:

