

TRI-CITY NEWS

Welcome to Tri-City Relays

It is that time of year again. Summer track season has begun which means practice three times a week and Saturdays spent at the track.

Tri-City Relays Track Club exists to mentally and physically develop North Carolina youth ages 5-18 through year-round athletic and academic programs.

Our Program operates in Winston-Salem, Charlotte and Chatham County.

The primary objective of this newsletter is to serve our membership and improve communications. Our Club works to promote a fun, fair, and safe environment that maximizes participation and improves players' skills while developing sportsmanship, teamwork, and self-confidence.



Inside this issue:

First time track parents	2
Parent Involvement	2
Kids Nutrition	2
Rain status alert	3
Tri-City in the News	3
Spotlight	3
Alumni News	4

Special points of

Interest:

- Registration ends on April 16, 2009
- First track meet is on April 25, 2009 Bring the Heat Invitational - Vance High School (Charlotte, NC)

Registration is going on now

Registration began on **March 14, 2009** and will end on **April 15, 2009**. We will need a copy of your child's birth certificate and physical. You can register online if you prefer to use your credit card or you can bring your registration forms to practice if you would like to pay with cash. You can register online at http://www.tricityrelays.com/registration_online/registration_online.asp

First-Time Parents

<p>Tri-City Relays Track Club exists to mentally and physically develop North Carolina youth ages 5-18 through year-round athletic and academic programs.</p> <p>We were founded by Coach Lemuel Johnson and Jerry Riley. The principles that they laid out still</p>	<p>guide the organization to this day.</p> <p>We believe that every child can participate, learn and grow from their experience with track and field and we are here to guide and build them up.</p> <p>Please check out the website www.tricityrelays.com</p> <p>There is a lot of valuable</p>	<p>information there, including team schedule, profiles, links to training material etc.</p> <p>We also use it to communicate important information so please visit it often.</p>
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Parent Involvement

<p>Tri-City relays is a completely volunteer run organization. We are dependent on having an active Parent group to make the season a success.</p> <p>If you would like to volunteer, please see Shannon Fuller or Barbara Stowe.</p>	<p>There are two areas in which we need immediate help, fundraising and the Johnson & Riley Track Challenge (J/R). The J/R will be held May 23rd @ Wake Forest University.</p>	<p>If you have an issue or concern about your child or a coach please see Shannon Fuller or Perry Cabean.</p>
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Kid's Nutrition



No Energy Drinks.

<p><u>Energy Drinks Bad Idea For Young Athletes Says NFHS</u></p> <p>Water and appropriate <u>sports drinks</u>, not energy drinks, should be used for rehydration.</p>	<p>Energy drinks should not be consumed by athletes who are <u>dehydrated</u>.</p>	<p>Energy drinks should not be consumed by athletes taking over-the-counter or prescription medications without prior medical approval.</p>
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Rain Status

The [rain status](#) page on the website is update by 4pm if a practice is going to be canceled that day. You can also call the voicemail system at 721-1990.

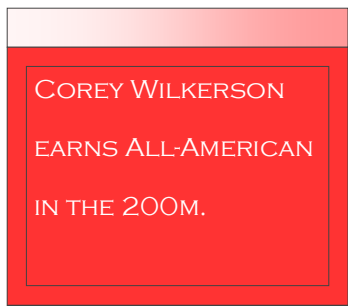
If , you would like to be notified by email, please signup for team emails on the website.

Tri-City in the News

Siler City's **Cory Wilkerson**, a senior at Jordan-Matthews High School, went to New York City to compete in the National Scholastic Indoor Championships held at the famed New York Armory. Cory surprised many by finishing 4th in the 200m run to earn All-American status.

Taylor Dewberry wins the 2009 300m title in the 4A indoor championships. Mt. Tabor's 4x400m relay team (with Tri-City athletes **Taylor Dewberry** and **Shenita Martin**) finishes first and breaks the state record. Mt. Tabor's Girls capture the team title.

Tricia Bennett finishes first and captures the 2009 300m title in the NC 1A/2A/3A indoor championships for Winston-Salem Preparatory Academy.



Spotlight

Jakeitha Baker captured her fifth national championship in wrestling as she took first place in the US-GWA Girl's 90lb division. The tournament was held from March 20 - March 22 in Ypsilanti, Michigan.

Congratulations Jakeitha!

TRI-CITY RELAYS TRACK CLUB

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We're on the web!

www.tricityrelays.com

Strength, Perseverance & Speed!!!!

Tri-City Relays is a wholly volunteer organization focused on athletic and life-skills development of North Carolina youth. Gifted volunteer Coaches and academic tutors spend thousands of hours each year coaching and mentoring children of diverse backgrounds regardless of athletic ability. Established in 1980 as Tri-City Relays Track Club by Coach Lemuel Johnson and Coach Jerry Riley, the Club's name has shifted from time to time in our history. Our current and former athletes have earned over 100 AAU All-American awards, plus have tied or set numerous Junior Olympic records. The team travels all over the country for track and field competitions.

Alumni News

Drew Tucker finished 3rd in the 800m at the Asics Winthrop Invitational in a time of 1:53.83 representing Western Carolina.

NCCU sophomore **Charles Lindsay** outshined most of his competitors in the 60m hurdles with a time of 8.13s, placing him second.

Bryce Sherman finished 3rd in the 55m for the Gamecocks @ the USC Indoor Invitational in a time of 6.44s.