



# Triangle Champions Track Club

The Next Generation in Youth Track & Field

**"Building a strong and positive self image in each athlete"**

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## TCTC Welcomes Nutritionist Kay Schlegel Pratt



degrees & certifications: MS, RD, LDN, CNSD. She has both a bachelor's and a master's degree in Nutrition and over 20 years experience in adult, adolescent and pediatric nutrition. In addition, Kay is an experienced Marathon runner who still trains and competes. Kay will be sharing her expertise with us during Parent Meetings and she can be contacted for private consultations at your request. Welcome Kay Pratt to the TCTC Family!

TCTC would like to welcome Kay Schlegel Pratt to our staff for the 2009 Season. Kay is a registered dietitian and a licensed dietitian nutritionist with the following de-

### Nutrition Guidelines

The young athlete needs a diet that is:

- High in nutrient, dense complex carbohydrates (ex. Pasta)
- Contains moderate amounts of proteins, salt, sugars, and sodium
- Is low in fat, saturated fat and cholesterol
- Provides sufficient calories.

Such a diet can be achieved by eating from the five major food groups — whole grains, protein, dairy, fruits and vegetables.

(see guidelines, page 2)

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### Important reminders:

- First track meet April 18 at Clayton H.S.
- Check the club's evoice for practice schedule changes and emergency information. The evoice number is 919-287-2245
- Donations are being accepted for gently used uniforms and track shoes
- Full and partial scholarship opportunities are available for registration fees only
- Parent meetings will be held every other week and/or before track meets. Check evoice for exact dates and times.

## Coach's Corner

### TCTC President and Coach Tim Thorpe

On behalf of the Board of Directors, coaches and staff of the Triangle Champions Track Club, I would like to welcome you to our 2009 Outdoor Season. We have many exciting new opportunities for athletes, parents and friends in 2009. In addition to the athletic training and competition, there will be more community service options, tons of health and nutrition education,

and academic support for the athletes. We will continue to offer prayer and devotional services per request. As we take our program to the next level, we will need our parents to get involved with one or more of our committees. These committees will help carry out specific duties needed to make the club run more effectively. By joining

TCTC, you are now a vital part of a growing family whose mission is: to **teach our athletes to become champions in life as well as in competition.** WELCOME TO THE FAMILY!



### TCTC Foundational Scripture

#### I Cor. 9:24-25 NIV

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.



Kevin Fogg is an achiever on and off the track. The scholar-athlete will attend Liberty University in the fall on a full football scholarship.

*If you set a good example for your child by exercising and eating a healthy, well-balanced diet, your child is more likely to "eat to compete" and grow into a healthy adult*

## Apex High School Senior Kevin Fogg TCTC Athlete of the Month

Family, welcome Kevin Fogg to TCTC. The 18-year-old senior from Raleigh joined the club this past winter during the indoor track season. Kevin excelled in the Young Men's 200 meter dash at the Simplot Games held at Idaho State University this past February. He qualified for the 200 meter final by finishing in the top 18 out of 122 competitors. Kevin finished fourth in the final, hitting a time of 22.42 seconds.

Kevin is an accomplished athlete and student off the track as well. He has a 3.12 GPA at Apex High School and recently signed with Liberty University in Lynchburg, Virginia to play football on a full scholarship. Kevin will also run track at Liberty. In addition to the 200 meter dash, Kevin runs the 100 and 400 meter dashes and the 4X100, 4X200 and 4X400 relays.

Kevin said he joined TCTC

to work with Coach Omar Beasley on his running techniques. "He's taught me how to control my arms and how to come out faster on my block start," Kevin said of Coach Beasley.

Kevin is also a young man of faith. He is a member of Church of God of Prophecy in Raleigh and says that he stretches AND prays before he competes. "I ask God to give me strength to run a good race."

## Guidelines (continued from p.1)

### Three basic principles that are key to a high performance diet:

- Variety — Because no single food or supplement contains all the nutrients your child needs for optimum health, growth and performance, eating food from each of the five food groups daily, as well as different foods within each group, is essential.

- Moderation — Your child should not eat too much or too little of one food or nutrient.
- Balance — Calorie intake and energy expenditure should be balanced to maintain a healthy weight and body composition.

### How parents can help their children eat better

- Model healthy eating. If you set a good example for your child by exercising and eating a healthy, well-balanced diet, your child is more likely to "eat

to compete" and grow into a healthy adult.

- Don't let your child skip meals. Encourage your child to distribute calories throughout the day at regular mealtimes and snacks. This will ensure that your child has readily available sources of energy to support growth and training activity.
- Provide nutritious snacks and fluids before and after practice and competitions so your child does not have to rely on vending machines.

## Parent volunteers crucial to TCTC's success

Calling all TCTC parents. Like Uncle Sam, we need you! The club has grown to nearly 100 athletes over the last three years and has experienced great success. But with that success comes a lot more work.

There are several committees that desperately need parent participation. Please consider donating as much time as you can to any of the following committees: parent booster club (fundraising); inspira-

tional/devotional; community service projects; ambassador events group leaders; rewards and recognition banquets. Contact Ronda Pierce at 287-2245 to sign up.



Kiara Thorpe and Loren Daniel — with their parents help — happily work at a TCTC carwash fundraiser in 2007