

Trailblazers News

This issue of Trailblazers News brings you information about what we've been doing and what we've got coming up, covering topics from practice session and track meets, exciting fun-filled fundraisers, to community education and healthy tips.

Quarterly Newsletter

Issue No. 03 - August 2012



LETTER FROM THE HEAD COACH

Hello Friends of Trial By Fire Youth Track & Field Club!

Wow, how times flies. I can hardly believe that our outdoor track & field season have come to a close this month with the conclusion of the 2012 AAU National Junior Olympic Track & Field Games in Humble, Texas. Hopefully you were able to enjoy one of our track meets, participate in some of our fundraisers, or attend the National Games this summer. It is also truly amazing and a blessing that just four short years ago starting Trial By Fire Youth Track & Field Club was merely an idea and almost 12 seasons later, we have served over 200 children and youth from Nashville and Davidson County. Our programs have grown in such a relatively short time and have encouraged kids to accomplished astonishing goals not only athletically but inwardly, they have accomplished so much more! Many of our children and youth have walked away from their experiences having received much more than they have given such as valuable social skills and active healthy habits that will last a lifetime.

As always, thank you for your continued support of Trial By Fire Youth Track & Field Club and we look forward to seeing you at one of our many events this Fall during our Family Fun Fitness season.



Trailblazers concluded the season with Honorable Mentions

What a summer it has been for TBF Trailblazers! We've had a season filled with great competitions, visited beautiful places, accomplished person best, and embraced lasting memories including competing in the AAU National Junior Olympic Games.

From July 27th to August 4th, six youth student-athletes of the Trial By Fire Youth Track & Field Club took part in the AAU Junior Olympic Track and Field Games where they showcased their skills and athleticism against some of the country's best runners, throwers, and jumpers in Humble, Texas.

These athletes in addition to nine other members who decided not to compete and one other due to a late season injury earned their spot in the national meet after finishing in the top five of their respective events at the Area 6 National Qualifier in July at the University of Tennessee in Knoxville. There, the competition included athletes from Alabama, Kentucky, South Carolina, and Tennessee.



"Once they made it beyond the national qualifier, they not only represented TBF Trailblazers but the whole state of Tennessee", said Coach Kevin Woodson, who along with his wife, Lanique, founded TBF Trailblazers in 2008. "The competition was very stiff", Kevin said. "Despite several injuries and mental roadblocks, we had lots of kids that did extremely well and reached their personal best at the AAU Junior Olympic Games."

At the National Qualifier, Samantha Woodson finished 1st in the Triathlon and Long Jump and

ranked 24th in the Triathlon and 32nd in the Long Jump at the AAU Junior Olympic Track & Field Games.

Janya Blackburn finished 5th in the 100 meter dash at the National Qualifier and ranked 57th at the AAU Junior Olympic Track & Field Games.

Effrin 'D' Lea finished 4th in the 200 meter dash and 2nd in the Long Jump at the National Qualifier and ranked 40th in the 200 meter dash and 31st in the Long Jump at the AAU Junior Olympic Track & Field Games. Effrin is also recognized on the National Elite Youth Honor Roll, ranking him as one of the top one-hundred best 200 meter runners in the country within his age group.

Mikayla Thompson finished 1st in the Discuss and Shot Put throws and 3rd in the Javelin throw at the National Qualifier and ranked 23rd in the Discuss, 14th in the Shot Put, and 19th in the Javelin throws at the AAU Junior Olympic Track & Field Games. Mikayla is also recognized on the National Elite Youth Honor Roll, ranking her as one of the top one-hundred best Shot Putters and Discuss throwers in the country within her age group.

John Curry finished 4th in the 400 dash at the National Qualifier and gave a great effort and all heart at the AAU Junior Olympic Track & Field Games.

Trailblazers concluded the season continues...

Caleb Walton finished 2nd in the Shot Put and 5th in the Discus throws at the National Qualifier and ranked 32nd in the Shot Put and 28th in the Discus throws at the AAU Junior Olympic Track & Field Games.

Alex Blades finished 4th in the 100 meter dash, 4th in the sprint hurdles, and 2nd in the Long Jump at the National Qualifier. Although Alex did not compete in the AAU Junior Olympic Games due to a late season injury, he is recognized on the National Elite Youth Honor Roll, ranking him as one of the top one-hundred best 100 meter runners in the country within his age group.

“Congratulations to all of our youth athletes who participated in the AAU Junior Olympic Track & Field Games”, said Coach Woodson. “I am proud to announce that many of our athletes broke their person records. That is truly a phenomenal feat. Our Junior Olympians have experienced first-hand the joys and pains of competition, yet they continued to excel at their events. What an awesome season we’ve had!”

AAU Junior Olympic Games

The AAU Junior Olympic Games is the largest, national, multi-sporting event conducted annually for youth ranging between the ages of 5-22 to compete in various sports, with AAU national champions being crowned in each sport. These games draws close to 30,000 spectators.

Honorable Mentions:

- Mirian Reside, 4th place finisher in the 800 meter run.
- Josefina Vergara, 5th place finisher in the 800 meter run.
- Mekhia Rainer, 4th place finisher in the Long Jump.
- Anna Reside, 4th place finisher in the 3000 meter run.
- Iyana Rainer, 3rd place finisher in the Pentathlon.
- Destiny Rainer, 1st place finisher in the Javelin Throw.
- Bento Vergara, 5th place finisher in the 1500 meter run.
- Phoenix Lemon, 4th place finisher in the 1500 meter run.
- Master Rainer, 4th place finisher in the Long Jump.
- Lauren Hoard, National Elite Honor Roll in the 100 meter dash.



To view more pictures from the National Qualifier and the AAU Junior Olympic Games, [click here](#).

Congratulations to the TBF Graduating Class of 2012!

Congratulations to Lauren Hoard and Boyce 'Trey' Wilkins on one of the most important and joyful milestones in their lives - high school graduation!! They have worked diligently to earn this accomplishment both academically and athletically and for their leadership, hard work, and dedication to Trial By Fire Youth Track & Field Club, Lauren and Boyce became the first products of TBF Trailblazers in moving on to colleges and University.

Lauren attended GoodPasture Christian High School where she was a 4 year varsity runner and holds the school record in the outdoor 100 meter dash. Lauren qualified for state in 2010 in the 100m placing 7th, and finished her high school with a new season best in the 100m placing 4th in the TSAA Middle Sectional. Lauren continued her accomplishments during the summer season to reach her personal best of 12.24 in the 100m and is recognized as a National Elite Youth Runner, ranking #90 in the country within her age group. Lauren will be attending the University of Tennessee at Chattanooga in the Fall majoring in nursing and plans to continue her track and field career as a Chattanooga Moc. Congrats Lauren!

Boyce attended McGavock High School where he dominated in the 800m, 1500m, relay races, and Cross Country. Boyce's athletic accomplishments includes helping his high school team win 1st place in the 2011 City Cross County Championships and finishing the outdoor 2012 summer season with a personal best of 2:03.41 in the 800 meter run, placing 6th in the National Qualifier. Boyce will be attending Western Kentucky University where he plans to continue his track and field career as a WKU Hilltopper.

Although both are off to college, they will always remain a TBF Trailblazers.



LAUREN

CLASS: 2012 **HIGH SCHOOL:** GOODPASTURE CHRISTIAN

EVENTS: SPRINTS **TBF TRAILBLAZER:** 3 YEARS

COLLEGE: UNIVERSITY OF TENNESSEE AT CHATTANOOGA



PERSONAL BEST		
2012 Outdoor		
100m	12.24	July-12
200m	26.19	June-12
Long Jump	15-06	July-12



BOYCE

CLASS: 2012 **HIGH SCHOOL:** MCGAVOCK HIGH

EVENTS: MIDDLE DISTANCE **TBF TRAILBLAZER:** 1 YEAR

COLLEGE: WESTERN KENTUCKY UNIVERSITY



PERSONAL BEST		
2012 Outdoor		
400m	54.31	July-12
800m	2:03.41	June-12



BridgeStone Arena Fundraiser Partnership



We are excited to announce a partnership with Bridgestone Arena and DNC Sportservice!

DNC Sportservice is a foodservice company for the Nashville Predators that recruits nonprofit organizations to run their concession stands during home games and other specials events held at Bridgestone Arena. This fundraising program has helped hundreds of nonprofit organization raise thousands of dollars annually toward reaching their fundraising goals.

Trial By Fire Youth Track & Field Club wants to ensure that any child who wants to participate in our running programs should not be denied the opportunity due to their inability to pay. Parents and adult supporters of TBF Trailblazers will have the opportunity to raise money to cover expenses such as registration fees, uniforms, and travel or even help purchase much needed new equipment for organization. Bridgestone Arena will be the only fundraising source our organization needs!

What we need from you!

We need a minimum of six (6) parents or supporters to attend a mandatory 4-hour training session and help our organization commit to a schedule for a minimum of fifteen (15) events. Dates of these training session will start in August. Contact [Coach Woodson](#) to volunteer and for additional questions. We are changing the landscape of our fundraising efforts one step at a time.

East Nasty Outfits Youth with Shoes



Thanks to the donation of running shoes by East Nasty Running Community, the Trial By Fire Youth Track & Field Club was able to outfit over 20 youth student-athletes with gently worn and almost new running shoes for the outdoor running season.

The project was part of East Nasty’s shoe donation program, managed by Cary Graham, which collects running shoes over a period of time from members of their running community to help meet the needs and provide necessities like shoes to individuals and groups that lack resources for their cause.

“If East Nasty didn’t help, many of our kids would’t have had a good reliable pair of shoes to train and run in, “ said Coach Kevin Woodson. “ Without help we can’t do it, and for that we are grateful.”

Boxes of running shoes of every style and color were delivered and appropriately fitted for size and comfort by community members Brie and Kim.

“For anyone who is training in the sport of running, it’s critical to have a fresh pair of running shoes to reduce injury, increase comfort and maintain performance,” said Woodson.

East Nasty is a nonprofit organization whose mission is to make East Nashville a great place to live and run, and to make running accessible to everyone in the community. To learn more about East Nasty Running Community, [click here](#).

Important Upcoming Dates



- 8/16/12 Music City Mile Run
- 9/08/12 Annual Recognition & Awards Banquet
- 9/22/12 Fall Family Fitness Kick Off
- 9/29/12 Shelby Bottoms Boogie 5K Run
- 10/13/12 Germantown Bier 5K Run
- 10/20/12 IRFTP Halloween Monster 5K Run
- 11/03/12 Hoover Run for Hope 5K & 10K

Thank You Donors!

The Trial By Fire Youth Track & Field Club gratefully acknowledges the many contributors who supported our mission, strengthened our healthy active programs, and helped children and youth cross the finish line athletically, academically and honorably.





Dr. SI L. Lampkin VI, MD
Southstreet Medical Center






TG Incorporated

Make a difference.

We invite you to become a sponsor of Trial By Fire Youth Track & Field Club. TBF Trailblazers serves as a platform for teaching children and youth the importance of living healthy active lifestyles through the power of running. Trial By Fire YouthTrack & Field Club is a 501(c)(3) nonprofit organization serving the Nashville Davidson County. Donations and contributions are tax-deductible within the limits prescribed by law.

Your gift will make a difference in the lives of young people. [Click here to see how!](#)

Mission Statement



The mission of Trial By Fire Youth Track & Field Club is to provide life-long learning experiences and healthy opportunities for children and youth between the ages of 8-18 living in Nashville and Davidson County to participate in well-run after school programs that promotes physical fitness and embraces healthy active lifestyles through the sports of track and field and the power of running. These life-long experiences can be driven and achieved through healthy levels of physical activity,

appropriate athletic instructional, understanding proper nutrition, and eating healthier; while empowering children and youth to achieve his or her full potential in all aspect of life.

Realizing that physical activity and healthy eating habits proves to be the cornerstone for combating childhood obesity and building healthier active lives, character-building programs of Trial By Fire Youth track & Field Club aspire to bring children, youth, and families together to experience the joys of athletic activity within a supportive environment emphasizing fun elements of friendly competition alongside promoting values of academic integrity, self-worth, discipline, and good character.

Contact Us

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