



PACTS INC

PO Box 690181 Mint Hill, NC 28227

Patrick Irvine
Coach, Track Posse



Dear Future Sponsor,

Thank you for taking the time to consider sponsoring the Track Posse's Offseason Sprint Program. We are a youth track group with extremely hardworking and dedicated athletes from all over Mecklenburg County. The athletes that have currently agreed to participate range from ages 5 to 18. In-season, they compete in AAU, USATF, public school, and home-school track leagues.

With that in mind, we are currently seeking sponsors for this offseason August 19, 2019 - April 20, 2020. Your sponsorship dollars will go towards the entire 35-week program. This includes 6 hours of training time each week (2 hours a day, 3 days a week), resistance tools and weights, expertise, and indoor training facilities (for when the weather doesn't permit outdoor workouts). We have at least 20 families that have expressed a strong desire for their child to participate in the program and have strong indications that the number of families looking for a sprint specialized program in the offseason is well into the hundreds.

By sponsoring this program, you will have the opportunity to prove that you care about the quality of the interactions in a child's life over the quantity of children reached. This program is designed to provide in-depth training on sprint performance, training that most children do not receive until it is too late. The nature of the sport for many youths is a season too short for proper development and resources are rarely available when time is abundant. Due to the lack of foundation building, far too many children develop shin splints, problems with the ankle, knee and hip joints, and foot issues. They might even experience lower back pain during their track career, in addition to never reaching their maximum potential, never knowing what they are truly capable of, or have a coach that genuinely has ALL of their best interests at heart. This program is not about reaching a large quantity of kids; it is about providing excellent quality to the kids that it does reach.

We appreciate your time and consideration and look forward to your support and generosity. Any contribution you are able to make will be tax-deductible thanks to our partnership with Pacts Inc, and assuredly will be greatly appreciated by the entire posse. We look forward to our growing partnership.

Sincerely,
Coach Patrick Irvine

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Coach Drago McInnis

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WE ARE WHAT WE HAVE BEEN WAITING FOR...



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Track Posse Information Sheet

MISSION

To safely enhance the performance of our athletes through the continuance of high-quality training in the offseason as they pursue their dreams utilizing track as a catalyst; while also providing a positive coaching experience encased with motivation, self-assessment and value.

GOAL

To prepare them for not only what they will encounter on the track but also for what they will encounter in life. We want to take the extra steps and time, to give them the care and tutelage that they deserve to realize and maximize their potential.

VALUES

- Hard Work - No meaningful progress can be made in any endeavor without hard work.
- Smart Work - Working hard is not enough; we must also make sure that we are being efficient and effective with what we are doing.
- Patience - Progress takes time, both in life and in sports.
- Consistency - Progress requires continuous effort.
- Excellence - For us, this does not mean constantly winning medals, it means constantly performing at our best, giving maximal effort regardless of standing.
- Accountability - We are responsible for our actions to each other and ourselves.
- Respect - We treat others the way we want to be treated.
- Integrity - We are honest and ethical both in the light and in the dark.
- Communication - Transmitting information is a two-way street that is vital to the development and maintenance of any healthy relationship.
- Understanding - In order to progress to the elite stages of any endeavor a thorough understanding of the endeavor must be achieved. In order to maintain a positive relationship, an understanding of the person must be achieved. In order to move past a problem, an understanding of the problem must be achieved.

ATHLETES

- Ages: 5 - 18
- Location: Mecklenburg County
- Leagues: AAU, USATF, Public School, Home School

STATS from 2019 Season (average improvements from 15 kids in a 3-month AAU season)

- 100M: 1.2s decrease in personal records / 5.1% improvement
- 200M: 3.8s decrease in personal records / 7.7% improvement
- 400M: 11.2s decrease in personal records / 10% improvements

STAFF

Coach Patrick Irvine
Coach Drago McInnis

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FAQ

- **Why 35 weeks? Is that much time really necessary?**

Yes, that much time is necessary in order to accomplish everything we hope to accomplish. Many of the kids need their mechanics completely reworked at every phase from start to finish. They also need time to put it all together in complete performances after the mechanics have been reworked. This all takes a considerable amount of time.

There is also a mental component that we are hoping to work on. Most of the kids believe just as their parents do that you only have to train during competition. We want them to understand what the world needs more children to understand earlier, growth is a continuous process that takes consistency and a year-round effort. To this point it's more than just reworking their running mechanics, it's also about reworking their world outlook and their views on work and success.

- **Are you hoping to achieve something more than track gains?**

Yes, this is about more than just running. It is true that most of the focus will be placed on reworking their running mechanics and having them in peak form technically and mechanically for the start of the pre-competition workouts on their teams, but that is only a part of the work. The other part of the work has to do with developing them mentally, emotionally, academically, and socially for the world they will have to engage in. A good coach is more than a coach, they are a mentor, a counselor, an advisor, a supporter, a teacher, a friend, and in some cases extended family. We hope to help the kids in all facets of their lives whether that be finding resources to help them with school (that resource might be us), providing emotional support during the challenges they face in life, or just being someone that they can talk to about things.

We also hope to fill a void, many studies suggest that physical activity improves learning. A [2007 study on high impact running](#) (sprinting) and its impact on learning showed that subjects showed an increase of 20% on their ability to retain information after sprinting. That was just from 1 session of sprinting, there have been a number of other studies and [articles](#) that have showcased many long term benefits from high-intensity exercise that range from an increase in learning to a decrease in dementia later in life. We hope that our program can create a love of exercising that allows them to safely exercise throughout their lives and increase their ability to gain and retain knowledge.

- **Is every session necessary?**

You get more from something the more you put into it. But we understand that life happens. Every session is not necessary and that is another perk of the program lasting as long as it does. Holidays, vacations, sick days, take your time and decompress, rest, and take care of yourself. Those are all lessons that we hope to teach the kids, resting is just as important as working. All work and no play leaves you in a similar position to all play and no work physically and emotionally speaking.

- **How does this mesh with the current AAU / USATF Youth track programs?**

This is a complimentary program to those organizations that participate in those leagues. We are not creating a team, we are creating a long term offseason workout group with added perks. When the competition phase of the year starts, kids will return to their teams ready to work. At which point we take a back seat and recharge our own batteries enjoying the meets that the kids participate in and gathering data for the next offseason.

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Available Sponsorship Levels

What's Included with your sponsorship?	<u>PARTICIPATION LEVEL</u>	<u>BRONZE LEVEL</u>	<u>SILVER LEVEL</u>	<u>GOLD LEVEL</u>
Social Media Blast	X	X	X	X
Logo added to Organization Supporter List		X	X	X
Certificate of Appreciation		X	X	X
Sponsor Recognition on the Pacts Sports Page			X	X
Volunteer Support at 1 event during the year			X	X
Video Message of Thanks				X
Message of thanks on the Freedom Train Network				X
Volunteer Support at 3 events during the year.				X
<u>Sponsorship Costs:</u>	\$20	\$1000	\$5,000	\$10,000

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