



November, 2010

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First "O" Facts

"O" is thought to be the oldest letter in the alphabet at about 3,150 years old. Ancient Syrians called the letter "O" ayin, which translates to the word "eye" "O" is about the fourth most commonly used letter in English printed material.

As an abbreviation, it can mean Oxygen, ocean, old, or ohm. "O" is expressed in Morse code by dash-dash-dash.

The 24th and final letter of the Greek alphabet is omega, which corresponds to the English letter "O" and is often used to mean "the last" of a series.

Coach O and Abuzz Filmworks Releases "The Coloring", a Short Feature Film About the Colors of Love

Feature Short Asks an Age Old Question, "Does Love Come In All Colors?"

Collegeville, PA resident James. L. Thompson, Jr. and a team of talented, creative visionaries have gathered to announce the release of "The Coloring", an uplifting story of love and its colorless boundaries. The premiere event will take place in Thompson's hometown of Dothan, Alabama on Monday, November 15, 2010. Two showings of the short feature will take place at 7:00 PM and 8:30 PM Central Time.

The original screenplay for "The Coloring" is set in a rural church and peeks into matters of the heart and examines a subject that has been asked for centuries, Does Love Come in All Colors?

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View Coach O Calendar of Events

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SPONSORED by COACH O

- Troy University Coach O Cross Country Invitational Troy, AL October 16, 2010
- Footlocker Time Trial Presented By Coach O Registration Knoxville, TN November 20, 2010
- Coach O UMES Collegiate Invitational University of Maryland Eastern Shore Princess Anne, MD Dec. 10, 2010
- Coach O High School Invitational University of Maryland Eastern Shore Princess Anne, MD Dec. 11, 2010
- Coach O Indoor Invitational Illinois Wesleyan University Bloomington, IL January 16, 2011
- AAU Southern Indoor Nat'l Championship East Tennessee State Univ Johnson City, TN March 4-5, 2011
- Troy University Coach O Invitational Troy University Troy AL April 23, 2011
- Young Achievers Relay Games Jacksonville, FL May 14, 2011
- Coach O Florida Track & Field Festival Altamont Springs, FL June 11, 2011
- AAU Area 5 Tennessee Nat'l Qualifier Hardin Valley High School Knoxville, TN July 7-10, 2011

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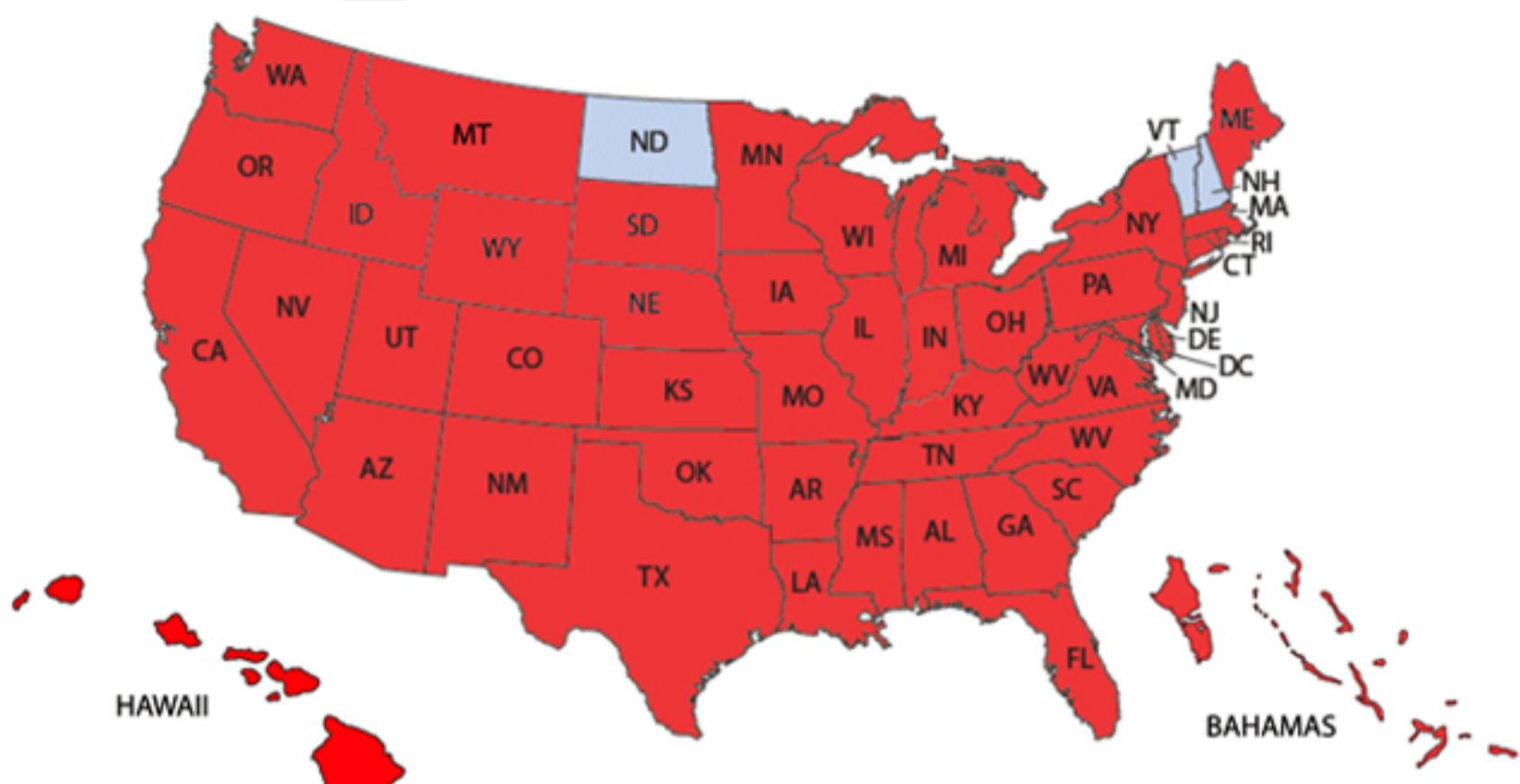
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LYNX



America's Choice for Online Registration



Chirchir Wins Coach O Invitational, Teams Finish Well

TROY, Ala. – For the second consecutive home meet, a Troy University runner came across the finish line to capture an individual championship. In the first home meet of the season it was a male runner, and this week Sylvia Chirchir cross the line first on the women's side to lead her team to an overall championship at the Coach O Invitational Saturday morning.

After the first time around the course, Chirchir trailed a pair of runners from South Alabama, before making her move on the final loop to overtake both runners. As the two battled down the stretch, Chirchir pulled away from her opponent to cruise into the finish with a time 11:42.41.

"I am really proud of Sylvia for running so well today," coach Stephane Hetherington said. "She's really turned the corner in her running and we are looking for her to do well at conference.

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Footlocker Time Trial

Presented by Coach O Registration - 3200 (HS) / 1600 (MS) 11/20/10 - Hardin Valley Academy Track - Knoxville, TN

A great final tune up for the blazing fast Footlocker South Regional course. Open to all participants in the KTC Post Season Cross.

Country Program (no entry fee) all others interested in laying down fast times on the track there is a \$ 5.00 entry fee - made payable to KTC.

DATE: November 20, 2010

LOCATION: Hardin Valley Academy Track, Knoxville, TN

REGISTRATION: All entries must be submitted online at CoachORegistration.com

SCHEDULE:	DISTANCE	GROUP	START TIME
	3200 m	High School Girls	11:00 AM
	3200 m	High School Boys Section A (10:00 or under)	11:40 AM
	3200 m	High School Boys Section B (10:10 and slower)	12:00 PM
	1600 m	Middle School Girls and Boys	12:30 PM

7th Annual LONE STAR "ELITE" TRACK & FIELD CLINIC
December 10th & 11th, 2010
SHERATON DALLAS NORTH HOTEL
Dallas, Texas

It's time for the Seventh annual Lone Star "Elite" Track & Field Clinic. Once again you have the opportunity to listen to some of the best track and field coaches in the nation and because the clinic is located in North Dallas, you are just minutes from great shopping, the best restaurants and great night spots. Please Note: The clinic has moved to a "NEW" December date to avoid a conflict with the Texas A&M and University of Arkansas Indoor Track & Field Meets that are always held the first week of January. Indoor Track & Field is growing in popularity!

We have upgraded our clinic to the prestigious Sheraton Dallas North Hotel (across from the Galleria Mall)-a convenient location allowing you to enjoy dining, shopping, nightlife in the Dallas area. It is easily accessible from both DFW international Airport and Dallas Love Field. Our goal is to provide a comfortable environment with quality education that equips you with the information and tools necessary to reach success in your sport or event. We look forward to seeing you at the clinic.

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