

Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #1: March 14-20, 2022

Day		Time /Schedule/Event
Monday	3/14	3:30 pm: All Team members meet in the gyms for practice – Come prepared to workout – *Everyone meets in the gym for practice at 3:30 today – We will meet as one large true team for a team meeting. We will then break out in to event groups before team warmups. Sprints/hurdles/jumps will have speed/explosive lift. Distance: plan on being outside this week.
Tuesday	3/15	3:30 pm: All Team members meet in the gyms – All Team members meet in the gyms for practice – *Everyone meets in the gym for practice at 3:30 today. Sprints/Hurdles/Jumps: plan on outside on the track All 9 th grader sprinters will try hurdles today. *Watch Boys BB in Section final tonight!
Wednesday	3/16	3:30 pm: All Team members meet in the gyms
Thursday	3/17	3:30 pm: All Team members meet in the gyms - Sprints/Hurdles/jumps have freelap flys and speed/explosive lift; 9/10 th younger will lift first, veteran lifters will lift second after fly's 6:00 pm: Parent meeting on zoom tonight. Highly encouraged for parents to attend. Meeting will last around 30-40 minutes. Link will be sent to parents emails from the information used in registration.
Friday	3/18	Trojan Time Trials at Bethel University Indoor fieldhouse 10:55 pm: Dismissed from class, grab a light lunch option from culinary 11:15 Load busses for Bethel Indoor field House 11:25 pm: Busses depart for the Bethel 12:00 pm: Trojan Time Trials – Parents are welcome to attend – Event Schedule will be on WayzataTrack.org – First event approx. 12:30 1:55 pm: Team meetings on infield Bethel Fieldhouse 2:00 pm: return to high school via busses.
Saturday	3/19	9:30am: Practice – All varsity and in danger of earning varsity are required to attend – All others are also expected to attend. Sprints/Hurdles/Jumps have “heavy” lift
Sunday	3/20	Off – take something or someone for a walk, maybe help a neighbor shovel.

Vets: Lead the way, the team members before you have laid the path after six True Team championships. Now it is your turn to lead and get the team back on top of the award stand at the State True Team meet. Our team goal to reclaim the State True Team Championship this year. Find a way to contribute to the team which you never have before. Contrary to what the Star Tribune says, Championships are not handed to you because you go to a large school. Make sure to help the rest of the team learn what to do on a day by day basis. The strength of our team is the emphasis in the team concept for T&F. If we are going to be True Team champions in May we need to be a true team in March!

Rookies: Welcome!. The first week of a great decision. Watch the vets for what to do. They were in your shoes at one time not long ago. Try new events each day, you are not locked in to one event. We have 18 events in track and field. Our goal this week is to find one that best fits you. This week can seem a little overwhelming. That is normal. If you are unsure about anything, stay after practice and connect with one of the event coaches or the head coach.

Apparel: All athletes will receive a uniform this Friday. If you want compression shorts, you must order those separate. There is a link on WayzataTrack.org to download and you can turn in to Coach Berndt in c-418. If you want additional Wayzata T&F apparel, there is an online store which will be open until Thursday of this week. The link is: <https://bsnteamsports.com/shop/ZATABTF22> . If prompted, the access code is: ZATABTF22

Parents: Out season parent meeting is Thursday night on Zoom starting at 6:00. I zoom link will be sent out early this week. The meeting usually take 30-40 minutes and you can stay after and ask questions of the coaches. Feel free to come and watch Friday Time Trials. This is essentially a practice meet for just Wayzata but you are more then welcome to come and watch. There is not an entrance fee but may need to pay to park.

Reminders for ALL:

- Have clothes to workout OUTSIDE – Temps are going to feel tropical being in the mid 40's all week but your body can ill afford to lose precious heat when getting a workout in. Always error on the side of having too much in your locker to go outside, you can always shed layers. The first days of the week most of the team will be outside at some point.
- BE CAREFUL OUTSIDE. Cars are not used to athletes using the sidewalks. Make sure you cross the street in the sidewalks. Even if you have a green light at an intersection, make eye contact with the drivers coming your way. In a battle between car and human, the car usually wins no matter what color the crossing light is. Be care full walking to the stadium, the ~~racetrack~~ road past the stadium can be tricky sometimes. NO RUNNING ACROSS THE PEONY/SCHMIDT INTERSECTION. USE BUS CORRAL CROSSWALK, OR CROSS PEONY UP BY OLD ROCKFORD.
- Make sure to check the schedule for Friday. We have a lot of moving pieces. You will need to find time to have a light lunch before we leave for Bethel. Plan on having a light lunch before departure
- Do not throw snow at other people/cars/animals outside. It is annoying and counterproductive to getting a workout in outside.

Next Week:

- We will be traveling to Orono Friday evening. This is new to the Wayzata Track and Field schedule. We will not be starting until 4:00 pm. At practice, it will be explained how each team member is going to be getting to Orono. If you have a license and a car, you will be allowed to drive there and meet by 3:45 at Orono Fieldhouse. If you do not drive, there will be a bus for DROP OFF ONLY.
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Inspirational quote:

Track and field is the best way to reach out for kids. It doesn't matter how fast you are. You always want to beat someone.

Carl Lewis

Wayzata Trojan Indoor - March 18, 2022

All athletes need to be aware of the time schedule for this Friday, March 18th. It is an Intra-squad Track & Field Time Trials. We will be going through the “how a track meet works” with our own team. We have rented out two hours at the Bethel indoor fieldhouse.

Fridays schedule.

11:10 – all athletes start to board buses for the U of MN indoor field house –

Bus leaves at 11:20 -

Wayzata Athletes do not need to be in school issued uniform today. MSHSL rules prohibit the wearing of uniforms for the time trial.

Night schedule: Starting at 12:00PM for team entrance - time updates will be posted prior to the meet day if any.

12:00 - Wayzata Schedule (rolling time schedule) – Warmups start at 12:00

12:30 - 1600 Meter run(two/three heats)

- 60M high hurdles

- 60 Meter dash

- 800 Meter run

- 200 Meter dash

- 300 Meter dash

12:30 (Field events) - Pole vault will be ongoing, Shot put will be ongoing, high jump will start at 12:30. long jump/triple jump will start at 12:30 and will continue throughout the meet. If you are doing a race on the track and a field event you should check in your name for the field event and go to the race. Go back to your field event after you have raced and recovered.

Approx. 1:50 – Team meeting on the infield

Load buses for Wayzata – Back to WHS by - 3:00

The entire “meet” will be over in two hours. We have two hours of time from the time we arrive at the facility. There is no admission but parents should expect to have to pay for parking on the Bethel campus. You might be able to find street parking for free but you may need to walk a distance to get to the building. The university is on spring break so there might be a bunch of opening too.

Saturday practice: team members will have practice at Wayzata High School starting at 9:30A.M. All varsity are required to be at Saturday practice. All others are highly encouraged.