

Wayzata Boys Track and Field

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Week #4: April 4-10

Day		Time /Schedule/Event
Monday	4/4	Spring Break Schedule – follow the times for all days this week. 10:00 am – Practice for throws and distance groups 2:00 pm – Primary practice for vault. 3:00 pm – Practice for sprints, hurdles and jumps. If you are in town you are expected to be at practice each day – if you are traveling you need to follow the spring break workout schedule which was emailed to you at your school account. E-mail your event coach if you do not have the spring break workout sheets.
Tuesday	4/5	Spring Break Schedule – follow the times for all days this week. Times are listed on Monday’s info above.
Wednesday	4/6	Spring Break Schedule – follow the times for all days this week. Times are listed on Monday’s info above.
Thursday	4/7	Spring Break Schedule – follow the times for all days this week. Times are listed on Monday’s info above.
Friday	4/8	Spring Break Schedule – follow the times for all days this week. Times are listed on Monday’s info above.
Saturday	4/9	No Practice today -get out for a workout on your own.
Sunday	4/10	Off – take something or someone for a walk.

Vets: You have had three good weeks of training and now have a solid base. Keep building from here and DO NOT TAKE A WEEK OFF. Do not lose the fitness you have built up. If you are gone, you need to make sure you are working out. We can not take a week off from practice and still win a true team state meet. We need to build upon the work you have already done! We have our first varsity invitational next Wednesday when we return from break against some really good teams. If you do not have your workout sheet make sure to E-mail your event coach.

Rookies: You have made it through three weeks as members of Wayzata Track & Field. I can see the future still looks bright for our team. This week we change up our schedule a bit with spring break starting last Thursday. If you have questions about times and where to meet make sure to check the daily newsletter schedule. E-mail your event coach if you need a workout sheet.

Parents:

Remember our policy for spring break is: If they are in town they are expected to be at practice. If they are out of town they are expected to be working out. We will have plans for the kids to follow if they are out of town. They should connect with their event coach in person if they are going to be gone sometime this week.

Make sure to build time in this week for your son’s practice. Make sure they are attending practice either getting there on their own or making time to give them a ride. If you are traveling, make sure to build in time for their workout. They have out in a lot of time and effort already and we do not want to see the fitness lost.

Reminders for ALL:

- 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.
- Ordered compressions arrived on Monday. It will be in the coach's locker room all this week during spring break. Other apparel should arrive shortly.

Next Week:

- We have two meets next week. Everyone on the team will be in ONE of them.
 - Selected individuals will be competing at Eden Prairie on Wednesday for the Lake Relays. We will place a travel roster for this meet by Tuesday. We anticipate bringing about 60-70 athletes to this meet.
 - The rest of the team, those not at the Eden Prairie on Wednesday, will be competing against Buffalo on Thursday. This meet will be at Buffalo and will start at 4:00 pm. The meet will be over by 6:00 PM. There will be busses taking athletes both to and from the meet.
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Competing is like mouthwash; if you can feel the burn, it's working.

Brian Tackett