

Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #6: April 18-24, 2022

Day		Time /Schedule/Event
Monday	4/18	7:15 am: Sprinters meet for Speed Lift. Meet in the gym NO LATER then 7:15 for warmup and lift. lift will take 40 minutes and you must be in class by 8:20. 3:30 pm: All Team members meet INSIDE TODAY for the start of practice – <ul style="list-style-type: none"> - Sprinters: Pre- meet, 4x2 handoffs and strides. – Sign up for events today. - Distance: race pace 100m strides, 4x4 handoffs
Tuesday	4/19	4:00 pm: Meet Day – Wayzata vs Eden Prairie boys only dual at Wayzata High School. All Wayzata athletes participate today. <ul style="list-style-type: none"> - All Team members should be in full uniform today. Change after school then come out to the stadium. You should be in the stadium no later then 3:30. Wayzata Team camp will be near the 300m start line on the back side of the turf fields.
Wednesday	4/20	3:30 pm: All Team members meet OUTSIDE in the stadium for practice – <ul style="list-style-type: none"> - Sprinters: Speed tempo on the track ; Speed lift #2 today - Distance: post meet recovery, (Longer medium) those on maintenance plan will use this as cross training / zero impact day.
Thursday	4/21	3:20 pm: All Team members meet OUTSIDE in the stadium for pictures – Get in to your uniform and come out for pictures right away. You need a uniform top and bottom. All pictures will be done individually this year. Seniors will do a second pose for the in school banner. <ul style="list-style-type: none"> - Order forms will be in the varsity locker room or can be found online on WayzataTrack.org - Bring something to change in to for practice after pictures. - All team members MUST BE UN FULL UNIFORM TO BE IN THE PHOTO. <p>Pre-meet after photos:</p> <ul style="list-style-type: none"> - Sprinters: Warmup & Strides. Hamstring circuit. - Distance: Pre-meet, 4x4 exchange review...
Friday	4/22	4:00 pm: Meet Day – Wayzata vs Rosemount boys only dual at Wayzata High School. All Wayzata athletes participate today. All Team members should be in full uniform today. Change after school then come out to the stadium. Should be in the stadium no later then 3:30. Wayzata Team camp will be near the 300m start line on the back side of the turf fields.
Saturday	4/23	9:30am: Practice – All varsity and in danger of earning varsity are required to attend – All others are also expected to attend. Weight room “Power lift”
Sunday	4/24	8:00 am – Emilia Romagna Formula 1 Grand Prix Off – take something or someone for a walk.

Vets: Our first week of True Team auditions – We have a lot of chances to earn a varsity spot on the true team roster this week. Take advantage of the opportunity. We should have ok weather for meets and some fun meets – enjoy the experience. With our two meets, we will be doing a different set of events between the two meets.

Rookies: We are now in to the part of the season where we get the chance to start competing regularly. You will be two big chances to start getting some times in races. Now is the time to really start seeing your hard work pay off.

Parents:

Come to meets and watch. They are not long at all and many of them are here at WHS including two of the this week. Thank you for supporting your son and Wayzata Track & Field!

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.
- DO NOT CROSS HIGGWAY 55 when you are running...ever. We can not take chances when running across that road.
- Ordered apparel arrived on Monday. It will be in room c-418 this week. The second order should be here on Monday morning. Fed-Ex at least says it should be.
- There is a testing/retreat schedule this Wednesday – Make sure to know the schedule for that day in additions to practice times and/or meet times.

Next Week:

- We have two meets next week on Thursday. We will be taking about 60-70 boys to Lakeville South for a 8 team boys True Team meet. The remaining 130ish members of the team will be traveling to St Michael for a boys only dual. Both meets should be highly competitive and good experiences The MSHSL state meet is again at STMA so you will get a chance to compete on the state meet site. Welcome to May next week!

Competing is like mouthwash; if you can feel the burn, it's working.

Brian Tackett