

Wayzata Boys Track and Field

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Week #10: May 15 -June 21, 2023

| Day | | Time /Schedule/Event |
|-----------|------|---|
| Monday | 5/15 | 3:30 pm: Team members meet outside in the stadium for practice <u>9/10th graders</u> scheduled to compete in the 9/10 Lake conference meet: Pre-meet and event signups <u>All other sprints/hurdles/jumps.</u> Max Flies: 4x30 Fly – (4x100 handoffs) all bring spikes Speed Lift #1 <u>All other Distance:</u> goal workout – bring spikes/cheeters |
| Tuesday | 5/16 | 9/10 grade Meet Day – Lake Conference 9/10 Championships at St Michael Albertville 2:15: 9/10 graders in todays meet are dismissed from class with a bus departure at 2:30. 4:00: 9/10 meet Track events begin, field events begin. 3:30 pm: All other team members meet in stadium for practice <u>Hurdles:</u> 3 step patterns / 7 step patterns. |
| Wednesday | 5/17 | 3:30 pm: Team members meet outside in the stadium for practice <u>Sprints/Hurdles:</u> 3x120 Finishers (in spikes, 80-85%, 5 min rest) – Speed Lift #2 <u>Varsity Distance:</u> Friday set up, JV distance: medium run and strides Wayzata Middle School District meet is today at WHS, Meet starts at 4:30 PM. |
| Thursday | 5/18 | 3:30 pm: Team members meet outside in the stadium for practice 3:30 pm: All members of the true team roster, meet in room E-105 for pre meet planning and TT shirts distribution <u>Sprints/hurdles/jumps:</u> Varsity: 4x200 exchanges, premeet <u>9/10 sprints:</u> 3x120 Finishers (in spikes) <u>Distance:</u> Premeeet for Friday racers, 200’s for JV |
| Friday | 5/19 | Start True Team MEET DAY – 11:30 All 65 person roster is dismissed after 2 nd block– go to lunch right away 12:15 Load busses for State True Team – Bus departure at 12:35 3:10 – State True Team Championships at Stillwater begin. 3:30 pm: All other team members will practice on their own, coaches will communicate your practice for the last chance meets and potentially Lake Conference. |
| Saturday | 5/20 | 9:30 – <u>Sprints, Hurdles, Jumps,</u> - Meet in the WHS stadium on the turf. Power Lift in weight room |
| Sunday | 5/21 | Off – take something or someone for a walk. Emilia Romagna Formula 1 Grand Prix |

It is True Team week! Our team is going for our 7th State True Team Championship this week, it is going to very close with about 2-3 teams! We will talk about the meet all week and have a short meeting on Thursday for those going. Team members have two chances this week to make the 65 person travel roster.

Vets: Take are of business this week. Small things will make a difference

Rookies:

Parents:

Parents!!! Please be sure to join the Wayzata Booster Accounts and list Boys track and field as your team of support. It is the primary fundraiser for our team this year. It cover much of what we are able to do each season. The website to join is: <https://wayzataboosters.sportngin.com/register/form/965636768>

Reminders for ALL:

Next Week:

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

Brian Tackett