

# Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #7: April 25- May 1, 2022

Day		Time /Schedule/Event
Monday	4/25	3:30 pm: All Team members meet <b>INSIDE TODAY</b> for the start of practice – Sprints: Max speed, Freelap timed sprints – Speed Lift in weight room. You will be in different groups cycling through. 1. Freelap, 2. wickets, 3. Hamstring circuit Distance: Medium / buildups
Tuesday	4/26	3:30 pm: All Team members meet in the stadium today. Sprints: Speed Tempo. Short sprints: 150's, long sprints: 200's Distance: Threshold or speed (depending on weather)
Wednesday	4/27	7:15 am: Sprinters meet for Speed Lift. Meet in the gym <b>NO LATER</b> 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 in the stadium today. Sprints: pre-meet day – 4x4 exchanges Distance Pre-meet day – 4x4 exchanges
Thursday	4/28	Meet Day – Every team member will compete at either the Lakeville South Cougar Invite of the Lake conference boys triangle at St. Michael. 1:00 pm: Lakeville S athletes dismissed from class: Depart on bus at 1:15. Final event at 6:45 2:20 pm: STMA Lake conf. triangular athletes dismissed from class. Bus departs at 2:35. Final event at 6:00
Friday	4/29	3:30 pm: All Team members meet in the stadium today. Sprints: Post meet Distance: Post meet
Saturday	4/30	9:30am: Practice – All varsity and in danger of earning varsity are required to attend – All others are also expected to attend. Sprints: Max Speed Day: Weight room “Power lift” Distance: Long run, Meet at Central Middle for run on Luce line
Sunday	5/1	Off – take something or someone for a walk.

**Vets:** We are in another 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 have our first real big invitational at Lakeville South. There are 9 teams in the meets which at least should be at the state True Team meet. This meet is actually scored in the True Team format so it should be a fun night.

**Rookies:** We are now in to the part of the season where we get the chance to start competing regularly. You had a good week last week with two competitions. Now is the time to really start seeing your hard work pay off. Many of you will compete at a very good Lake conference triangular at St Michael. St Michael is home of the MSHSL state meet so you should have a fun time seeing the site of the final meet of the season.

## Parents:

Keep coming to meets and watch. They are not long at all and many of them are here at WHS. 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. Thursday's is our first Lake conference JV meet at Wayzata and our home invitational next Friday night. Both meets should be highly competitive and good experiences. Welcome to May later this week!

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

*Brian Tackett*