

Wayzata Boys Track and Field

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Week #8: May 2 - May 8, 2022

Day		Time /Schedule/Event
Monday	5/2	3:30 pm: All Team members meet outside today for the start of practice – Sprints: Speed tempo Speed Short sprints: 4x150 in spikes, 4 min rest, Long sprints, xx300 with 12-15 min rest. Hurdles, 3x150 with hurdles, Lift in weight room for all sprinters, hurdles, jumps BRING SPIKES OUTSIDE Distance:
Tuesday	5/3	3:30 pm: Meet outside in the stadium Sprints: Friday sprinters – recovery day, Thursday races, max speed, 30 meter flies, block flies, exchanges. Distance: Threshold or speed (depending on weather)
Wednesday	5/4	3:30 pm: All Team members meet in the stadium today. Sprints: pre-meet day for some for Thursdays athletes – Friday athletes are max speed, sprint handoff work, block flies, open flies, Hurdles flies around curves. Distance Pre-meet day for Thursdays athletes. –
Thursday	5/5	Meet Day – Lake Conference JV meet – 4:00 PM Start time. Be outside to warmup right after school. 3:30 pm. Those not competing in the meet with for practice at 3:30, normal time for for premeet, some relay exchanges.
Friday	5/6	3:00 pm: Wayzata Relays in the stadium – Follow the meet schedule . Team camp will be OUTSIDE fence just outside the 200 m Start under our blue/white tents. 3:30 pm. Practice. For those who competed yesterday and are not in todays varsity meet. You will meet for practice in the open field next to the community softball fields. Right next to the sand volleyball courts and playground. Post meet workout then go watch the varsity meet. Sprints: Post meet Distance: Post meet
Saturday	5/7	9:30am: Practice – All varsity and in danger of earning varsity are required to attend – All others are also expected to attend. Sprints: post meet days: Weight room “Power lift” Distance: Long run, Meet at Central Middle for run on Luce line
Sunday	5/8	Off – take something or someone for a walk.

Vets: We are in the final week of True Team auditions – We have two meets to make your space on the 50 person True Team roster. We have two home meets this week. Thursdays Lake conference JV meet and Friday’s Wayzata Relays. There will be guys competing Thursday who WILL make the 50 person roster and competing Friday night does not guarantee a place on the True Team lineup. Make the most of your chances this week. The Weather should be much better this week.

Rookies: We finally are going to have decent weather. We have two home meets this week. You should start seeing the benefits of your hard work now this week in these warmer weather meets. Our home meet on Thursday will be a great meet to show great time/marks. Friday night is an awesome home meet featuring 18 teams from around the state. Be sure to come out and watch the meet and support your team.

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 has arrived. It will be in room c-418 this week if you did not pick it up yet.
- There are AP tests starting this week. Be sure to make sure academics are a priority if you are testing but be sure to communicate with your coaches if you have conflicts this week.

Next Week:

- Wednesday is the Section 7AAA True Team meet...the State meet qualifier. Much of our season team measure of success will depend on this meet. You have all done the work, make nutrition and sleep
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Competing is like mouthwash; if you can feel the burn, it's working.

Brian Tackett