

Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #1: March 11-17, 2024

Day		Time /Schedule/Event
Monday	3/11	<p>3:30 pm: All Team members meet in the gyms for practice – Come prepared to workout – *Everyone meets in the gym for practice at 3:30 today – We will meet as one large true team for a team meeting. We will then break out in to event groups before team warmups. <u>Sprints/jumps</u>: Warmups, Sprints Drills, Speed Drills – We will do warmup today in the gyms for proper instruction then gout to stadium for workout. BRINGS sweat PANTS to be outside. Will have speed/explosive lift #1 in weight room for “lifters” – new sprinters will have abs/back/hips. <u>Hurdles</u>: Warmups, Progressive hurdles – Weight room lift #1 with sprints <u>Distance</u>: plan on being outside this week. Medium run, strides, hamstring circuit. <u>Throws</u>: Team warmups, throws in gym 9</p> <ul style="list-style-type: none"> Apparel and compressions short order forms are due Thursday online. Find link on WayzataTrack.org
Tuesday	3/12	<p>2:00 pm: All Team members meet in the gyms – All Team members meet in the gyms for practice – Due to ACT/PSAT/Respect Retreat – We will be starting practice at approx. 2:00 – Specifics will be communicated on Monday regarding practice time and posted on @wayzataTrack *Everyone meets in the gym for practice at 2:00 today. Sprints/Hurdles/Jumps: Prepare to be outside on the track <u>Jumps</u>: High Jump specific today <u>Sprints/Hurdles</u>: Warmup in gyms, Reflexive Performance Reset (RPR) training for all sprints/hurdles/jumps - X-factor day after RPR and warmup All 9th grader /10th grader sprinters will try hurdles today. <u>Distance</u>: Threshold 1000’s + 200’s at 1600m pace. <u>Mid-Distance</u> – Tempo 400’s +150s at 800M pace <u>Gaining Fitness Distance</u>: Medium +1600m pace strides</p> <p>*Watch Boys BB in Section final tonight!</p>
Wednesday	3/13	<p>3:30 pm: All Team members meet in the gyms <u>Sprints/Jumps/Hurdles</u>: Freelay max speed testing, Vert/long jump testing, Weight room Speed lift #2 today <u>Long Sprints</u>: Prepare to be outside today on the track. <u>Distance</u>: Medium run 30-60 min, strides <u>Gaining Fitness Distance</u>: 200m cutdown (1600-800m pace) on the 2:00</p>
Thursday	3/14	<p>3:30 pm: All Team members meet in the gyms <u>Sprints/Hurdles/jumps</u> : Meet prep, Block start practice <u>Distance</u>: Pre-meet, 100m strides at assigned race pace. 6:00 pm: Parent meeting on zoom tonight. Highly encouraged for parents to attend. Meeting will last around 30-40 minutes. Link will be sent to parents emails from the information used in registration.</p>
Friday	3/15	<p>Trojan Time Trials at University of Minnesota Indoor fieldhouse 3:10 pm: All returning varsity experience, 12th and 11th graders receive uniforms from the equipment room. Afterwards, eat something light before tonight’s “meet” 3:20: All other 9th and 10th graders meet in Fitness room for premeet team meeting - After you will receive your uniforms 3:45 pm: Returning varsity and all other 12th and 11th graders team meeting – Meet in exercise/fitness room 5:00 pm: Load busses for U of MN field House 5:15 pm: Busses depart for the U of MN. 6:00 pm: Trojan Time Trials – Parents are welcome to attend – Event Schedule will be on WayzataTrack.org 8:00 pm: Team meetings on infield of U of MN Fieldhouse 8:45 pm: return to high school via busses.</p>
Saturday	3/16	<p>9:30am: Practice – All varsity and in danger of earning varsity are required to attend – All others are also expected to attend. Sprints/Hurdles/Jumps have “heavy” lift 9:30am: Today we will be conducting the first of our event summits: Todays summits are High Jump, Triple Jump, Pole Vault</p>
Sunday	3/17	Off – take something or someone for a walk, maybe help a neighbor shovel.

Note: If you do not see your event group daily specific instruction, you will receive your specific workout at the start of practice.

Vets: Lead the way, the team members before you have laid the path of Championship Teams. Now it is your turn to lead and stay at the of the award stand at the State True Team meet. Our team goal to keep the State True Team Championship this year. One more team victory and Wayzata will have the most True Team titles of any team in the state! Find a way to contribute to the team which you never have before. Contrary to what the Star Tribune says, Championships are not handed to you because you go to a large school. Make sure to help the rest of the team learn what to do on a day by day basis. The strength of our team if the emphasis in the team concept for T&F. If we are going to be True Team champions in May we need to be a true team in March!

Rookies: Welcome!. The first week of a great decision. Watch the vets for what to do. They were in your shoes at one time not long ago. Try new events each day, you are not locked in to one event. We have 18 events in track and field. Our goal this week is to find one that best fits you. This week can seem a little overwhelming. That is normal. If you are unsure about anything, stay after practice and connect with one of the event coaches or the head coach.

Apparel: All athletes will receive a uniform top and bottom this Friday. If you want compression shorts, you must order those separate from the team apparel order form. Our team optional apparel can be ordered through BSN. The link is: <https://bsnteamsports.com/shop/ZATATF24>. and orders are accepted until Thursday at midnight. Many athletes wish to wear compression shorts instead of team issued shorts. These must be ordered separately. We get these from TC Running at cost and the order form will be on WayzataTrack.org. They are \$25 (cash) and can be dropped off in Coach Berndt's classroom (C-418) or brought to a coach before practice this week before Friday's time trial.

Parents: Out season parent meeting is Thursday night on Zoom starting at 6:00. A zoom link will be sent out early this week. The meeting usually take 30-40 minutes and you can stay after and ask questions of the coaches. Feel free to come and watch Friday Time Trials. This is essentially a practice meet for just Wayzata but you are more then welcome to come and watch. There is not an entrance fee but may need to pay to park. There is plenty of seating area at the U of MN indoor fieldhouse.

Reminders for ALL:

- Have clothes to workout OUTSIDE – Temps are going to feel tropical being in the mid 60's early this week. but your body can ill afford to lose precious heat when getting a workout in. Always error on the side of having too much in your locker to go outside, you can always shed layers. The first days of the week most of the team will be outside at some point.
- 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.
- Make sure to check the schedule for Friday. We have a lot of moving pieces. You will need to find time to have a light dinner/snack before we leave for the University of Minnesota. Plan on having a snack/dinner before departure

Next Week:

- We will be traveling to St Thomas Friday evening. Wayzata Track and Field will be competing against Mounds View. We will not be starting until 6:00 pm next week as well.

Track and field is the best way to reach out for kids. It doesn't matter how fast you are.

You always want to beat someone. *Carl Lewis*

Wayzata Trojan Indoor - March 15, 2024

All athletes need to be aware of the time schedule for this Friday, March 17th. It is an Intra-squad Track & Field Time Trials. We will be going through the “how a track meet works” with our own team. We have rented out two hours at the University of Minnesota indoor fieldhouse.

3:10 pm: All returning varsity experience, 12th and 11th graders receive uniforms from the equipment room. Meet in the fitness room after the 9th/10th grade meeting. Afterwards, eat something light before tonight’s “meet” -

3:20: All other 9th and 10th graders meet in Fitness room for premeet team meeting - After you will receive your uniforms, eat something light before meet departure

3:45 pm: Returning varsity and all other 12th and 11th graders team meeting – Meet in exercise/fitness room

5:00 pm: Load busses for U of MN field House

5:15 pm: Busses depart for the U of MN.

6:00 pm: Trojan Time Trials – Parents are welcome to attend – Event Schedule will be on WayzataTrack.org

8:00 pm: Team meetings on infield of U of MN Fieldhouse

8:45 pm: return to high school via busses.

Wayzata Athletes do not need to be in school issued uniform today. MSHSL rules prohibit the wearing of uniforms for the time trial.

Night schedule: Starting at 6:00PM for team entrance - time updates will be posted prior to the meet day if any.

6:00 - Wayzata Schedule (rolling time schedule) – Warmups start at 6:00 pm

6:20 - 1600 Meter run(two/three heats)

- 60M high hurdles

- 60 Meter dash

- 800 Meter run

- 300 Meter dash

6:30 (Field events) - Pole vault will be ongoing, Shot put will be ongoing, high jump will start at 6:30. long jump/triple jump will start at 6:30 and will continue throughout the meet. If you are doing a race on the track and a field event, you should check in your name for the field event and go to the race. Go back to your field event after you have raced and recovered.

Approx. 7:50 – Team meeting on the infield

8:00 - Load buses for Wayzata – Back to WHS by - 8:45

The entire “meet” will be over in two hours. We have two hours of time from the time we arrive at the facility. There is no admission but parents should expect to have to pay for parking on the Minnesota campus. You might be able to find street parking as the university is on spring break

Saturday practice: team members will have practice at Wayzata High School starting at 9:30A.M. All varsity are required to be at Saturday practice. All others are highly encouraged. All 9-12 will be invited to a specific event summit today.