

Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #2: March 18-24, 2024

Day		Time /Schedule/Event
Monday	3/18	3:30 pm: All Team members meet in the gyms for practice – *Everyone meets in the gym for practice at 3:30 <u>Short sprints</u> 3x150 (2 sets), <u>Long sprints</u> 3x200 (2 sets) All Sprints Speed Lift #1 <u>Distance:</u> Fargo racers: Workout (400 cutdown or 200s) <u>Distance:</u> St. Thomas racers: Medium + strides <u>Throws:</u> Shot Put focus
Tuesday	3/19	All Team members meet in the gyms for practice – *Everyone meets in the gym for practice at 3:30 <u>Sprints/hurdles/jumps</u> All remaining team members meet in the gyms for practice <u>Sprints:</u> doing circuits indoor , <u>Hurdles:</u> Hurdling, <u>Distance:</u> Fargo racers: Medium + strides <u>Distance:</u> St. Thomas Racers: 200m Cutdown @ 1600m and 800m pace + 4x100 fast <u>Vault:</u> Today is the day for newer vaulters to try vault <u>Throws:</u> Shot Put AND Discus focus <u>Jumps:</u> Triple Jump and High Jump
Wednesday	3/20	3:30 pm: All Team members meet in the gyms <u>Sprints/Hurdles/Jumps</u> – FreeLap 30 meter fly’s, or Max Speed based on gym availability - Speed Lift #2 today <u>Distance:</u> Fargo Racers: Long + ins and outs + Core X and Back <u>Distance:</u> St. Thomas Racers: Medium + strides <u>Gaining Fitness Distance:</u> warm-up, drills, strides <u>Throws:</u> Shot Put focus
Thursday	3/21	3:10 PM: Uniform/locker distribution for those who missed last week. 3:30 pm: All Team members meet in the gyms <u>Sprints/Hurdles/Jumps:</u> Premeet - Hamstring Circuit – Also, video sessions in classroom/forum room <u>Distance:</u> Fargo Racers: Medium + Strides <u>Distance:</u> St. Thomas Racers: Pre-Meet <u>Throws:</u> Shot Put AND Discus focus <u>Jumps:</u> Long Jump and High Jump
Friday	3/22	Wayzata Vs Mounds View at University of St. Thomas indoor meet: Distance: Fargo Racers: Set-up + 150 finishes (in sikes) right after school 4:10 pm: Load buses and depart for St Thomas 4:25. -Bus Departure 5:15pm: Enter St Thomas Fieldhouse – 5:30 pm: Wayzata vs Mounds View – Parents are welcome to attend (VERY LIMITED VIEWING AREA– Event Schedule will be on WayzataTrack.org 7:20 pm: Team meetings before departure of St Thomas 7:25 pm: return to high school via busses.
Saturday	3/23	9:30am: Practice – All varsity and in danger of earning varsity are required to attend – All others are also expected to attend. <u>Sprints/Hurdles/Jumps:</u> 6x150 strides then Weight room “Power lift” <u>Distance:</u> Recovery 30-60 minutes, 100m strides
Sunday	3/24	Off – take something or someone for a walk, maybe help a get their deck furniture out.

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

Vets: You had a good first week, most of you were even able to be on the outdoor track this week. We had a very good first team inter squad last Friday night. We will have a very competitive team this season! Continue to take ownership of the team this week. We have one more indoor meet this week to test ourselves. This week, on Friday night, we will dual Mounds View at St Thomas University Indoor Fieldhouse. Final roster for the following weeks North Dakota State Indoor Snowbird Invite will be determined AFTER this weeks indoor meet at St. Thomas

Rookies: You made it through your first week as members of Wayzata Track & Field. Practice and workouts should start to feel routine this week. Continue this week to “find an event” each day. When we do hurdles, jumps, or vault consider going with that group. Throws practice everyday in gym 9. The first meet of the year is always tough but you did well. You found your way to the line/runway/ring and got a time/mark to now improve upon.

Parents:

You are welcome to attend Friday’s meet at the St Thomas Fieldhouse. There is no price for admission. Keep in mind there is VERY LIMITED standing room only places to watch the meet. There are no bleachers and parents will need to stand against the walls if they want to watch. Parents, **We need you to join the Wayzata Boosters on behalf of Boys Track and Field. The boosters covers our indoor rentals. Keep in mind, we do not charge for any meet admission at Wayzata hosted events so please considering joining on behalf of our team.** If you are looking to get more involved, the boys track and field team is always looking for Wayzata Boosters representatives. The group meets once a month and is the primary fundraising group for all Wayzata athletics. Contact Coach Berndt if you would like to get involved

Reminders for ALL:

- Still have clothes to workout OUTSIDE – Temps are going to go back down to the 30’s/40’s. 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 careful walking to the stadium, the ~~raeetrack~~ road past the stadium can be tricky sometimes.
- Make sure to check the schedule for Friday afternoon. We have a lot of moving pieces starting after school. Plan on bringing some light foods for right after you compete. Do not rely on vending machines prior to departure.
- Do not throw snow at other people/cars/animals outside. It is annoying and counterproductive to getting a workout in outside.

Next Week:

- We will take around 50 varsity athletes to Fargo for the NDSU Snowbird indoor invite. This meet will be against some of the top teams in North Dakota. Final roster will be determined after this Friday’s indoor meet. Keep in mind, for those competing at NDSU, you will miss most of the school day on Thursday, March 28. If you have a test, if your teachers are ok with it, one of the teacher-coaches can proctor the test for you on Friday in the building.
- Many of you have term 3 finals next week. Use the weekend to prepare for these final exam/projects/labs... Spring Break starts at the end of next week. Remember, our team policy is that if you are in town, you need to be at practice, if not you need to let us know and follow the practice schedule on your own. You will receive spring break specifics next week.
- Make sure to communicate with your event coaches next week as to when you might be out of town for spring break. It is expected that if you are in town you should be at practice. If you are traveling for spring break you should have a plan for workouts. Don’t lose your fitness after almost three weeks of the season completed.

**I let my feet spend as little time on the ground as possible. From the air,
fast down, and from the ground, fast up.**

Wayzata vs Mounds View At University of St Thomas March 22, 2024

Wayzata and Mounds View both have a long storied history in with team success in both MSHSL and True Team state meets. Between the two boys' programs, 28 MN State True Team / MSHSL State Championships have been won since 1972! This is boys only meet this week. It will be similar in length to our intersquad last week at the U of MN.

Note for spectators: There is VERY LIMITED viewing area at St. Thomas. There are no bleachers but you might be able to find space along the wall on the side of the high jump. Or some paces on the infield.

Fridays schedule.

3:10-4:00: bring a light meal/snack to be fueled up for today's meets. Bring food for after the meet as well.

4:00 pm: Start to load buses, Busses will depart between 4:20 (some distance and all hurdlers and 4:30 (everybody else)

5:00 – 5:15 pm: Enter St Thomas Fieldhouse – May need to start warmups outside facility

5:30 pm: Trojan Time Trials – Parents are welcome to attend (LIMITED viewing area) – Event Schedule will be on WayzataTrack.org

7:20 pm: Team meetings on the infield of St Thomas Fieldhouse

7:25 pm: return to high school via busses.

Wayzata Athletes should be in school issued uniform today.

Night schedule: Starting at 5:15 PM for team entrance - time updates will be posted prior to the meet day if any.

5:30 - Wayzata Schedule (rolling time schedule) – Warmups start as soon as we arrive.

- 800 Meter run
- 60M high hurdles
- 60 Meter dash
- 1600 Meter Run
- 200 Meter dash (no blocks)
- 400 Meter dash (no blocks)

Most sprinters will do the 60m and either the 200m or 400m. Distance will either do the 800 and 400 or just the 1600.

5:30 (Field events) - Pole vault will be ongoing, Shot put will be ongoing, high jump will start at 5:20. Long jump/triple jump will start at 5:30 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. 7:20 – Team meeting on the infield

Load buses for Wayzata - Home by approx 7:40- 8:00 at the latest

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 might need to pay to park at St Thomas.

Saturday practice: team members will have practice at Wayzata High School starting at 9:30A.M. All varsity are required to be in attendance and all others are expected to be there as well.