

Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #3: March 25-March 31, 2024

Day		Time /Schedule/Event
Monday	3/25	3:30 pm: *Everyone meets in the gym for practice at 3:30 Mon-Friday this week. <u>Short Sprints:</u> X-Factor drills, Hamstring circuit <u>Long Sprints:</u> Easy run – Strides and one hamstring circuit <u>Hurdles:</u> Hurdles drills - Will mix in 300m hurdles Wed in practice. Not ideal to hurdles outside today. <u>Distance:</u> TBD based on weather today <u>Jumps:</u> High Jump inside today – Triple Jump inside today.
Tuesday	3/26	3:30 pm: All Team members meet in the gyms for practice <u>Sprints/Hurdles/Jumps:</u> bring clothes for outside practice! <u>Short Sprints:</u> 2 sets of 150m-120m-100m. 4:00 in between each Speed Lift #1 <u>Long Sprints:</u> 200-300-400-400-300-200 (30 seconds per 200m top group) Rest: 2',3',4',4',3'3' Speed Lift #1 <u>Hurdles:</u> with sprints <u>Distance:</u> TBD based on Monday's Weather and Monday's workout
Wednesday	3/27	3:30 pm: All Team members meet in the gyms for practice <u>Short Sprints:</u> Pre- meet/recovery day. Abs/Back <u>Long Sprints:</u> Preemeet/Recovery: Light run etc... Abs/Back <u>Hurdles:</u> Non Fargo racers will do light hurdling <u>Fargo Distance:</u> Pre-meet <u>Other Distance:</u> workout. TBD based on Monday/Tuesday
Thursday	3/28	7:30 – NDSU competitors - Be ready at the school and ready to depart by 7:30am – See schedule below for full days time schedule. 3:30 pm: All other Team members meet in the gyms for practice <u>Other Distance:</u> Meet in gyms with Coach Heebink <u>Sprint/hurdles/jumps:</u> Warm up drills, 4 or 5 30m Flys (8:00 min recovery in between. Speed Lift #2
Friday	3/29	3:30 pm: All Team members meet in the gyms <u>Sprints:</u> Sprints/hurdles/jumps: Recoveery/post meet day. Long Strides and Power Lift <u>Distance:</u> TBD
Saturday	3/30	Spring Break Schedule Begins Distance: Run on your own Saturday or Sunday, take one day off Long Sprints: 2-3 mile run with strides Short Sprints: warmup and strides
Sunday	3/31	Off – take something or someone for a walk.

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

Everybody: This is a really uncertain week with the weather. Everything this week depends on what we can or cannot get done on Monday and Tuesday! Fargo competitors may not have a limited workout, for example, prior to competing on Thursday. Everyone else may not have a quality day outside until Wednesday.

Vets: You have had two good weeks of training and had two chances to get times/marks now. Keep building from here. Make sure to encourage the rookies in what they are doing. Remember how much it meant to you when that happened a couple years ago. Make sure you have a plan for spring break. If you are here, you need to make sure you are getting in to school for practice next week. If you are gone you need to makes sure you are working out. We can not take a week off from practice and still win a true team state meet. We need to build upon the work you have already done! We have one last Indoor meet this week and it is against teams we almost never compete against. We have our first varsity invitational the Friday we return from break against some really good teams as Wayzata hosts the Lake Conference Relays

Rookies: You have made it through two weeks as members of Wayzata Track & Field. You are still not locked in to events yet even though we have had two practice meets now. Make sure to get out of your comfort zone and keep trying new events. If you are unsure where to go to try a new event you, just need to talk to any of the coaches and they can help you out. Next week, we change up our schedule a bit with spring break starting. If you have questions about times and where to meet you need to listen in the team meetings and ask coaches when confused.

Parents: Remember our policy for spring break is: If they are in town they are expected to be at practice. If they are out of town they are expected to be working out. We will have plans for the kids to follow if they are out of town. They should connect with their event coach in person if they are going to be gone sometime this week. PLEASE JOIN THE BOOSTERS (<https://www.wayzataboosters.org/>) if you have done so already as a member of the Track & Field Booster membership. The boosters account pays nearly \$2,000 of our indoor fieldhouse rental time.

Reminders for ALL:

- This is a really uncertain week with the weather. Everything this week depends on what we can or cannot get done on Monday and Tuesday! We will need to be really flexible with any potential closures/delays and what workout space we have available.
- Make sure to stay on top of practice and workouts over spring break if you are not in town. Remember, if you are in town, be at practice each day. If you are traveling, you need to connect with your coach this week and get a plan from him for workouts. Do not let your work from the past two-week slide.
- Still have clothes to workout OUTSIDE – Temps are going to feel tropical being in the mid 30's and 40's all week but your body can ill afford to lose precious heat when getting a workout in. Espically with the new snow Always error on the side of having too much in your locker to go outside
- 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 Spring Break. We have many different practice times for different events. Make sure to connect with your event coaches if you have questions.
- Ordered apparel should be in just after spring break. I will let you know as soon as I know when it is in.

Next Week:

- We are following the spring break schedule all next week. If you are unsure of times make sure to check in WayzataTrack.org for times. Distance and throws will go at 10:00 am. All others will practice at 3:30 pm as usual.

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

Brian Tackett

North Dakota State Snowbird Track and Field Invite - NDSU Shelly Ellig Track
Wayzata Team Travel Information - March 28, 2024

On Thursday, March 28th. Wayzata boys Track & Field will travel to the North Dakota State Snowbird Invitational Indoor Track & Field Meet. The meet will take place on the campus on North Dakota State University in the Shelly Ellig T&F facility. It is a newer T&F only facility and home to one of the upper level division 1 T&F programs in the upper Midwest. Attached is the meet information and schedule for the day:

Bus Load time: 7:30 AM – Bus Departs from WHS NO LATER then 7:45 AM

Day of meet Packing list:

_____ Clothes for ride home

Competition gear:

_____ Team shorts / compressions

Fuel:

_____ Team Jersey

_____ Healthy breakfast in the AM (final big meal)

_____ Spikes/competition shoes

_____ Extra snacks for bus ride

_____ Warm up gear

_____ Healthy lunch at meet – work around events

_____ Fuel during the meet

Clothes:

_____ Extra clothes as needed

- Light foods

_____ Extra shoes as needed

- simple sugars for between events

_____ Warmups – no shorts for warmups

_____ Fluids – extra water bottle

- We will eat as a team concluding the meet. Information will be provided as the meet day approaches. Please bring \$10 cash on the day for dinner. We will order Pizzas and drinks to have at the fieldhouse before we depart Fargo.

- Anticipate arrival back at WHS close to 8:45-9:00 PM

MEET ENTRY INFORMATION

- There are no locker room facilities available. There is a large bathroom.

- Team camps will be determined this week. Most likely the camps are in the adjoining indoor turf area. Be sure to keep camps off the outside lanes and make to look before crossing the track.

- Only 1/4" cone spike elements are allowed.

- Long/triple jumpers and shot putters will be placed in to flights. After Prelims in the horizontal jumps and throws, finalist will receive 3 more jumps/throws.

- Flighted events will follow traditional scheduling with the top flights going last.

- The pole vault and high jump will start at a height determined at coaches meeting. The bar will be raised in 6" and 2" increments, respectively.

If you have friends or family attending the meet to watch, the address for the Shelly Ellig complex is 1625 14th Street North - Fargo, ND 58102

Admission cost for spectators is \$10.00 for adults and \$5 for 18 and under.

NDSU Snowbird Invite Indoor T&F Meet

NDSU Shelly Ellig Track & Field Complex

March 29, 2018

12:30 – 2:00	Long jump (boys both runways)-	Tapper, Cleveland, Hutton, Harding
12:30:	High Jump (girls first)	Pearson, Mennon, Harding
12:30	Shot put (boys in North ring)-	Wilson, Smith, Christenson, Eli
12:30	Shot Put (wheel division)	Allen, Hedtke
12:30	Pole Vault (boys first)	Wong, Myers, Brown
4:30-6:00	Triple Jump (Boys West Runway)	Pearson, Mennon, Brefeld, Cleveland

Girls will follow Boys in all running events:

1:00	4 x 800 meter relay	Gold: Weber, C. Williams, W Chabot, Kahlstrof Blue: Kissell, Dietrick, Young, E. Williams
	60m hurdles	Madasamy, J. Agbemadon, J Agbemadon, Cortright, Brefeld,
	60 meter dash	Milkes, D Johnson, Olu-Onanuga, Kaesviharn, Ley, Wong
	1600 meter run	Raj, Barrett, Jorjoura, Salatino, Robleh
	4 x 200 meter relay	Gold: Tapper, Ley, Kaesviharn, Ney Blue: J. Agbemadon,, J. Agbemadon, Cortright, Madasamy
	60m hurdles (Finals)	(qualifiers)
	60 meter dash(Finals)	(qualifers)
	60 meter (Wheel)(Finals)	Allen, Hedtke
	400 meter dash	Adams, D Johnson, Maahs, Hutton, Furcht, C. Williams
	800 meter run	Weber, Kissell, Young, W. Chabot, Dietrick, Kahlstrof
	200 meter dash	Milkes, Tapper, Kaesviharn, Tomczik, Cleavland, TBD
	3200 Meters	Marshall, Havilio, Jenneke, G Chabot, Foss
	4 x 400 meter relay	Gold: Adams, Tomczik, Furct, Salatino (alt:)Hutton Blue: Raj, Barrett, E. Williams, Jorjoura