

# Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #6: April 14-20, 2025

Day		Time /Schedule/Event
Monday	4/14	<p>3:35 pm: All Team members meet outside in the stadium in the stadium for practice – Check locker room signs is rain persists</p> <p>3:25 pm: <u>Most Distance runners</u> meet in E-105 classroom at 3:30 sharp. You will go outside for practice after meeting. – Select few will be going to French Park – <a href="#">See distance newsletter</a></p> <p>3:35 pm: All other team members will meet outside in the stadium</p> <p><u>Short Sprints/jumps</u>: pre meet – abs/back <b>Sign up for events today</b> (done by 4:30 today) - All learn 4x200 today</p> <p><u>Long Sprints/jumps</u>: pre meet – short run. abs/back <b>Sign up for events today</b> (done by 4:30 today) – All learn 4x400 today.</p> <p><u>Jumps</u>: speed work on horizontal runway</p> <p><u>Throws</u>: Might meet inside, might meet outside – Porter will let you know.</p>
Tuesday	4/15	<p>4:00 pm: Meet Day – Wayzata vs Blaine boys only dual at Wayzata High School. All Wayzata athletes participate today. If you are in an early event (110 hurdles/100/field events) you will be dismissed from class at 3:00.</p> <p><b>MCA TESTING DAY IN SCHOOL</b></p> <p>All Team members should be in full uniform today. Change right away then come out to the stadium. High Hurdles and 100M should be outside by 3:20, Everyone else should be in the stadium no later than 3:30. Wayzata Team camp will be near the 300m start line on the back side of the turf fields.</p> <p>If you are not in todays meet, you will practice before the met starts at the stadium. Some distance runners meet Popp in E-105 right after school.</p>
Wednesday	4/16	<p>3:35 pm: All Team members meet outside in the stadium in the stadium for practice –</p> <p><u>Short Sprints</u>:, 5x120 finishers (in spikes maybe). 20 build, hold 100m, Speed lift #2 today</p> <p><u>Long Sprints</u>: endurance work - Speed lift #2 today</p> <p>Distance: post meet recovery for most, Longer medium and build ups for those who did not race yesterday.</p>
Thursday	4/17	<p>3:35 pm: All Team members meet outside in the stadium in the stadium for practice –</p> <p><u>Short Sprints</u>: pre meet – abs/back <b>Sign up for events today</b> (done by 4:30 today)</p> <p><u>Long Sprints</u>: pre meet – short run. abs/back <b>Sign up for events today</b> (done by 4:30 today)</p> <p><u>Distance</u>: TBD with weather. Potential workout dependent upon weather and Saturday availability</p>
Friday	4/18	<p><b>Meet Day – Wayzata vs Rosemount Boys at Wayzata High School</b></p> <p>Need to leave school and be out at the stadium for warmups by 3:20 – Meet start time is 4:00. Meet will be done by 6:00 pm</p>
Saturday	4/19	<p>9:30am: Practice – All varsity and in danger of earning varsity are required to attend –</p> <p>Sprints: TBD based on weather but most likely post meet work today. Weight room “Power lift”</p> <p>Distance: TBD on workout with weather.</p>
Sunday	4/20	Off – take something or someone for a walk.

**Vets:** We had really good meets this past week. Friday was really nice weather going against our Lake Conference. It is early in the outdoor season but it was nice to get the team win in the always tough Lake Conference. Our guys ran/jump/threw some of the best times/marks in the state in the early season. We are going to have very competitive relay teams to make as the season progresses and the 50 man True Team roster is going to be very competitive to make. This is going to be another meet of shuffling around to determine who earns the top varsity slots come May – We have a lot of chances to earn a varsity spot on the true team roster this week. Take advantage of the opportunity. We should have ok weather for both Tuesday and Friday– enjoy the experience.

**Rookies:** We are now in to the part of the season where we get the chance to start competing regularly. You will another big chance to start getting some times/marks in meets. Now is the time to really start seeing your hard work pay off. Thursday was a lot of fun seeing you in action for the first time on the Wayzata Stadium

**Parents:**

Come to meets and watch. They are not long at all and many of them are here at WHS including again this week. Thank you for supporting your son and Wayzata Track & Field! Remember, we do not charge for admission to any home Wayzata Track & Field meets. Please come watch the boys. Bring friends, family, strangers. In exchange, we ask you join our booster club on behalf of Wayzata Boys track. The link is <https://www.wayzataboosters.org/>. Even if you can join at the lowest level, it is greatly appreciated and it goes a long ways.

**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 HIGHWAY 55 when you are running...ever. We cannot take chances when running across that road.
- Ordered apparel should arrive this week. Fed-Ex at least says it should be.
- Keep an eye on the weather this week, it is not super warm yet a few days this week. Bring layers, you can always take them off if you get warm.

**Next Week:**

- We have two meets next week. We will be taking about 40-55 boys to Bethel University for a 7 team coed varsity meet. The remaining members of the team will be home for a boys lake conference JV meet on Thursday. Both meets should be highly competitive and good experiences. The last full week of April is next week!

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

*Brian Tackett*