WAYZATA CROSS COUNTRY

August 23-30, 2010 - Week #2 Newsletter
BRING THIS NEWSLETTER HOME, SHARE IT, & PUT IT IN A PROMINENT PLACE!!!!!

Mon, 8/23 8:30 am - Varsity, Junior Varsity & Middle School Practice - Hills
6:30 pm - Varsity Practice & make-up workout for other runners who missed morning run. (Yoga)
6:30 pm- **Parents' Meeting in High School Gym**

Tue, 8/24 8:30 am - Varsity, Junior Varsity & Middle School Practice – Medium Distance
5:45 pm – **THREE WINNERS CARD SALE!!!! Meet in Gym**
6:30 pm - Varsity & make-up workout for other runners who missed morning run.

Wed, 8/25 8:00 am – pick-up Uniforms (JV at 8:15)
8:30 am – Varsity, Junior Varsity & Middle School Practice - Recovery
St. John's games at 9:00 am (Homreun Hitting)
6:30 pm - Varsity Practice & make-up workout for other runners who missed morning run.

Thur, 8/26 8:30 am – Varsity, Junior Varsity & Middle School Practice – 400s
6:30 pm - Varsity & make-up workout for other runners who missed morning run.

Fri, 8/27 8:30 am – Varsity, Junior Varsity & Middle School Practice - Medium
6:30 pm - Varsity Practice & make-up workout for other runners who missed morning run.

Sat, 8/28 9:00 am - Required at Central for high school runners. Optional for Middle School. Long

Sun, 8/29 off- do not run

Mon, 8/30 7:00 am- Recovery run - Varsity, juniors, & seniors required. Others optional.
4:00 pm- Practice at High School. Taper / Medium.

Tues, 8/31 7:00 am- Recovery run for veterans - young runners do not attend
11:45 am- Those who have not yet picked up uniforms will do so at HIGH SCHOOL.
12:00 PM- TEAM PICTURES NEXT TO H.S. TENNIS COURTS (IN UNIFORM)
1:00 pm- Meet to leave for St Cloud Apollo Early Bird Inv.
4:20 Boys 7th-9th Graders (2400 meters)
5:00 Boys JV (5000 meters)
5:45 Boys Varsity(5000 meters)
6:15 Awards Ceremony
About 8:00 Back at Wayzata High School

PARENT'S MEETING- AUGUST 23rd- 6:30 -. High School Gym. Athletes need not attend.
THREE WINNERS CARD SALE – Aug. 24th - High School Runners only. Meet at 5:45 in the HS Gym.
EQUIPMENT- Equipment will be issued at 8:00 am (Varsity) & 8:15 (JV & Middle School) onWednesday morning.
ST. CLOUD- On Monday, a list will be posted with meet assignments for the St Cloud Invitational. We will be leaving at about 1:00 pm and we will return by 8:00 pm. The race is next Tuesday and includes a Junior High 1.5 mile, a JV 5000 meters, and a Varsity 5000 meter.
MARSHFIELD- We will take about 20 runners to Marshfield. Eight will run in the varsity race and twelve will run in the JV race. Coach Bartels might choose to take a couple of Middle School runners. Coach Miles will decide which athletes will run after the St Cloud Meet and will post the list before the afternoon practice on Wednesday. This is an overnight trip. We leave on Friday afternoon and return Saturday at about 5:00 pm.
BOOSTER CLUB- Encourage your parents to join the Booster Club and support your efforts. Questions call Bill Miles at 612-220-8455.

NUTRITION- Eat balanced meals- including fruits & vegetables. Drink lots of water, fruit juices, and milk. Avoid greasy & fatty foods.
DREAM- Dream about great races and great team efforts.
SLEEP- Get a minimum of nine hours of sleep a night. Get to bed by 9:30 pm regularly so that you can fall asleep by that time when school begins.
SUMMER MILEAGE- Turn your Summer Mileage Sheets in to Aaron Berndt by Mon., Aug. 23rd.
CONTACT THE COACHES- Call Steve O'Neill at 763-745-6183 or call Bill Miles at 612-220-8455.
UPDATES: Check the athlete's website- www.wayzata-xc.org

COACH'S OBSERVATIONS

For the rookies:

Be patient and be persistent. The soreness you are experiencing will pass. Soon you will be running distances you once thought were unimaginable. The more miles you run and the more often you run, the better runner you will become. Get out the door and run, run a lot. The results of your efforts might not be immediately evident, but the physiological benefits of your training are real and you will become faster, stronger, and tougher.

For the veterans:

Take care of the little details: Ice after practice, stretch after your runs, do your stride outs, when doing abs- use your abs, eat your greens, get nine hours of sleep each night, wash your hands frequently, stay healthy, etc. Use your time with us to get better. When you come to practice, be focused on using that workout to improve as a distance runner. Do not just go through the motions, rather be intense and in tune.

APOLLO- Varsity- this is a workout. The meet is on Saturday in Wisconsin.
JV- Be smart. 5k races are not won in the first 1000, but they can be lost then. Focus and drive the last 2K.
JR. HIGH- Your race is only 1.5 miles. That can still be a long way if you go out foolishly (and some of your competitors will- so make them pay), but you do not have as much time to move up… Find a balance.

MARSHFIELD- Top returner is Josh Thorson, a junior from Wayzata. Burnsville has Cole O'Brien at 9:23 and Ahmed Salan at 9:42, Stillwater returns Wayde Hall at 9:32 and Tom Linner at 9:36. LaCrosse Aquinas has a pair of 4:26 runners. Teams- Burnsville is rated 3rd in Minnesota, Stillwater is rated 8th in Minnesota. LaCrosse Aquinas, Whitefish Bay, and Hudson are traditional powers in Wisconsin.

See each other on the course, trust each other, and run for each other. Together you will get it done