

WAYZATA CROSS COUNTRY- Week 4 - Sept 5-11, 2010

Sunday, 9/5- On your own

Monday, 9/6- Long Run (10-12 comfortable miles for Varsity- 5 - 10 for JV depending on age) on your own.

Tuesday, 9/7- Morning practice at 6:15- optional for high school- 20 minutes.

HS- 2:40 pm- meet at Long Jump Pit.- Medium Run & strides

Middle School runners practice at Central Middle with Mr. O'Neill & Mr. Bartels.

Wednesday, 9/8- Morning practice at 6:15- optional for high school- 20 minutes.

HS- 2:40 pm- meet at Long Jump Pit. Varsity- 400s. JV- **1600 METER TIMETRIAL- 3:45**

Middle School runners come Central Middle then ride bus to High School with Mr. O'Neill & Mr. Bartels- race a **1600 METER TIMETRIAL- 4:15**

Thursday, 9/9- Morning practice at 6:15- optional for high school- 20 minutes.

HS- 2:40 pm- meet at Long Jump Pit. Varsity- medium & strides. JV- 2 miles. Strideouts.

Middle School runners practice at Central Middle School with Mr. O'Neill & Mr. Bartels.

Carbo at Central Middle School. Trivia contest

CARBO PARTY AT 5:30 PM AT CENTRAL CAFETERIA. Seniors bring spaghetti sauce, juniors bring a large bag of salad, sophomores bring French bread, freshmen bring a gallon of milk or Gatorade, and middle schoolers bring cookies.

Friday, 9/10- Morning practice at 6:15- optional for high school- 20 minutes.

BAUMAN/ROVN INVITE AT GALE WOODS, MINNETRISTA

3:30	Boys Junior varsity	5K (enter up to 15)	Top 15 T-shirts	17:25 Mohamed Mohamed EP 08
4:00	Girls Junior varsity	4K (enter up to 15)	Top 15 T-shirts	15:50 Abbi Aspengren, Elk R. 08
4:30	Boys Varsity	5K (enter up to 10)	Top 25 T-shirts	15:50.50 Aaron Bartnik EP 2009
4:55	Girls Varsity	4K (enter up to 10)	Top 25 T-shirts	14:49.06 Emma Bates Elk River 2009
5:20	Boys middle	2.7K (unlimited)	Top 10 T-shirts	9:26.33 Derek Peterson Wayz 2009
5:40	Girls middle /	2.7K (unlimited)	Top 10 T-shirts	11:21 Hannah Lee Fitter Maple G. 2006
6:00	Boys JV "C"	5K (unlimited)	Top 10 T-shirts	18:29.48 Andrew Long Wayz 2009
6:30	Girls JV "C"	4K (unlimited)	Top 10 T-shirts	18:25.03 Alex Hitt Minnetonka 2009
7:00	Awards			

2009 Boys Teams(17): Armstrong, Buffalo, Chaska, Chanhassen, Champlin Park, Eastview, Eden Prairie, Edina, Elk River, Hopkins, Lakeville South, Maple Grove, Mounds View, Richfield, Roseville, Wayzata, Willmar,

Saturday, 9/11-

9:00 AM – JV – medium – meet at the high school

2:00 PM – Varsity – Baker Miles- meet at

Sunday, 9/12- on your own

FRIDAY, 9-10 is the last day for Apparel Order.

SLEEP- This week we need to be able to sleep from 9:00 p.m. until 5:45 a.m.

NUTRITION- Eat balanced meals- including fruits & vegetables. Drink lots of water and milk. Avoid greasy & fatty foods.

BREAKFAST FOOD- High School runners need to bring cereal items, spoons, bowls, & cups, milk, juice, etc. Otherwise we will be very hungry this week.

ACADEMICS- Begin doing homework right away. Start projects now. Study every night. Do not allow yourself to fall behind- you don't want to have to stay up late cramming or handing in work that is beneath your potential. There is no excuse to fall behind in your academics... running teaches us to do today what can be done, not to procrastinate!!

WEBSITE- Check out the Wayzata XC Website, built originally by Andrew Dale. Check out the website at: www.wayzata-xc.org If you visit the website, remember it is being viewed by runners from other schools.

ATTENTION!! – Anybody not wanting their running pictures posted on the team website needs to let Bill Miles know. Otherwise, Kraig will start posting them for you to look at and download.

MAPS FOR PARENTS- If you have not brought your map packet home so that parents can find meets- do it today!!! You may pick the maps up in the Athletic Office or from Mr. O'Neill or find them on the General Info page of the team's unofficial website: www.wayzata-xc.org

Hosting for Griak- Varsity eight families call Eric Jahn and volunteer to host 2 or 3 Shawnee Mission Northwest boys on Friday 9/24 & Saturday 9/25.

Middle School Bus to Central for Practice- Runners going from East to Central take Bus #29 (board by the Flagpole) and students going from West to Central take Bus #77 (board on the west of the school - the athletic field side).

**“To accomplish great things
We must not only act but also dream
Not only plan but also believe.”
Anatole France**

**“Tears will get you sympathy,
but sweat will get you change.”
Jesse Jackson**

**“It's time to dream and sweat,
but not in that order.”
John Simmelink**

**HOWL LIKE A WOLF!!
Romulus**