

WAYZATA CROSS COUNTRY- Week 4 - Sept 2-7, 2008

Tuesday, 9/2- Morning practice at 6:15- optional for high school- two miles or 15 minutes whichever is longer.
2:45 pm- meet at Long Jump Pit.- Varsity- Overdistance run- brisk. Strideouts.
Jr. Varsity- Hill loops
Middle School runners practice at Central Middle with Mr. O'Neill & Mr. Bartels.

Wednesday, 9/3- Morning practice at 6:15- optional for high school- two miles or 15 minutes.
2:45 pm- meet at Long Jump Pit. Varsity- 400s @ Plymouth Creek.
JV- Overdistance run- brisk. Strideouts.
Middle School runners practice at Central Middle with Mr. O'Neill & Mr. Bartels.

Thursday, 9/4- Morning practice at 6:15- optional for high school- two miles or 15 minutes.
Varsity - 2:40 pm- meet at Long Jump Pit. Overdistance run- brisk. Strideouts.
JV HAS A **1600 METER TIMETRIAL** on Central Middle School Track at 4:15 Arrange ride or
drive over there on your own.
Middle School race at 4:00 at **Central Middle School**

Friday, 9/5- Morning practice at 6:15- optional for high school- two miles or 15 minutes.
2:40 pm- meet at Long Jump Pit. Recovery run.
Middle School runners practice at Central with Mr. O'Neill.
CARBO PARTY AT 5:30 PM AT HIGH SCHOOL 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. We need the sauce by Wednesday.

Saturday, 9/6- Bus to Gale Woods for Hopkins Invitational. Buses with high schoolers leave at 7:20. Middle School
Bus will leave at 8:30 AM.

Note from Meet Director:

Some random notes about our meet.

- 1. This is a permanent cross country course.*
- 2. This is a working Farm so no dogs are allowed.*
- 3. We would like to be out of the area by 1:00 pm.*
- 4. It is spectator friendly if they are willing to walk 700 meters. Otherwise they see the start and the finish of the race.*

Directions: Take 394 west to hwy 15. Take 15 west to mound. Take a left on hwy 110 and it is about 2.5 miles to the park. Or take hwy 7 west to 44. Go north on 44 a few miles to 110. Left on 110 to the Park. Also see www.threeriversparkdistrict.org

Time Race Distance Awards Invite Record

9:30 Boys Varsity 5K(enter up to 10) Top 25 T-shirts 16: 23, Jon Holt , Roseville 07
10:00 Girls Varsity 4K(enter up to 10) Top 25 T-shirts 14:51 Emily Schwitzer Hopkins06
10:30 Boys Junior varsity 5K (unlimited) Top 15 T-shirts 17:59, Brian Griep, Eastview 06
11:00 Girls Junior varsity 4K (unlimited) Top 15 T-shirts 17:04 Kristina Hoey, Hopkins 07
11:30 Boys Jr. High(7,8,9) 2.7K (unlimited) Top 10 T-shirts 9:49 Sam Elfstrom, Roseville 07
12:00 Girls Jr. High(7,8,9) 2.7K (unlimited) Top 10 T-shirts 11:21 Hannah Lee Fitter MplG 06

Sunday, 9/7- on your own

SCHEDULE CHANGE: St. Olaf Meet has been changed to September 20th. We have no meet on 9/13.

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- call Eric Jahn and volunteer.

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