

WAYZATA CROSS COUNTRY- Week 4 - Sept 4-11, 2011

Saturday, 9/3 & Sunday, 9/4- JV- get a long run in on one of these days
Varsity- race on Saturday at Marshfield

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

Tuesday, 9/6- Morning practice at 6:15- optional for high school- 20 minutes.
HS- 2:40 pm- meet in wrestling room.- Varsity- Medium Run & strides. JV- 400s
Middle School runners practice at Central Middle with Mr. O'Neill & Mr. Bartels.

Wednesday, 9/7- Morning practice at 6:15- optional for high school- 20 minutes.
HS- 2:40 pm- meet in wrestling room. Varsity- 400s. JV- taper.

Thursday, 9/8- Morning practice at 6:15- optional for high school- 20 minutes.
HS- Varsity- medium JV- see below

BAUMAN/ROVN INVITE AT GALE WOODS, MINNETRISTA

3:30	Boys Junior varsity	5K (we'll enter 7)	Top 15 T-shirts	17:25 Mohamed
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 (<u>we are not entering anyone</u>)	Top 25 T-shirts	15:40 Aaron Bartnik EP 2010
4:55	Girls Varsity	4K (enter up to 10)	Top 25 T-shirts	14:20 Kaila Urick, Chaska 2010
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	11:04 Samatha Hendrick, Elk River 2010
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	17:28 Izzy McClure, Edina 2010
7:00	Awards			

Friday, 9/9- Morning practice at 6:15- optional for high school- 20 minutes.
HS- 2:40 pm- meet in wrestling room. Varsity & JV - recovery & strideouts.
Middle School runners practice at Central Middle School with Mr. O'Neill & Mr. Bartels.
Carbo at Central Middle School. Trivia contest

Saturday, 9/10-

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

Varsity- meet at Baker (park at Independence Beach playground)- mile loop repeats

Sunday, 9/11- on your own

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

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 9/23 & Saturday 9/24.

Middle School Bus to Central for Practice- Runners going from **East to Central take Bus #349** (board by the Flagpole) and students going from **West to Central take Bus #306** (board on the west of the school - the athletic field side). Bus boarding sites may change, listen to announcements at your school or check in your office.

**“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**