

Announcements

- SDO/DM/CDS Tri Meet: Meet should start about 4pm at Sandra Day O'Connor HS.
- Brophy Invite: Meet is a scoring invite for top 4 Soph and Frosh in each event. It is also an Open non-scoring Varsity Invite for up to three athletes in each event, however only the top 16 from the entry pool (of the entered schools) will be allowed into the meet. It is primarily an underclassmen Invite, with opportunities to run varsity relays. Most track athletes accepted into this meet will not be competing at Sandra Day O'Connor. Field Events may be doing both days.

Proper Nutrition and Hydration

- Please remind your sons/daughters to hydrate and eat properly as the temperatures will be into the 90s all week long.
- Coaches are constantly reminding them as a staff about proper hydration and eating, and telling them to make sure they have a snack like a granola bar before practice between 2:15 and the start of practice at 2:45.
- If they are thirsty at the start of practice, they are not hydrated. They need to start the process when they get home from practice to re-hydrate and start building up for the next day all evening and thru 2 pm the next day.

Upcoming Meets and Events

Sandra Day O'Connor, Desert Mountain, CDS Tri Meet, Sandra Day O'Connor HS
Wed, 3/15, 4pm
25250 N 35th Ave, Phoenix, AZ 85083 (35th Ave & Happy Valley Road)

Brophy Brother Oliver Friendship Soph Invitational Fr/So Invite
Thurs, 3/16, 2:30pm
Brophy Sports Complex, 7th Street/Highland, Phoenix

Volunteers Needed

- We still have open spots for our remaining home meets. Please go here [Aztec Volunteer Signup](#) to sign up for one or more events.