

Announcements

- Culver's Fundraiser: Week long fundraiser at Culvers (3/20-3/26). Culver's will donate a % of the sales we bring in to the CDS Track and Field Team. Take the night off from cooking and have someone else serve you.
- Brophy/Xavier Dual Meet (3/22): Meet will start about 4pm at Brophy Sports Complex.
- Red Mountain Rampage (3/24): Meet is for state qualifier eligible athletes and runs from 8am-9pm at Red Mountain HS. Heat sheet located here: <http://www.mpsaz.org/rmhs/athletics/programs/track/rampage/>

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

Brophy/Xavier Dual Meet
Wed, 3/22, 4pm
Brophy Sports Complex, 7th Street/Highland, Phoenix

Red Mountain Rampage
Fri, 3/24, 8am-9pm
Red Mountain HS, 7301 E Brown Rd, Mesa, AZ 85207

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.

CDS Track Web Site: <http://www.coronatrack.com/>