

### **Announcements**

- We had two successful fundraisers last month (Culver's and Chipotle). Thank you everyone for your support of the team. Special thanks to Coach Kelly and Dolores Martin for organizing these!!
- Thank you to all of the volunteers who helped at the Perry/CDS dual meet. Much appreciated!!
- Orthopaedic Institute will be conducting sports physical at CDS on Sat, May 6<sup>th</sup>, 8am-12pm. The information is attached with the email and will also be available on the track website.

### **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**

Arcadia Invitational, Special Invite Varsity, Fri/Sat, 4/8-9  
Arcadia, CA

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Basha Queen Creek Open, Fr/JV, Tues, 4/11, 3:45pm  
Corona del Sol

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City Meet, Tues/Thurs, 4/18 & 4/20  
Desert Vista HS, 16440 S 32nd St, Phoenix, AZ 85048

### **Volunteers Needed**

- We need 24 volunteers to help with Basha Queen Creek Open next Tues (4/11). Please go here [Aztec Volunteer Signup](#) to sign up to help.

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