

Announcements

- Our final home meet is this Tues (4/10) at CDS with Basha and Queen Creek. Start time is 3:40pm.
- Orthopaedic Institute will be conducting sports physical at CDS on Sat, May 6th, 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

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

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

NE Valley Championship, State Qual Elite, Mon/Wed, 4/24 & 4/26
Horizon HS, 5601 E Greenway Rd, Scottsdale, AZ 85254

Volunteers Needed

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

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