

Announcements

- City Meet is this week 4/18 and 4/20 at Desert Vista HS. The schedule of events is in the attachment and also available on the track website.
- Monetary donations needed for end of season coaches' gift. The options to submit are:
 - Bring to Jason Martin or Mark Eversden at the City Meet this week.
 - Submit online through PayPal via the track website (www.coronatrack.com)
 - Mail it to Aztrack Booster Club, 3145 W Stephens Pl, Chandler AZ 85226.
- 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

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 will need parent volunteers to help setup, serve, and clean up at the end of season Track Banquet on May 10th. The volunteer signup will be available by 4/24.

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