



Hello Waves,

I hope that you & your families are healthy and safe during this very challenging time.

I am writing to update you on how we will proceed with the 2020 track season during March and possibilities for April.

Most importantly, we will follow the direction of what our local community is doing to minimize contact with others as well as proper care for our families. Thanks to our Wave coaches for also offering insight. All organized Wave practices will be cancelled for the remainder of March. For April, hopefully we will be able to move forward with safe procedures/protocols directed by local health agencies, as well as school districts, the USATF, etc..

The most challenging effect this will have on our team is where we will practice in April. CSUSM has cancelled the use of the track facility for both March and April. I received the University's notice and understand the objective to protect students, staff and our community from the Coronavirus. I will look into changing venues for practice to high/middle schools. Though, I know as a school district employee, there may not be choices if schools are back in session, but limiting students to public contact.

Our local USATF San Diego/Imperial Association may offer more information at the end of March, if not sooner. Yesterday's USATF message from our local association is that April meets are still being considered.

For families wanting to continue working out, I will send weekly workouts on Sundays which target conditioning to help maintain a moderate level of fitness. Refunds will be offered to families upon request for the next 3 weeks (minus approx. \$38 for fees the team has already encumbered). If we have no practice site secured by April 3rd; all families will receive refunds.

I wish I had more positive news for our Waves- a humble group of kids with great families! The main focus of course is to stay healthy. We know there will be future opportunities for our youngsters. PMA - Positive Mental Attitude! You are welcome to contact me with your thoughts. The track season is not cancelled, we will pursue alternatives when the appropriate time comes.

I appreciate your support! Go Waves- hopefully soon!

Coach Hector.

Coach Hector Menchaca  
-San Diego Waves Head Coach  
coach@sdxtc.org  
(760) 505-8442  
website: sandiegowavesxtc.com