

Hello Prospective Waves,

Thanks for your patience as we prepare for our upcoming Waves track season. We had a very rewarding 2023 cross country season (Aug-Dec). Our 35 Waves competed with the best runners throughout So Cal. We are proud of our 25 Waves with their top finishes at our USATF Region 15 Junior Olympic XC Championships held here in San Diego on November 19th. Also, 9 Waves competed in December at the USATF National Championships in Louisville, KY. Izzie earned All-American Status- "All-American" means top 25 by age group in the nation!

#### Readiness Workouts in February

Our Wave Coaches are excited to get the 2024 season started! We will have 5 coaches for Track 2024. To begin the process, we will offer 2 Saturday readiness/performance assessment workouts in February- 2/10 and 2/24 at Mission Hills HS from 8:30-10:00 am.

Please complete the Track & Field Training Release Waiver which is available to print from our website membership link. Please have your child bring h2o, a stretching mat, and proper running gear. RSVP at: [coach@sdxtc.org](mailto:coach@sdxtc.org)

#### The SD Wave Official T & F Start is March

We look forward to the official start up of our competitive track season on Monday, March 4th.

Our primary focus will be training athletes in the following age divisions (9-10, 11-12, 13-14).

Age division questions? Contact Coach Menchaca. Due to facility use challenges, our team will be limited to approximately 45-50 athletes. Our focus for competition will be middle distance (800m-1500m-3000m), sprint (100m-200m-400m), and select field events.

You will find Updated Membership information on our team website.

#### SD Wave Team Night at Road Runner Sports- 2-29

We will preview the T & F season and complete registration for those ready to sign up on Thursday, February 29 at Road Runner Sports in Carlsbad from 6:00 to 7:30 pm. RRS will offer our team members discounts as well as offer a fundraising percentage back to the team.

#### Wave Practice Schedule

Our 1st official practice will be held Monday, March 4th @ Mission Hills HS from 5:45 pm to 7:15 pm. March through May Practices will be held:

Mondays @ Mission Hills HS from 5:45 pm to 7:15 pm

Wednesdays @ San Marco Middle School from 5:45 pm to 7:15 pm

#### SDW Track Meet Schedule- TENTATIVE- Needs Local SD Meets

Please go to our meet schedule link on our website- [sandiegowavesxtc.com](http://sandiegowavesxtc.com)

Hope this information helps. I am sure you have questions. We will do our best to have answers at our readiness workouts in February.

Thanks for your interest in the SD Waves.

Go Waves!

Coach Hector Menchaca

San Diego Waves Head Coach