



# WILDCAT NEWS

APRIL 2019



## Wildcats are Back on the Track

- ALWAYS warm up before practice. If you do not warm up, you can injure yourself by tearing a muscle or tendon.
- Eat a balanced diet — avoid junk foods.
- Wear a good pair of running shoes
- Drink plenty of water and have fun!!

*Athletes,*

*As we prepare for another season, I need you to attend every practice session, eat a proper diet, stay hydrated and get plenty of rest. We are looking for great things from each athlete and all the coaches are here to help you get there.*

*What Do Wildcats Do...*

*~Coach Wisner*

## WILDCATS ARE IN FULL TRAINING MODE





## Fitness Starts With What You Eat

A good race depends on more than just your training. To help improve your speed and performance, consider what you are putting into your body. The right foods can boost your running performance and help reduce the risk of injury and illness. Consider including these foods in your meal plan:

1. Bananas—high carb energy booster
2. Oats—oatmeal is a great breakfast
3. Peanut Butter—speeds up post-run recovery and helps muscles grow
4. Broccoli—can help prevent sore muscles after intense workouts
5. Whole-Grain Pasta—essential at building muscle and can help improve your endurance and performance

## Upcoming Events & Reminders

- Wildcat registration closes—April 19th
- Last Saturday practice April 27th
- State fundraiser \$\$ due April 29th
- First Monday practice added to the schedule April 29th
- SAT — May 4th
- First AAU meet May 11th
- Nationals fundraiser \$\$ due May 29th

### Contact Wildcats at:

WYSO

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## 2018 Success

Wildcats put the work in last summer and brought home a lot of hardware.

The 2019 season is here and it's time to go to work and bring home even more medals.

**Let's Go Wildcats**





# **GOLDEN KIDS**

These Wildcats both had a stellar 2018 season—they put the work in and earned gold medals in their events.

**Wildcats Shakin' Things Up!!!**



**Aniyah Bigam—4 gold medals**



**Christian O'Neal—3 gold medals**