



# WILDCAT NEWS

MAY/JUNE 2019

## Wildcats Digging In



*Wildcats,*

*Great work at the Cedar Hill Blaze Track Meet!!*

*Our season of competition has begun and we have a lot of work ahead before the District Qualifier.*

*I need you to continue to show up to practice on time, commit to working hard at practice, listen to the coaching, eat a proper diet, stay hydrated, and compete hard.*

*Again, all of the coaches are here to help each athlete excel to the next level.*

*What Do Wildcats Do...*

*~Coach Wisner*



## Key Stretching Benefits

Stretching is extremely important for the body and offers many key benefits which include:

- Promotes healthy circulation throughout the body
- Increases overall flexibility
- Reduces stress
- Enhances range of motion throughout the body

### Stretching benefits before workout includes:

- Properly warms-up the body prior to activity
- Prepares the body and mind for the upcoming workout
- Promotes oxygen throughout the body
- Alleviates tight muscles in the body

### Stretching benefits after workout includes:

- Cools the muscles down after workout
- Optimizes recovery and prevents muscle soreness
- Helps relax the mind
- Calms the body after the workout

**Stretching regularly helps prevent injuries and improves athletic performance.**

## Upcoming Events & Reminders

- May 9th—Aniyah K's Bday
- May 18th—Open
- May 21st—Track Photos (dress in uniform)
- May 25th—Kennedy's Bday
- May 26th—Memorial Day (Wildcats Practice)
- May 29th—National Fundraiser \$\$ due
- June 1st—Marcus' Graduation Ceremony
- SAT—June 1st
- June 2nd—Jalen's Bday
- June 7th—Ezra's Bday
- June 7th—9th Area 15 District Qualifier
- June 27th—29th AAU Regional Championship



# Eyes on the Prize



Wildcats didn't let the stormy and cold weather ruin any chance of them running away with 1st, 2nd, or 3rd place medals from the Cedar Hill-Blaze AAU Track Meet on Saturday, May 11th.

**Way To Work Wildcats!!!**

