

NOTES FOR PARENTS

Monta Vista Track & Field 2018

WELCOME, Parents!

We hope to see you at the **Parent Meeting on February 15**. The meeting will start at 6pm, and we would like to introduce you to Monta Vista track and field as well as answer your questions about the season and our coaching philosophy, training, shoes, injuries...pretty much all the questions that you might have about track!

Also, parents, **please** join Monta Vista Athletic Boosters in support of your athlete! Monta Vista Athletic Boosters is a great organization, run by volunteers, supporting our athletic program. Most of your membership fees will go directly to track & field, and you may donate additional funds to go directly to the track team also. MVAB membership is tax-deductible. This year, for every athlete who has their parent take out a membership, we are going to use part of the membership fees received by February 2 to purchase a MVTF training shirt. So some of the membership fee will go immediately and directly back to your athlete! We are hoping for 100% membership so that 100% of our athletes will have shirts. (If you have any financial challenges this season, please contact MVAB, we have scholarships available to support anyone that needs a little help...just tell us.) MVAB has been great for our track and field team, please support this organization!

The donation web site is http://mvab.org/?page_id=216

See you soon!

--MVTF Coaches

Excellence is not perfection.

Excellence is not measured relative to others.

Excellence is doing the very best you can, while simultaneously learning and working to be better the next time.

“If you are going to be a grittier athlete, that is different from being a grittier scientist. But the commonality, no matter what you are pursuing, is an intentional improvement cycle. The thing about gritty people is that they are never satisfied. They are, in a strange way, satisfied with being unsatisfied. They live their whole lives trying to be better at one small thing after another so that, cumulatively, they get better at one big thing.” ~ Angela Duckworth

Monta Vista Track & Field 2018 Season Schedule

Schedule as of January 25, 2018. Subject to Change—and this schedule WILL change!

Everyone = Required Attendance

	Date	Meet	Notes
	Jan 29	First Day of Practice 3:20pm	Javier must clear you first!
	Feb 5	Last day to join team and have all paperwork complete	Exception if your winter sport is still competing; notify coaches and start practice after your sport releases you.
	February 6	National Girls and Women in Sports Day	Recognition @ MV basketball game, main gym
	Feb 15	Parent Meeting 6pm	Cafeteria
	Feb 19-23	Winter Break	Optional practices
	Feb 23	Buchanan Distance Classic	Totally optional meet for distance runners
	Feb 27	5th Annual 400 Shootout	Everyone
	March 3	RustBuster Invitational @MV!	Everyone
	March 6	Team Photos	<i>Wear your uniform to practice!!!</i>
	March 7	@Wilcox	Everyone
	March 17	St. Francis Invitational	Anyone (entry must be accepted)
	March 19	Stanford Entry Cutoff at 5pm	
	March 22	@Saratoga	Everyone
	March 24	Azusa Meet of Champions	Distance (800+) (Must be selected)
	March 24	Firebird Invitational	Optional
	Mar 30-31	Stanford Invitational	Must qualify
	March 27	Penn Relays Entry Deadline?	
	April 5	Fremont and S. Clara @ MV	Everyone (Volunteers needed!)
	April 6-7	Arcadia	Tentative (must qualify)
	April 7	Pacific Grove	Optional/anyone
	April 11	Penn Relays Update Deadline 4x800 and DMR?	
	April 12	@Cupertino	Everyone
	April 14	Serra Invitational	Optional late season meet often gets some PRs
	April 16	Boston Marathon	Coach (And Alumni) Only!
	April 16-20	Spring Break	Optional Practices
	April 21	Bill Kearney Invitational	Tentative
	April 21	Los Gatos Top 8	Must qualify
	April 24	Homestead @ MV	Everyone (Volunteers needed!)
	April 27-28-29	Penn Relays	For the really, really elite. Someday!
	April 30	El Camino League Trials	Homestead - Everyone
	May 2	El Camino League Finals	Homestead - Everyone
	May 11	SCVAL Championships	Santa Clara
	May 17	Team Banquet	MV Cafeteria/Student Union
	May 19	CCS Semi-Finals	Gilroy
	May 25	CCS Finals	Gilroy
	June 1-2	State Championships	Buchanan HS (Clovis)

Monta Vista Track and Field 2018: A Few Important Notes

Monta Vista Track & Field is a Team, not a club

Athletes will not be cut solely for athletic performance, however athletes may be cut for lack of effort or for poor attitudes at the coaches' sole discretion. Coaches care more about how committed you have chosen to be to your team and your own improvement than we care about the genetic gifts you inherited. Half-hearted effort (as judged by your coach; you may think you are working hard but your coach might not agree), chronic lateness or unexcused absences, cutting out early, being a distraction to anyone and similar behavior does not help the athlete or the team, no matter how fast you are. If you are not working hard and demonstrating commitment in the eyes of your coach, you will be given the opportunity to find an activity other than track and field. All Monta Vista High School rules and code of conduct apply to athletes; breaking a rule is grounds for dismissal from the team.

Earning PE Credit—Minimum Requirements

PE credit is school credit; if you want credit you should think of your sport as a class. In order to earn PE Credit, you have the following requirements.

- You may miss no more than 5 practices during the course of the season starting day 1. We will take attendance every day. Practice times and locations for different events may vary (throws, hurdles, for example) and you must be able to accommodate changes.
 - It is an absence if you are late to practice.
 - It is an absence if you leave before practice ends.
 - You may miss a practice if you are sick and you do not attend school that day at all.
 - You may not miss a league meet, including league finals and SCVAL finals. You must also run in the 400 shootout. If you do not qualify for these events or are injured, you must come and be a meet worker to earn participation credit. **In 2018, if you would like to earn PE credit, you must also compete at the RustBuster Invitational on Saturday, March 3.**
- If you are injured and will not be able to train:
 - Bring a doctor's written note.
 - You must still come to practice; you can exercise, help with team tasks or do homework. (You may miss practice if you have physical therapy scheduled for your injury during practice, and have provided coaches with written back up including contact information for your therapist).
 - You must still come to meets; you can work on the meet and cheer on your teammates.

If you cannot meet these attendance requirements, if you are still willing to work hard the coaches may, at their discretion, still keep you on the team. If the coaches decide to allow you to stay on the team with reduced attendance requirements, you will not earn PE credit.

Even if you attend practices, you may still be cut for lack of effort, or for attitude, at the discretion of the coach and you will not earn PE credit. There may be other requirements imposed upon you during the season. We expect you to be respectful, have a positive attitude, work hard, and be a good teammate.

Remember that the above list is a minimum requirement and do not guarantee you earn credit. Just showing up is not enough. The coaches reserve the right to use their discretion in granting PE credit, however please understand that **the easiest way to get PE credit is to sign up and attend a PE class**—not to join the track team.

Excused Absences

An absence may be excused at one of the coaches' discretion. The request is more likely to be granted if:

1. You have a chance for a unique academic opportunity ("I have a chance to interview Barack Obama".)
2. You are part of an important family event ("My grandmother having her 80th birthday party.")
3. A medical appointment.
4. The request is for something unique and valuable academically/educationally.
5. You make your request in the first two weeks in writing (you know when your grandmother's birthday is!).

Requests the day before you are going to miss practice, or the day after you missed, are frowned upon.

There will not be an excused absence for a regular after school class or club you sign up for, play a club sport, take a review session, you want to leave early on Friday for a weekend or similar things. You have 5 free absences to use for absences that are not coach approved, so use these days wisely.

We all chose to join track. Since we chose to be here, we should also choose to perform our *best*.

SENIORS JOINING TRACK AND FIELD FOR THE FIRST TIME WHO NEED PE CREDIT

Monta Vista track and field is a team, not a club. Please understand that you may be cut for breaking any team rule, and that you may also be cut from the team if the coaches decide, in their sole opinion, that you are not giving my full effort or that you do not have a positive personal or team attitude. You should understand and agree that while the coaches' judgment may not seem objective, you have joined this team knowing that you are expected to be on time every day, to have a positive attitude, to cheer on your teammates, to give your best effort work hard and to improve every day rain or shine, and you trust the coaches in evaluating your effort and attitude and will accept their judgment. If you don't love track, and love working hard, an easier way to get PE credit is to join a PE class. Being on the track team is more work.

Being in reasonable shape when the season starts is an expectation. If you are feeling sore after the first few workouts, well...that is normal. Skipping practice and workouts because you are sore is not the way to improve. If you are serious about being your best and serious about contributing to the track team, we expect you to be working out and have a base level of fitness before the season starts.

You understand that if you are cut, and you needed PE credit to graduate, you will not graduate with your class.

If you think this is not reasonable, and you don't trust the coaches' judgment, then you don't have to join the track team—you can simply join a PE class. You can earn PE credit in a PE class with no risk. There is a risk that you will not get PE credit if you join the track and field team.

“Gritty people are creatures of routine. They have ritualized practice and reflection. They are always trying to get better and they are intentional about it.”

~Angela Duckworth