



*In 1933 nine freshmen began
college at the
University of Washington.
From families of fisherman
and loggers and farmers, they
joined the crew team...*





Why Do Some People Accomplish More Than Others of Equal Talent?

- ❧ Talent does not guarantee success
- ❧ Sustained commitment to ambitions is most important
- ❧ Grit distinguishes the star performers

*"If you want to be
a grittier person,
join a gritty team."*

~Angela Duckworth

UNABRIDGED

THE
BOYS
IN THE
BOAT

NINE AMERICANS AND THEIR EPIC QUEST
FOR GOLD AT THE 1936 BERLIN OLYMPICS



PENGUIN
AUDIO

Frank James Brown

Not everyone has been blessed with great talent, but anyone can **choose** to be a great teammate.



Not everyone has been blessed with great talent,
but anyone can **choose** to be a great teammate.

Positive Coaching Alliance Headings for
“Great Teammate”...

- 🌀 Relentless effort
- 🌀 Unselfish
- 🌀 Honest
- 🌀 Humble
- 🌀 Accountable
- 🌀 Strive to improve
- 🌀 Respectful
- 🌀 Resilient
- 🌀 Accountable



Be On Time



Prepare To Work Hard and Give Your Best



Your Team is Your Clique: Pull Your Teammates Along



Your Team is Your Clique: Push Your Teammates Forward





Express
Gratitude
and
Appreciation

*“If you want to be
a grittier person,
join a gritty team.”*

~Angela Duckworth

*And then do all you can to help
make that team even grittier.*

~Coach Flatow

2019 Boys' League Champions



Relay 2019



Monday 9/2

Wednesday 9/4



Saturday 9/14

2018 Girls' CCS Champions



Saturday 9/1



Beach

2013 Girls' CCS Champions



2013 x 2018 =

4,062,234...

[54] DYNAMOMETER TEST STAND

[75] Inventors: Harold H. Bartlett, Jr.; Charles H. Herr, Jr.; Lionel L. Kinsey; Ivan R. Lamport, all of Peoria, Ill.; Clarence A. Welch, Bettendorf, Iowa

[73] Assignee: Caterpillar Tractor Co., Peoria, Ill.

[21] Appl. No.: 763,315

[22] Filed: Jan. 28, 1977

[51] Int. Cl.² G01L 5/13

[52] U.S. Cl. 73/135

[58] Field of Search 73/134, 117, 135

[56] References Cited

U.S. PATENT DOCUMENTS

2,981,099 4/1961 Lapp 73/134

FOREIGN PATENT DOCUMENTS

603,714 10/1934 Germany 73/117

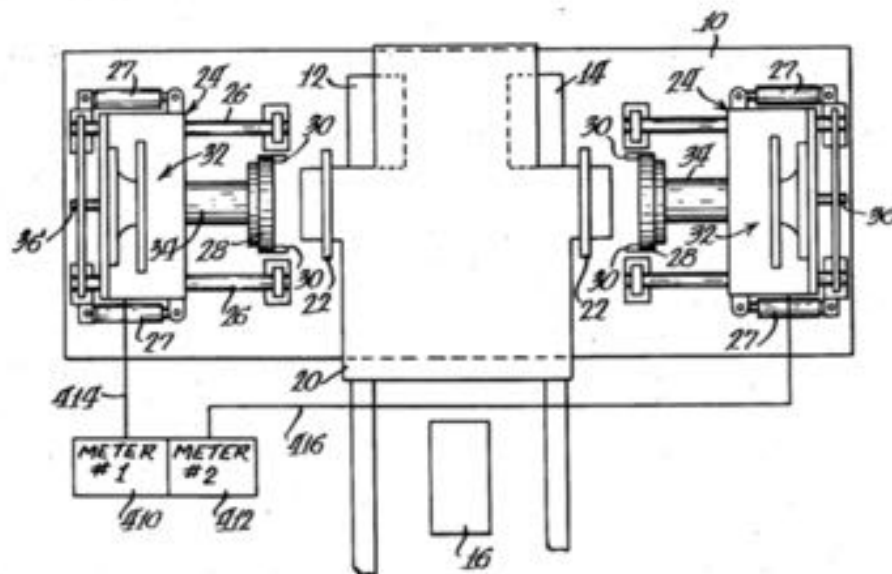
Primary Examiner—Jerry W. Myracle

Attorney, Agent, or Firm—Wegner, Stellman, McCord, Wiles & Wood

[57] ABSTRACT

A test stand for vehicles having opposed motive drive outputs including a stand for supporting the vehicle to be tested in a predetermined position with its motive drive outputs free from engagement with surrounding structure, a pair of dynamometers, one on each side of the stand, a pair of releasable couplings, one drivingly associated with each of the dynamometers, and adapted to be engaged with a corresponding one of the motive drive outputs of a vehicle on the supporting stand and a movable mount for at least the releasable couplings so that they may be moved toward and away from each other and the supporting stand. Also disclosed is an improved dynamometer construction, an improved self-aligning coupling and an improved method of testing a mobile mechanical power source such as a vehicle.

17 Claims, 5 Drawing Figures



United States Patent [19]

Bartlett, Jr. et al.

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Primary Examiner—Jerry W. Myracle

Attorney, Agent or
Wiles & Wood

[57]

A test stand for v
outputs including
be tested in a pre
drive outputs free
structure, a pair o
the stand, a pair o
associated with ea
to be engaged wit
drive outputs of a
movable mount fo
that they may be
other and the sup
improved dynam
self-aligning coupl
ing a mobile mech

17 C

Coach Flatow's CCS Championship

Team



Monta Vista Cross Country



2021 Awards Banquet

Random Announcements

- ❧ Go Turkey-Trotting! Silicon Valley Turkey Trot Nov. 28. It's virtual, but still it's cool.
- ❧ 2022 Track Pre-Season Meeting planned Monday, November 22, in the gym at lunchtime.
 - ❧ Run track!
 - ❧ Invite your athletic and gritty friends!
 - ❧ Get fresh shoes now and in February, too!
 - ❧ Get Winter Running organized!

Please get your blood/ iron levels tested

- ❧ I feel like this is a massive fail on my part
- ❧ 40-80% of young runners—say half—have iron levels low enough to effect their endurance and recovery
- ❧ Symptoms are often reported as 'dead legs'
- ❧ This is not usually a health issue but...
- ❧ ...I wonder how many runners think 'I'm just not good at this', or 'I'm not having much fun', when an over-the-counter supplement might have a major impact on the athlete's performance.
- ❧ <http://www.runningwritings.com/2017/04/low-ferritin-and-iron-deficiency-anemia.html>

Gratitude

**Thank You,
Families and
Parents**

Thanks to...



- ❧ Pasta and other event hosts: Saldi family, Stevens family
- ❧ Mrs. Jasti (Kolli), Mrs. Hsu, Mrs. Stevens
- ❧ Mrs. Flatow
- ❧ Booster donors—100% of our team!
- ❧ Every parent who came to a meet, brought snacks, cooked healthy meals for our athletes, chaperoned, drove runners to get new shoes...

Special thanks to...

Robert Ma

Awards and Athlete Recognition



Team Recognition



Team Recognition

- ☞ Varsity Boys and Varsity Girls both qualify for the Central Coast Section Championships for the 10th consecutive year—every year since 2011!
- ☞ JV Girls team win league championship!
- ☞ Varsity Girls earn 7th in D1, Varsity Boys 11th in D1!

All De Anza League League Medalists/All League

Varsity:

Nikhita Saldi

Vivian Lau

Sydney Stevens

Justin Yu

Denny Dong

FSB/JVG:

Nerea Northrop

Valerie Ayzenberg

Anika Bhandarkar

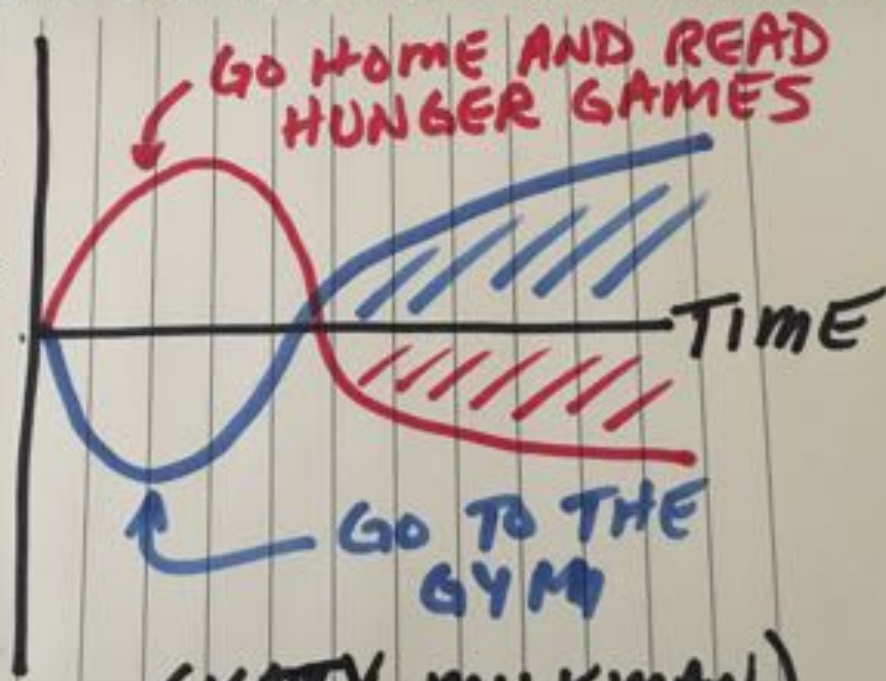
Megan Nieh

Ruhaan Shah

Top 15 Varsity;
Top 10 JVG and FS boys

A Culture of Grit

BENEFIT
TO YOUR
LIFE



(KATY MILKMAN)



ADVICE FROM THE
DO HOWE AND SEAD



(KATY MILKMAN)

The Clipboard!

A clipboard holds a spreadsheet titled "Distance Quality Workouts: XC 2019". The spreadsheet is a grid with columns for "Date", "Type", "Time", "Distance", "Pace", "Temp", "Weather", "Notes", and "Mileage". The "Notes" column contains several handwritten entries, including "52/157/45/50/1", "15/12/14/15/17", "45/13/12/10/9/8/7/6/5/4/3/2/1", and "45/16/15/14/13/12/11/10/9/8/7/6/5/4/3/2/1". A blue binder clip is attached to the left side of the clipboard. A ruler is visible on the left edge of the clipboard.

Date	Type	Time	Distance	Pace	Temp	Weather	Notes	Mileage
10/12/19	XC	1:10:00	3.00	3:30	50F	Cloudy		
10/13/19	XC	1:15:00	3.00	3:30	50F	Cloudy	52/157/45/50/1	
10/14/19	XC	1:20:00	3.00	3:30	50F	Cloudy	15/12/14/15/17	
10/15/19	XC	1:25:00	3.00	3:30	50F	Cloudy	45/13/12/10/9/8/7/6/5/4/3/2/1	
10/16/19	XC	1:30:00	3.00	3:30	50F	Cloudy	15/12/14/15/17	
10/17/19	XC	1:35:00	3.00	3:30	50F	Cloudy	33	
10/18/19	XC	1:40:00	3.00	3:30	50F	Cloudy	45/16/15/14/13/12/11/10/9/8/7/6/5/4/3/2/1	
10/19/19	XC	1:45:00	3.00	3:30	50F	Cloudy	45/16/15/14/13/12/11/10/9/8/7/6/5/4/3/2/1	
10/20/19	XC	1:50:00	3.00	3:30	50F	Cloudy		
10/21/19	XC	1:55:00	3.00	3:30	50F	Cloudy		
10/22/19	XC	2:00:00	3.00	3:30	50F	Cloudy		
10/23/19	XC	2:05:00	3.00	3:30	50F	Cloudy		
10/24/19	XC	2:10:00	3.00	3:30	50F	Cloudy		
10/25/19	XC	2:15:00	3.00	3:30	50F	Cloudy		
10/26/19	XC	2:20:00	3.00	3:30	50F	Cloudy		
10/27/19	XC	2:25:00	3.00	3:30	50F	Cloudy		
10/28/19	XC	2:30:00	3.00	3:30	50F	Cloudy		
10/29/19	XC	2:35:00	3.00	3:30	50F	Cloudy		
10/30/19	XC	2:40:00	3.00	3:30	50F	Cloudy		
10/31/19	XC	2:45:00	3.00	3:30	50F	Cloudy		

A Culture of Grit



- ❧ Ellie Hsu + 2018, 2019
- ❧ Jasmine Varma
- ❧ Anika Bhandarkar
- ❧ William Wu
- ❧ Sophia Chen
- ❧ Margaux Francoeur
- ❧ Joey Suresh
- ❧ Siran Gao
- ❧ Alex Nguyen
- ❧ Vivian Lau +2018, 2019
- ❧ Raje Kenyan
- ❧ Agnes Wang + 2019
- ❧ Megan Nieh
- ❧ Andrew Cole + 2019
- ❧ Sydney Stevens
- ❧ Tanay Parikh

A Culture of Grit

Every Year: I am Grateful



℞ Ellie Hsu

℞ Vivian Lau

Rookie of the Year



Rookie of the Year

Tanay Parikh



Anika Bhandarkar



Most Improved



Most Improved

Amogh Rajagopal

Insiah Kizilbash



Most Inspirational



Most Inspirational

Andrew Cole

Elisabeth Hsu



Spirit of Running



Spirit of Running

Sophia Chen



Coaches' Award

Soti Kougiouris

Sydney Stevens



Most Outstanding



Most Outstanding

Justin Yu



Nikhita Saldi



Be Great!

**We Get One Shot At This!
The World Needs You!**



01

KEEP YOUR
HANDS OFF
EIZOUKEN!

大童澄瞳

AKIHO HORAKI



Keep Your Hands Off Eizouken!





Parent Presentations Senior Speeches

Thank You



