

## De Anza League Finals, Crystal Springs November 1, 2011

*“To give anything less than your best is to sacrifice the gift.”*

*--Steve Prefontaine*

### **League Championships!**

- ❖ **This is going to be a great day to race!**
- ❖ Eat a LIGHT lunch. You do not want a full stomach, but you do not want to be on empty either.
- ❖ **Released from school in two groups because of the race schedule:**
  - **All freshmen and sophomore boys are released at 12:15 to be picked up at the bus circle at 12:30 (for a 2:15 race)**
  - **Everyone else will be released at 12:45 to be picked up at the bus circle at 1:00 (for the next race at 2:45)**
- ❖ Look for your coaches when you get there for a camping spot (close to where we were for SCVAL Preview)
- ❖ Bring a snack for after your race.
- ❖ Don't forget your uniform. (All of it!)
- ❖ High 71 low 47 be prepared for all weather conditions.
- ❖ Be prepared, bring **3 large trash bags**: 1-for your dirty, wet, muddy clothes; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho.
- ❖ At all times please demonstrate respectful team behavior.
- ❖ ***PLEASE remember, every Monta Vista runner should thank a volunteer at least once; at the start, at the finish, thank the timer, thank anyone and everyone (you have an unlimited number of 'thank-you's that you can say in your life, use them!)***

### **Important rules for Crystal Springs:**

- When arriving at the course, PLEASE stay off neighborhood lawns, yards, and gardens. Think about how you would feel if 1,000 kids walked on your front lawn, and please be considerate! ☺ If anything, say hello to any neighbors. We want Monta Vista to be known as the best-mannered, most respectful team around (as well as the fastest, smartest and best-looking!)
- The league has a trainer and EMT on site for this meet. Please let all parents know that they do not need to call 911 for an emergency, please find a coach or see the on-site EMT and they can call—they know who to call directly.
- Please do not warm up on the course, warm up in designated areas.
- Do not run alongside competitors, this can be interpreted as 'pacing'.
- Jewelry rules will be strictly enforced.
- Clean up and PACK OUT all trash and recyclables.

### **Warm-Up:**

Find your warm-up leaders, 45 minutes before the race and stick with them! Be at the starting line 10 minutes before the start. If you are running later in the day please hold the boxes for your teammates.

**Course:**

2.95 Miles of dirt and rolling hills. This is what you train on! Have fun with your race and run smart! **It is a Great Day to race!!**

**Some Things to Think About:**

- ❖ We ran this course at the SCVAL Preview and you guys did great! This is a good course for our team; we train at Fremont Older and that is perfect prep for Crystal. You guys **eat** hills for lunch!
- ❖ Think about what you did at SCVAL and think about how to improve your race at leagues. If you have notes from your race at SCVAL, take a look. Consider writing down your race strategy (like Desiree does).
- ❖ Take a good look at the first loop on the course. Remember to pace yourself at the start. Lots of runners take off too fast on this course. But also remember...you are in better condition than a month ago! Pace yourself but be brisk.
- ❖ Find your 'sprint point' 30-60 seconds from the finish line and commit to yourself that you will make a fast finish.
- ❖ Put your heart into this race! And have fun too. We are all in this together!

**All it takes is all you got.--Marc Davis**

**SCHEDULE:**

Race	Time	Warm Up Leaders
F/S Boys	2:15	
JV Girls	2:45	Catalina, Ellen
Var Boys	3:15	Michael, Shivam
Var Girls	3:45	Nandini, Neha
JV Boys	4:15	Vikrant, Stephen
F/S Girls	4:45	Kiersten, Julia

**DAL and CCS Qualifiers (Varsity Teams):**

DAL is: Fremont (1), Homestead (1), Monta Vista (1), Cupertino (2), Los Gatos (2), Lynbrook (2), Saratoga (3). To qualify for CCS, a team must either be:

1. In the top half of the league in league finals, 2. The first place team in it's division, **or** 3. Faster than the at-large times (85:32-Boys, 106:40-Girls).

**WHO RUNS WHAT:**

**We will have race assignments on Monday.**

**All seniors will run in the Varsity races. Each team will designate the 7 Varsity team members, other seniors run in the race and their times will still be recorded.**

