

MV TRACK & FIELD/CROSS COUNTRY PHYSICAL PAPERWORK CHECKLIST

Name: _____

Student ID Number: _____

PLEASE USE THIS CHECKLIST AND ATTACH ALL PAPERWORK BY CLIP OR STAPLE

Forms can be found at

<http://mvhs.fuhsd.org/track> or
<http://mvhs.fuhsd.org/crosscountry>

- ☐ Athletic/Activity Participation Authorization (Parent Waiver Form)

Is the form complete with:

- ☐ Name of health insurance company and ID# on middle of page?
- ☐ Student signature?
- ☐ Parent signature?
- ☐ Physician signature?

- ☐ Preparticipation Physical Examination History Form (Physical Form A):

- ☐ Student signature?
- ☐ Parent signature?

- ☐ Preparticipation Physical Examination (Physical Form B):

- ☐ Physician signature?

- ☐ Code of Conduct (Last page only—signature page):

- ☐ Student signature?
- ☐ Parent signature?

Do you want PE Credit for participating in Track and Field/XC? ☐ Yes ☐ No

If YES, then you understand you must attend practice regularly and attend all league competitions? AGREE (Student signature): _____

- ☐ Physical Education/Competitive Sports Participation Agreement (only needed if you want credit towards your PE requirement)

- ☐ Student signature?
- ☐ Parent signature?

- ☐ Athletic Booster Membership Form

- ☐ Check payable to Monta Vista Athletic Boosters
- ☐ Or please write on the form, 'choose not to join' or 'financial hardship' and return the form to us

- ☐ **Please consider an additional donation** of \$50 to the Track & Field or Cross-Country team, see following letter.

- ☐ Check payable to Monta Vista ASB

Uniform and T-Shirt Size Request: _____

(Note: Lost/damaged uniform charge is \$50 per item; maximum \$250 for jacket, pants, shorts, singlet and track bag)

A Letter from the Coaching Staff
To Parents and Supporters of Monta Vista Running/Jumping/Throwing

Dear Parents,

We've accomplished a lot and done several innovative things in the last year of track & field and cross-country! We hope that you are proud of your kids and pleased with what we've been doing. Some of the highlights include:

- Finally providing complete, matching uniforms for the team, including warm-ups and track bags!!!
- First big overnight trip—27 athletes competing at the Mt. SAC Invitational in Los Angeles.
- Having several Olympians and potential Olympians come to talk to the team, including Erica McClain, Josh Cox and Desiree Davila.
- Providing education to the parents through a youth athletics seminar with Professor Russell Pate, of the University of South Carolina, and Coach Edrick Floreal, head coach of track & field at Stanford University.
- Setting up our own web site (mvrrunning.com).

As we prepare for the 2012 track season, we have many reasons to be excited. We are coming off a great cross-country season, where highlights included having 90 athletes compete for our team, sending both a boy and a girl to the state meet, winning the DAL JVG, and having our Varsity girls go from 4th in league in 2010 to 4th in section in 2011. We enter 2012 with a fabulous coaching staff, with great coaches returning (including Ray Cornell—who is a truly beloved hurdles coach—and MV alums Matt Paquet and Daniel Fong) and newcomers highlighted by our new jumps coach, 2008 Olympian and Stanford graduate Erica McLain, and 4-time Olympic Trials qualifier (and instructor/PhD in Chemistry) Dr. Barb Acosta.

We do have challenges in 2012—while we are waiting for our new fields, which are FINALLY under construction, I fear that team training and logistics will be a bit chaotic at times—however, with lots of support and a positive attitude, we can get through this year and be ready for our new track home in 2013.

At my first meeting with track & field parents in February 2011, some of the parents asked me if the team needed more funding. My answer was 'probably' but that I was not going to ask for any money until we could tell the parents what we needed it for, or better yet, show the parents what we were doing with the additional funding. After one track season and one cross-country season, we'd like to tell you what we are spending our money on.

We have spent between \$108 and \$115 per athlete, per season, over and in addition to the money contributed to the team budget by the Boosters and from the school. What we have used this money for includes:

- Team technical shirts
- Guest speakers

- Web site design and maintenance (this cost was mostly spent last summer, ongoing costs are not too bad, we've been maintaining the site on our own—however we would always welcome contributed articles for the web site!).
- Professional photography by Ezra Gordon
- Awards
- Food and snacks

Also I'd like to call attention to our great coaches and their dedication. The school district provides the team with two small coaching stipends for cross-country and four stipends for track—yet we are fortunate enough to have had four cross-country coaches last season and seven track coaches this coming season, who share in the available stipends. Jodi, Matt, Ray, Erica, Barb, Scott, and Daniel are demonstrating exceptional dedication to our kids with the amount of work these talented coaches give to the teams, and their primary compensation is the gratitude of the kids.

It's a fact that the current state of our public schools, that we have to get by with limited financial resources. There is no sense complaining about the situation, that's the situation we have been given. However just because the economy is not great and our state has not given our high schools what we got when I went to public school in California, does not mean we have to accept that. Over the past year we have tried to see how much more can be provided for the team, and what our kids get out of what we do, if our sights are set high.

We hope that during the last year the kids have learned a lot, enjoyed themselves, found more joy in athletics, and learned more about what they have inside.

If you are happy with what we are doing, we would like you to consider, in addition to contributing to the Monta Vista Boosters, an additional donation directly to the track & field and/or cross-country program of \$50. If you can't contribute \$50, any amount is welcome. And if you are not happy with what we are doing, please come let us know—your coaches want to keep improving, and we want to provide the best possible athletic program to our kids.

Thank you very much for your attention and consideration...and we look forward to seeing you at the track this season!

Go Matadors!

Kirk Flatow and the 2012 Monta Vista Coaching staff: Ray Cornell, Jodi Johnson, Matt Paquet, Daniel Fong, Barb Acosta, Erica McLain, Scott Bloomquist