



Monta Vista Cross Country Team
Mt. SAC Invitational October 19-20, 2012
Overnight Traveling Team Invitation, Rules and Agreement

Congratulations! You have been invited to participate as part of the Monta Vista High School Cross Country team at the Mt. SAC Invitational—the largest high school cross country invitational in the country, with more than 20,000 athletes! The race has been run for 64 years in a row, with many runners going on to become accomplished athletes in college, professionally and even the Olympics. This is a great opportunity and a great experience, however we must all remember that traveling to a major meet is a privilege. Your academic responsibilities come first. An athletic trip **MUST NOT** be the cause of any drop in your grades, no matter how minor.

This letter will cover the commitment you are making to yourself, your parents, your coaches and your team by accepting the invitation to come on this trip.

Mt SAC 2012 and the PSAT--Information:

Unfortunately for everyone, the Mt. SAC invitational is scheduled on the same Saturday that Monta Vista is holding the PSAT. Here is the coaches' position on this:

1. The PSAT is more important than any race. Your education is more important than any sport.
2. All Juniors **must** take the PSAT, without exception. The PSAT is good practice for your SAT. Also, the PSAT in your junior year is the qualifying test for the National Merit program, and you are a brilliant bunch that we believe includes potential National Merit Scholars. I'd like to see you win both National Merit Scholarship honors AND a medal at Mt. SAC, but if I have to choose, I would rather see you get the National Merit honors! That has more impact on your college application than an XC medal. That statement may sound funny from a track coach, but it's the truth. I brag about your brains all the time. So you have to take the test! No Juniors may travel with us if they have not made alternative test-taking arrangements.
3. Freshman and sophomores who want to take the PSAT should do so. Do not feel pressured by your friends, your coaches, or anyone to skip taking the PSAT if you

feel taking a practice PSAT would help make you feel comfortable with test-taking in general. You are a student athlete, and academics do come first. If you want to take the PSAT, take it! We will get you another race.

4. Karen Patti, Zach's mother, has worked very hard to find an alternative test date for MVXC. You may take the test at Willow Glen High School on Wednesday morning, October 17. More information on the last page.

If you take the PSAT on Wednesday, you will miss second period. Please factor missing second period into your decision on whether to join us at the Mt. SAC Invitational. It is OK to miss this meet if you have any concerns about either taking the PSAT on Wednesday, or if you have concerns about keeping up with schoolwork!

General Rules:

1. You are expected to act like ladies and gentlemen at all times. You will exhibit appropriate behavior in hotels and restaurants. You must respect the other patrons at all times. Any complaints about your behavior means that you will not be able to travel with Monta Vista Running (XC or T&F) again.
2. This is NOT a vacation. You are traveling for one reason only, to race with your team. We can enjoy ourselves along the way however do not forget, the primary mission is to represent our team and our school, and test ourselves on the athletic field at the highest level.
3. You will be expected to bring homework and work on it. Anyone not keeping up with classes will not be on the traveling team. It is your responsibility to assure and satisfy teachers and parents that you are keeping up—and excelling—academically.
4. Curfew: Before a race, you must be in your rooms by 9:00pm, lights out at 10:00pm (or earlier if the race is early). After a race, lights out at 11:00pm (or earlier if we are leaving early in the morning). Failure to abide by the curfew means you will not be on the traveling team again (this may effect everyone sharing the room, so respect your roommates).
5. You are expected to eat with the team and stay with the team.
6. Boys are not allowed in the girls' rooms, and girls are not allowed in the boys' rooms, at **any** time for **any** reason. Again, failure to abide by the curfew may mean that everyone in the room will not be on the traveling team again. The only visitors to your room may be coaches or family members. Girls and boys may get together in a public space (remember to be respectful of others sharing the space) or in a coach's room if they allow it.
7. Respect: The overall standard for MV behavior is **respect**. If not mentioned specifically above, your behavior should reflect respect for everyone around you—for yourself, your team, coaches, parents and drivers, hotel and restaurant staff and patrons, meet officials and volunteers, competitors, everyone. If you fall short of our expectation of respect, please be prepared to accept the consequences with grace.

Mt. SAC 2012 Specific:

1. We are asking every athlete traveling to contribute \$200 towards the cost of this trip.

2. The team will pay for the following: Your hotel room, lunch and dinner on Friday. On Saturday, breakfast (at the hotel, a buffet) sandwiches for lunch, and dinner on the way home. We will be traveling as a team by bus. You will need to bring money for any snacks along the way (or bring healthy snacks to eat along the way) and for any souvenirs.
3. You will be assigned to share a hotel room with as many as 3 other teammates (4 to a room). The room is going to be at a budget hotel—we hope it is OK but none of us have stayed there before. We can handle anything without complaining for one night, *right?* Remember that negative comments will lead to negative thoughts, which will lead to a worse race. Your coaches and parents have worked hard to make trip of this magnitude possible for the Monta Vista cross country team so please let's try to be as positive as possible no matter what happens!
4. We will be driving down to Walnut California early on Friday, October 21. We will make a decision shortly on whether we will leave before or after 2nd Period on Friday morning. It is your responsibility to talk to all your teachers and do everything you need to do to miss that day of school without the absence affecting your grades—or your education. *In your coaches' opinion, there is no athletic trip that is as important as 0.1 points on your GPA.* Athletics should help your grades, by giving you a healthy body and a clear mind, and inspiring you to work harder at everything you do. If you fear you can't keep up with your classes, *don't go on this trip!* There will be many more races, don't worry!
5. Pack as lightly as possible. *You are only going to be gone for one night!* Duffle bags are better than hard suitcases so we can cram gear into storage areas. We are not doing any fine dining this trip ☺ so casual clothes are fine.
6. Show your spirit and wear lots of Monta Vista gear!
7. Bring a refillable water bottle with your name on it for the car ride and meet.
8. Don't forget to bring all of your uniform! Here is a trick from your coach, guaranteed to keep you from forgetting to pack anything: Get dressed as if you are going to race, from race shoes and socks up to singlet, warmups and hair ribbon. Look at the mirror; are you ready to go race? Now get undressed and as you take off everything, put each item immediately in your track bag—not on the floor or on your bed where you might miss a sock that falls underneath a chair! Undress right into your track bag. Now you have everything you need for ***a great day to race!***

I understand and agree with the above: _____

Print name: _____

Parent Signature: _____

Please return this form together with a check made out to Monta Vista ASB for \$200 by Friday, September 21.

**Information For Student-Athletes Who Want to take the PSAT
at Willow Glen High School
Wednesday, October 17, 2012**

- Zach Patti's mother, Karen Patti, has made the effort to arrange for testing arrangements for MVXC. Mrs. Patti's contact information is as follows:
 - Home phone [\(408\) 253-4840](tel:4082534840)
 - Cell phone [\(408\) 718-4064](tel:4087184064)
 - Email pattikaren@gmail.com
- The cost is \$20 per student. If you have already paid for your test at Monta Vista, our understanding is that there will be NO REFUND. So the \$20 cost of the PSAT will be an additional cost of the trip.
- The sooner that Mrs. Patti can get the numbers of students who want to take the PSAT at Willow Glen the better. If you want a slot at Willow Glen, please contact her as soon as possible.
- Willow Glen will need a copy of each students Monta Vista identification so that the school can verify that the right person is taking the PSAT.
- Mrs. Patti has generously agreed to pay Willow Glen in advance and everyone who agrees to take the test will pay her back. She trusts you! So if you tell her you are going to take the test, please provide \$20 to Coach Flatow or Coach Johnson, along with a copy of your Monta Vista Student ID, or give this directly to Mrs. Patti, as soon as possible after you confirm.
- The testing coordinator at Willow Glen is listed below, you can also send the ID directly to her but it will be much easier to have Mrs. Patti do this:

Kate Moody Kate.Moody@sjusd.org

College and Career Center
Willow Glen High School
2001 Cottle Avenue
San Jose, CA 95125

If you are a Junior, you must take this test before traveling with the cross-country team to Mt. SAC! If you are a Sophomore and want to take this test as a practice test, you should also take the test before travelling to Mt. SAC; do not sacrifice your academic goals!

It is YOUR RESPONSIBILITY to work with Mrs. Patti and Willow Glen High School to arrange for you to take the test on Wednesday. PLEASE BE ALERT FOR ALL MESSAGES AND BE RESPONSIVE TO ANY REQUESTS FROM MRS. PATTI. We are working hard to make this possible for anyone who wants to travel to Mt. SAC but you have to help the parents make this work. Your coaches are not responsible for the test—but your coaches want you to take the PSAT! So be responsible and make this happen!

And...good luck on the test! If you become a National Merit Scholar, please let your coaches know. The team will celebrate with you!!!