

De Anza League Finals, Crystal Springs
October 30, 2012

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

--Steve Prefontaine

Monday Night Pasta Party!

Kirsten Do's House

10507 Manzanita Ct. Cupertino, CA

Time: 6pm - 8pm

Plan your homework so that you can come to the party AND get your sleep!

Kirsten and the captains will be in touch about what everyone should bring.

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 at 12:45 to be picked up at the bus circle at 1:00**
- ❖ Look for your coaches when you get there for a camping spot (close to where we were for SCVAL Preview)
- ❖ Bring a full bottle of water and a snack for after your race.
- ❖ Don't forget your uniform. (All of it!)
- ❖ The jewelry rule will be strictly enforced.
- ❖ Looks like weather in the 60s, 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. Turn to a competitor and have a good race, and congratulate the runners in front and behind you in the chute. It's good for your karma, it's good for our sport, it's good for you.
- ❖ ***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!)*** Coach Danny Moon from Saratoga is the meet director, he is a real running fan (he is a friend of Coach Barb's BTW)

‘SOME MEN GIVE UP THEIR DESIGNS WHEN THEY
HAVE ALMOST REACHED THE GOAL;
WHILE OTHERS ATTAIN A VICTORY BY EXERTING,
AT THE LAST MOMENT, MORE VIGOROUS
EFFORTS THAN BEFORE.’

—POLYBIUS (200-118 BC)

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 the number to call for direct response.
- Please do not warm up on the course, warm up in designated areas only.
- While supporting your teammates, do not run alongside teammates, 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. Warm up as a group! 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, run smart, run with heart! **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.
- ❖ 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. The race really gets going at Mile 1. But also remember...you are in better condition than a month ago! Pace yourself but be brisk during that first mile. It's OK to let other runners do the work for a while; it's fine to tag along until they slow; when you pass, pass them **hard!**
- ❖ 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!

"Having faith is the most difficult thing in the world. Many will try to take it from you."

--Steve Prefontaine

"Every passion has its destiny."

—billy mills

SCHEDULE:

Race	Time	Who Runs What
F/S Girls	2:00	Monta Vista will not compete
JV Boys	2:30	All juniors not running Varsity
JV Girls	3:00	All girls not running Varsity
F/S Boys	3:35	All frosh and soph boys not running Varsity
Varsity Girls	4:05	Bridget, Kirsten D, Jenny, Julia, Chloe, Maddie, Anna And all senior girls are also in this race.
Varsity Boys	4:35	We will discuss on Monday And all senior boys are also in this race.

Seniors not part of the varsity team start in the last line.

**IF YOU CAN'T RUN BECAUSE OF INJURY, AND YOU WANT PARTICIPATION CREDIT,
PLEASE SEE COACH FLATOW AS WE NEED YOU AS A VOLUNTEER MEET HELPER.**

Warm up leaders:

JV Boys: Malcolm Flint, Salvador Torres-Gonzalez
JV Girls: Emma Seyer, Sameera Vemulapalli
F/S Boys: Lucas Tao, David Wang
V Girls: Bridget Gottlieb, Catalina Huang
V Boys: Ajay Rajamani, Rohan Choudhury

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).

*"Life's battles don't always go to the strongest or
fastest man. But sooner or later the man who wins
is the fellow who thinks he can."*

--Steve Prefontaine

