

Monta Vista Track Team 2013
Willow Glen Track and Field Invitational
Saturday, March 2, 2013

Location

2001 Cottle Avenue, San Jose, CA 95125

The track is at the back of the school, there is parking on Cherry Avenue close to the grandstands.

Meet Overview

This is a fairly new, nice and fast track and a great place for your first race of the season. Also, this is the site of Coach Flatow's high school glory years—he was a Willow Glen Ram and wore red and gold before switching to purple! It's a well-run meet in its 8th year, but fairly low-key so no need to feel stressful. This is a good chance to get your racing legs back and have some fun!

Note: Check in at the course registrar as soon as you arrive! This line can get long at WG. Usually registrar under the stands, near the finish line.

3 Things Your Coach Would Like You to Focus on at Willow Glen

1. **Preparation:** Warm up more than you think you need to. High school athletes hardly ever warm up enough. Try getting really warm and see what it feels like when you race. You should be a little sweaty at the starting line.
2. **Positive Mental Attitude:** Say it out loud when you are on the starting line—'***This is a GREAT day to race!***' (Every day is a great day to race, isn't it?)
3. **Demonstrate that Monta Vista values the racing community:** Thank at least one of the officials or volunteers for being out there helping with the race. We would not have track and field without their efforts. MV is known for sportsmanship, the more officials and volunteers will look out for us and help us. Thank everyone you can, this costs you nothing and your words mean more than you. If you go find Coach Santamaria from Willow Glen and introduce yourself...you will be meeting one of the really fine coaches in our area.

Notes

- Get to bed early no matter what time your race is! Let's say, be in bed at 10pm.
- Get up at least 3 hours before your race start.
- Eat a good breakfast – on race day, I like a banana, toast, and some protein such as peanut or almond butter, orange juice. A lot of people like oatmeal with some raisins and nuts. If you are not racing until the afternoon, a slightly bigger breakfast and a snack about 3 hours before your race is a good idea—even a full lunch if you are in the last race of the day. This is YOUR fuel so pick out what works for you. Whatever you eat, I suggest you write your menu down; afterwards, if you have a good race, you might want to repeat this routine. If you don't run very well, maybe this menu is something to think about changing.

- Bring a snack/lunch for after your race. A mix of protein and carbs are good, such as a peanut butter and jam sandwich, or a turkey sandwich, and a piece of fruit. Chocolate milk is a good recovery drink and tastes good too. Try to eat something small, with protein and carbohydrates, within 30 minutes of finishing your warm down, and have a complete meal within 2 hours of finishing.
- Check the weather report to figure out what clothes to bring! Right now the weather looks good. Dry clothes for after the race.
- You are responsible for arranging how to travel to and from the meet!

Don't forget to pack

- Your school issued uniform.
- Running shoes, spikes, extra spikes, spike wrench or throwing shoes. Check and change your spikes the night before!
- Warm up shoes and socks.
- Vaseline to lubricate spikes before screwing them into shoes.
- Extra clothing as needed—sweats, dry clothes, even underwear and socks in case of cold, rainy, or hot weather.
- **Water** and water bottle!!! And food.
- Sunscreen, hat, sunglasses.
- Garbage bags are good to keep your gear dry or can be emergency rain gear.
- Toilet paper (invitational meets always run out).
- Any medications you need.
- Hair ties.
- Homework for any downtime.
- \$\$\$\$ (emergencies, food, t-shirt...)

Entries and Schedule (Rolling Time Schedule)

Bring this with you so you know when you will be running

9am	VB	TJ	Gokul
	F-S	3200 Run	Emilio (FS)
	F-S/VG/VB	4x100	
	VG/VB/F-S	Hurdles	Giselle
	VG	3200 Run	Bridget, Maddie
	FS/VG/VB	100m	Guhan (VB)
	VB	3200M	Jeffrey
11am	VG	TJ	Rhea
	VB	LJ	Gokul
Break			
12:30	FS/VG/VB	200M	Guhan (VB)
	FS/VG/VB	800M	Chloe, Kevin K (VB), Juiyi (VB), Bumpei (VB),
	VG/VB/FS	300 IH	
	FS/VG/VB	400M	Yusuke (VB)
	FS/VG/VB	1600M	Julia, Jenny, Rohan (FS), John (VB), Steven (VB), Brent (FS), Zach (VB), Ajay (VB), Anand (VB), Wayne (FS), Salvador (VB)
	FS/VG/VB	4x400	Anand, John, Steven, Bumpei
1:00p	VG	LJ	Rhea
	FS	TJ	William

Find Me

I'm planning to find a spot on the far left of the grandstands as you look up at the grandstands from the track (close to the finish line). I'll move around but my wife or someone from MV should be there.