

**Monta Vista Track Team 2013**  
**Frosh-Soph Classic**  
**Friday, March 29, 2013**

### **Transportation**

YOU are responsible for arranging your transportation to Los Gatos! If you are driving, try not to leave with an empty seat in your car.

### **Location & Start**

Los Gatos High School  
20 High School Court  
Los Gatos, CA 95032

### **Meet Overview**

This is a showcase for freshmen and sophomores! No upperclassmen in this meet. For boys, this is the qualifier meet for Top 8 in three weeks, for girls this is an invitational. For everyone, a chance to compete ‘under the lights’ at Los Gatos!

### **3 Things Your Coach Would Like You to Focus on at Los Gatos**

1. **Your team:** All of you are in your first or second year of high school track, and most of you will be at a night meet for the first time. It is easy to get overwhelmed and freak out. Hang out together, talk, help each other remember the things that you need to do to prepare and to perform well. No one can help you more than your teammate, and no one can be as helpful as you can in reducing your teammate’s stress level. And help each other keep on eye on the schedule so no one misses their race!
2. **Positive Mental Attitude:** Remember that *“This is a GREAT day to race!”* Say this out loud when you are heading to the starting line (or the jump pit, or throwing ring!). Get your head into a space where you are ready to compete your best. Remember that talented competitors are a gift to help you find something inside yourself that you did not know you had (just like in life—smart study group partners help you learn more than you thought you could, great co-workers will help you achieve more in your job than you thought possible).
3. **Do One Thing Perfectly:** Focus on the process, not your competitor, before your race. Think of something that your coach taught you, or emphasized this week. This focus item could be anything: A warm up drill; a mental exercise; your first lap pacing; a detail of form or technique; a race tactic or strategy, anything!

### **Notes**

- You must wear your school uniform! **ALL UNIFORMS OF RELAY TEAMS MUST MATCH EXACTLY!**
- No jewelry of ANY KIND! Jewelry rules will be strictly enforced.
- Get to bed early the night before! Let’s say, be in bed at 10pm. You can still get your homework done—but there is probably no time for updating Facebook! ☺
- Eat well! Have a good breakfast – 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. For lunch, something

healthy and not too heavy; maybe a turkey sandwich on whole-wheat bread, peanut/almond butter and jam sandwich (it's not just for kids!), or a pasta salad, a carrot, and some fruit (a banana is good!) and an oatmeal cookie. Whatever you eat, 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 for after you are done competing. A mix of protein and carbs are good, such as a peanut butter and jam sandwich, or nuts and a piece of fruit.
- Check the weather report to figure out what clothes to bring! Have 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.
- **Water** and water bottle!!! And food.
- Any medications you need.
- Hair ties.

## **SCHEDULE**

This schedule is as was posted on 3-26-13. This schedule may change slightly!!! Make sure you arrive WELL BEFORE your start time and check in. Traffic and parking in Los Gatos on Friday nights before a big meet can be crazy!

Rhea Choudhury LJ 4:15pm, TJ 5:45pm  
Bhavana Pabbesetti SP 5:45pm  
Liam McNeil--alternate 1600M 4:40pm  
Chatty Adiga--alternate 400M 5:55pm  
Rochish Ambati--100M 6:15pm, 200M 7:35pm  
Rohan Choudhury--800M 6:35pm  
Maddie Yip--3200M--SCRATCH  
Brent Mogensen--3200M 8:10pm  
4x400 Relay—Chatty, Rochish, Rohan, Pranav 8:35pm