

Monta Vista Track Team 2013
Stanford Invitational
Friday/Saturday, March 29/30, 2013

Transportation

YOU are responsible for arranging your transportation to Stanford! If you are driving, don't leave with an empty seat in your car (especially invite Freshmen and Sophomores who can't drive themselves and don't have any options).

Location & Start

Cobb Track and Angell Field, Stanford University, Stanford, California.
Near Galvez St. and El Camino Real...see map on page 3.

Meet Overview

This is an advanced competition. We have more athletes in Stanford this year than in...well, in a while!

3 Things Your Coach Would Like You to Focus on at Stanford

1. **Focus:** It's easy to get overwhelmed in a big meet. Don't sweat it. How fast other athletes run is up to them, this is not tennis or basketball or boxing, you can't effect what they do! What you can do is take care of yourself: Get great sleep the night before, eat in a healthy way like you always do, hydrate, get up and get to the race on time, warm up in the way that works for you best (and with your relay teammates), and get ready to do your best. This is good practice for other big meets—and for test taking, job interviews, lots of big events where you want to perform well.
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!). 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!!!

Friday

Meet Coach Flatow in front of the athletes' entrance at 12:30-12:40 (the athlete's entrance is posted and is easily found from the parking lot labeled 'TEAM BUS AND TEAM VAN DROP OFF' on the map on the next page).

Girls 3000m 1:50pm

Jenny

Saturday

Meet Coach Flatow in front of the athletes' entrance at 11:00 for your wrist band and bibs (the athlete's entrance is posted and is easily found from the parking lot labeled 'TEAM BUS AND TEAM VAN DROP OFF' on the map on the next page).

Girls 4x800 12:34pm (tentative)

Bridget, Sunny, Jenny, Maddie

Boys 4x800 1:04pm (tentative)

Ajay, Bumpei, John, Anand

