

## Meet Sheet/Final Instructions: ASICS/Clovis Invitational October 12, 2013

This is the first time that Monta Vista has competed at the ASICS/Clovis Invitational! There are over 4,000 runners registered, representing more than 160 of the top running schools from all over California. We belong with this group!

Since this is the first time that we are participating in this meet, and because we are traveling, we will need to be at our most attentive. Pay attention to the time, make sure you give yourself plenty of time to get to where you need to be—your ride, to meet for a meal, to be warmed up, to be at the starting line. Everything might take a little longer than you anticipate. It's better to be in the lobby ten minutes early, rather than have everyone waiting for you.

The first time at a big meet is an especially good time to display exceptional respect and sportsmanship. Shake the hand and say good luck to the competitors on your side at the start, and the runners who finish before and after you at the finish. Thank at least one volunteer at some point during the meet—go seek out a finish judge or a timer, these volunteers are taken for granted and a 'thank you for a great meet' will make their day!

### **Tuesday, Wednesday and Thursday before the meet:**

You know that the weekend is coming so let's get homework done early—get ahead of what you need to do to keep your grades high. Try to a little extra sleep on Wednesday and Thursday nights, sleep in the bank will pay off if you are excited on Friday night! Eat healthy, pay attention to your hydration.

### **Packing:**

Pack lightly—you are only gone for one night! Pack everything in soft duffel bags, these will fit more easily into car trunks.

Make sure you pack everything you need to race! Here is your coach's trick to make sure that you have everything: Get dressed like you are ready to go to the race course. Put on your uniform, warm ups, socks, racing shoes, hair tie, everything. Look at yourself in the mirror—are you ready to race? Then get undressed and put everything directly into your travel bag/gear bag. Don't put anything on the floor or a chair or your bed; this is how you forget a sock (tangled in your blanket) or your shorts (underneath a pillow) or one shoe (pushed under the bed). Directly off you and packed to travel! Don't forget to bring homework to do on the road or during downtime, a water bottle, and snacks.

### **Friday Transportation:**

You will be leaving directly after school to try to beat as much traffic as possible! Meet the parent drivers in the parking lot no later than 3:20pm and take off. Be dressed in workout gear. We have exactly the same number of seats as we do athletes so just get in the cars and go! (note—I know this mixes boys and girls in cars but based on the number of seats and athletes we have to mix! We will have more room coming home, Brent's parents and Bridget's parents will drive to Clovis on Saturday morning and can take some of you back, so you can switch off on the way back it's fine with me).

Driver (parent of):	Seats	Athletes
Akshay	3	Akshay, Brent, Emilio
Max	4	Max, Rohan, Julia, Chloe
Kaylene/Zach	5	Kaylene, Paru, John, Zach, Anand
Maddie	5	Maddie, Bridget, Jenny, Sunny, Isabel

**Friday Driving:**

Coach Flatow and Coach Johnson will leave before you, we are going to drive early and check into the hotel and meet you in Fresno.

We will drive directly to Kastner Intermediate School. As soon as you arrive, you will meet your coaches at the school track for a short stretch session and a shake out run. After our run, we are going to go to a pasta feed right there at the school. The Clovis High School Cross Country Boosters host a pasta feed for all athletes on Friday night, catered by a locally owned Italian restaurant. There will be pasta (meat sauce or vegetarian), salad, bread, fruit, drinks and dessert. Again, we have never tried this before, however this seems like a great way to get into the atmosphere of the Invitational while supporting our sport!

**Kastner Intermediate School**

**7676 N. First Street, Fresno, CA 93720**

**(on First Street between Nees and Alluvial streets)**

After dinner, we will go to our hotel.

**Garden Inn and Suites**

**4949 N. Forestiere Ave.**

**Fresno, CA 93722**

**(559) 277-3888**

Room	Athletes
A	Julia, Chloe, Paru
B	Jenny, Sunny, Isabel
C	Bridget, Maddie, Kaylene
D	Rohan, Emilio, Brent, Max
E	John, Zach, Anand, John

**Saturday:**

The first race we have athletes entered in is at 11:05am—so we will not have to get up super-early. Breakfast will be at the hotel. The schedule for the day is in the table below.

Time	Activity	Notes
8am	Meet for breakfast at hotel	Everyone be dressed, packed, ready to go after breakfast. Let's get ready to go together.
9am	Leave for race course	<b>Woodward Park, Mountain View Shelter, Fresno</b>
11:05am	Frosh-Soph Girls/Large Schools	Paru, Kaylene
11:35am	Frosh-Soph Boys/Large Schools	None
12:00	JV Girls	None
12:35pm	JV Boys	Akshay
1:05pm	D1 Varsity Girls	Bridget, Jenny, Maddie, Julia, Sunny, Isabel, Chloe
1:35pm	D1 Varsity Boys	Anand, John, Zach, Rohan, Emilio, Brent, Max
		Head for home after we have all cooled down & packed!

**General and Important:**

- Try to eat particularly well for the few days before the trip, and pay attention to your hydration. Start your trip with all your fuel tanks in good shape.
- Bring along any snacks you think you might need.
- DON'T be hungry at the start of your race! Bring water at all times to sip, and a post-race snack too.
- Hydrate—start the day with a glass of water as soon as you wake up. Don't drink so much that you are sloshing around but you don't want to be thirsty either. The trick is to start hydrating the day before, and have a glass of water early in the morning, and your body will be well hydrated and you just need to sip.
- Don't forget your entire uniform, this includes your warm ups!
- Bring a dry t-shirt and other clothing—something MV and purple is good!—for after your race.
- TAGS/BIBS: Get them from your coaches and pin them on your uniform immediately!
- WARM UP: Find your warm up leaders 1 hour before race time. Stick together as a team during warm ups! Especially in a big race like this, having your teammates around you is going to help you prepare to run your best. Report to the starting line 10 minutes before the start of your race. Keep warm by doing some striders before the race (don't just stand there for more than a few minutes and let your muscles cool off).
- STARTING BOXES: Starting boxes will be assigned for the varsity and F/S races. JV race is first come, first served.
- WEATHER: Plan on it being warm—as of now, the projection is 88. Check next week!

**COURSE:** This is a 5000m course. We are running on the exact course used for the State Championships.

***“I tell our runners to divide the race into thirds. Run the first part with your head, the middle part with your personality, and the last part with your heart.”***

**– Mike Fanelli**

***“It is easy to break a single arrow, but not seven arrows in a bundle.”***

**-Japanese proverb**

***“The gun goes off and everything changes...the world changes...and nothing else really matters.”***

***"The only one who can tell you 'you can't' is you. And you don't have to listen."***

***“Everything you need is already inside.”***

— **Bill Bowerman**