

De Anza League Championships, Crystal Springs Tuesday, November 4, 2014

Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could. Racing helps us to find out what we are made of.

This is what we do. This is what it's all about.

We are racing at our home course! You have been working all season and are the best shape of your life! This will 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. Hopefully you have been hydrating all week, keep drinking!
- ❖ **Release Times:**
 - **JV Girls are released from school at 12:00, rides at 12:15, for a race at 2:00.**
 - **The rest of the team is released from school at 12:45 to be picked up at the bus circle at 1:00, for the first FSB race at 2:45.**
- ❖ We will plan on camping out at our usual spot at Crystal (I'm going to be there WAY early to set up for the meet, so we will get our space!).
- ❖ Bring a full bottle of water and a snack for after your race.
- ❖ Don't forget your uniform. (All of it!)
- ❖ Looks like great racing weather in the 70s, maybe a little warm. Be prepared for all weather conditions hot or cold. It will cool off late in the day so bring warm/dry clothing.
- ❖ 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!)**
- ❖ **Marie, the Monta Vista trainer, is coming to support the meet and will be at the finish line. Please thank Marie for taking the afternoon to come support us!**

Pay Attention to These Rules for Crystal Springs and Leagues

- Stay off private property; even stepping one foot on someone private property is subject to a \$100 fine!
- Any runners found on Hallmark Drive before, during, or after the competition without a coach or parent will be subject to losing their privilege to use Crystal Springs Course. This could disqualify them from competing in the CCS final.

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 someone is out looking at all of us, say hello to the 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. The Monta Vista trainer, Marie, will be on site.
- Please do not warm up on the course, warm up in designated areas only. The course is closed for warm ups!
- While supporting your teammates, **do not run alongside teammates**, this can be interpreted as ‘pacing’.
- Loved the flag last year—bring it again!—but please be careful about where you wave it. Keep it AWAY from where anyone is running and racing!
- **YOU MAY NOT THROW ANYTHING**—no Frisbees, no footballs, no whiffle balls, no rocks, don’t pick up a teammate and throw them! All throwing is prohibited!
- NO BICYCLES and NO PETS on the course—please inform your parents.
- 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. Do not warm up on the course, use the other trails and space.

Course:

2.95 Miles of dirt and rolling hills. This is what you train on! We OWN this course! 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 gets going at Mile 1.
- ❖ **Remember that you have been training and you are in better condition than you were the last time you ran Crystal. If you come by the first mile marker sooner than last time don’t worry—your pacing might be fine, you are probably just in better shape and faster. Keep pushing!!!**
- ❖ Put your heart into this race! And have fun too. We are all in this together!

RACE SCHEDULE for DE ANZA LEAGUE CHAMPIONSHIPS

El Camino (other league) races start 15 minutes after ours

JV Girls 2:00PM (all frosh, soph and junior girls except those running varsity)
FS Boys 2:45PM (all frosh and soph boys except those running varsity)
V Girls 3:30PM Varsity + senior girls. Senior girls not Varsity--2nd heat 1 minute later
V Boys 4:15PM Varsity + Senior/junior boys. Those not on Varsity -- 2nd heat 1 minute later

IF YOU CAN'T RUN BECAUSE OF INJURY, PLEASE SEE COACH FLATOW AS WE NEED YOU AS A VOLUNTEER MEET HELPER. You must race or volunteer if you want participation credit.

Warm up leaders:

FS Boys: Andy Ma, Aidan Gottlieb, Derek Lee
JV Girls: Namrata Subramanian, Paru Meyyappan, Isabelle Ju
V Girls: Julia Chang, Maddy Yip, Kelly Bishop
V Boys: Rohan Choudhury, Emilio Torres-Gonzalez, Akshay Thontakudi

Monta Vista coaches are the meet directors for the league championships. We would like your cooperation with the following items:

- At the end of the meet, we will have some garbage bags around. We would like you all to spend a few minutes to get in small groups with a garbage bag and together walk over the entire area where the league teams set up camps and give one more check to get all the trash up. Being clean is everyone's responsibility, and let's take care of others' mistakes too.
- Pay special attention to all Crystal rules and to your sportsmanship. Your coaches have to be tougher on you this year and not show favoritism, so please don't put us in a difficult spot!
- The coaches will have to take a few more minutes to wrap everything up at the meet. Please wait a little longer for us to finish up so we can have a final few words together before heading home. Please don't leave early! Your coaches will be at Crystal long after you leave ☹

**'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)

