

Monta Vista Track Team 2015
Firebird Relays
Saturday, March 28, 2015

Location

Fremont High School
1279 Sunnyvale Saratoga Rd., Sunnyvale , CA

Meet Overview

This is the fourth year that this meet has been held. It has grown to be a pretty decent size and looks like it will be much bigger than the last time we went! Looks like great weather for a track meet.

Leah Tapscott and Rick Blomquist will be the MV coaches on-site.

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

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. **Effort:** The amount of effort you put into your race—your training—your life—is all decided in an agreement between YOU and YOU. So today, decide what you want to put into your race. It's all you.
3. **Support each other:** We are all in this together. Help each other to bring out all our best! Cheer for your teammates (and they will cheer for you!).

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. Have a glass of water and continue to hydrate!
- Eat a good breakfast – pre-race, I like a banana, toast, and some protein such as peanut or almond butter, some honey or jam for fun, and 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. 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. (I still remember a senior in 2011, he showed up after no breakfast and had Sport Beans for lunch. He got loopy, had a horrible race, and Coach Matt and I teased him for the rest of the season! You don't want to be **'that guy'!**)
- 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.
- Check the weather report to figure out what clothes to bring! Dry clothes for after the race.
- You are responsible for arranging how to travel to and from the meet!

CLEAN UP YOUR KARMA!

Remember to thank at least one meet volunteer, official or timer. Go introduce yourself to Hank Lawson (timing the meet) and let him know you appreciate what he does. Introduce yourself to Coach Mark Shields of Fremont and thank him for putting on this meet. Thank the people who check you in...this is easy and what you say will be appreciated! Win or lose, good race or bad, it is always good karma to say 'thank you'.

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, **meet t-shirt**...)

The meet schedule is available on line here:

<http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2015/firebird.pdf>

All our entries can be downloaded here:

<http://www.mvrunning.com/wp-content/uploads/2015/03/Firebird-Entries-by-Athlete.pdf>

Heat sheets—you can check out your competition—are available here:

http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2015/fire_ent.htm

Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic.

--Tim Noakes