

Monta Vista Cross Country 2015

This schedule is subject to change. Please pay attention to announcements at practice, as well as check for updates at www.mvrunning.com

Date	Time	Activity	Location	Note
Aug 11	7:00a	Optional Conditioning Workouts	MV Track	Aug 11, 12, 13, 14
Aug 14	7:00a	First Day of Practice	MV Track	
Aug 15	7:00a	Optional Saturday Practice/ Pot Luck Breakfast Run	MV Track	
Sept 1	6:15p	Parent Night	MV Cafeteria	
Sept 3	3:20p	Watermelon Run/MV Time Trial	Stevens Canyon	Parents , please note that on Watermelon Day practice will finish 1 hour later than usual.
Sept 7	7:00a	Optional Morning Practice	MV Track	
Sept 8	3:20p	Issue Uniforms	MV Track	
Sept 11	6pm	Pasta Night		
Sept 12	6am	Earlybird Invitational	Salinas	Whole Team
Sept 18	4pm	Football Snack Shack	MV	
Sept 29	3PM	SCVAL 1 Central Park	Santa Clara	Whole Team
Sept 26	AM	Nike Portland XC Invitational	Portland, Oregon	Varsity Boys, Varsity Girls, invited others
Oct 3	PM	Artichoke Invitational & Beach Party	Half Moon Bay	Whole Team
Oct 6	3PM	SCVAL 2 Crystal Preview	Crystal, Belmont	Whole Team
Oct 20	3PM	SCVAL 3 Baylands	Sunnyvale	Whole Team
Oct 24		Mt SAC Invitational	Walnut	~50% of our team will be invited to travel overnight, you will miss school Friday.
Oct 29	PM	Lynbrook Invitational/ FUHSD Championships	Lynbrook HS	Whole Team
Nov 3	PM	De Anza League Championship	Crystal (Belmont)	Whole Team
Nov 14	PM	Central Coast Section Championships	Crystal (Belmont)	Varsity (qualify)
Nov 19	6pm	Awards Banquet	MV Cafeteria	Thursday Night
Nov 28		State Championship	Clovis	Varsity (qualify)

"It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside your head that wants you to quit."

-- George Sheehan

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A Few Important Notes

Monta Vista Cross Country is a Team, not a club

Athletes will not be cut for athletic performance, however athletes may be cut for lack of effort or for poor attitudes. We care more about how committed you have chosen to be to your team and your own improvement than we care about the genetic gifts you inherited. Half-hearted effort, chronic lateness or unexcused absences, cutting out early, being a distraction and similar behavior does not help the athlete or the team, no matter how fast you are; after a warning, you will be given the opportunity to find another activity that will motivate you more.

Earning PE Credit

PE credit is school credit; if you want credit for XC you should think of XC as a class. You would not blow off a class regularly and expect to pass. In order to earn PE Credit, you have the following requirements.

- You may miss no more than 5 practices during the season. We will take attendance every day.
 - It is an absence if you are late to practice and we have left on a run without you.
 - It is an absence if you leave before practice ends (for example, if you are leave before the core work at the end of practice, or you are not on the run with us).
 - You may miss a practice if you are sick and you do not attend school that day due to sickness. If you come to school, come to practice.
 - You may not miss a team competition unless excused: Watermelon, Earlybird, SCVAL 1, SCVAL 2, SCVAL 3, Artichoke, Lynbrook Invite, DAL Championship. You may miss a meet if you are sick and you do not attend school that day due to sickness (or for a Saturday meet, if you do not attend school either the Friday before or the Monday after).
- If you are injured and will not be able to run for an extended period:
 - Bring a doctor's written note.
 - You must still come to practice; you can exercise, help with team tasks or do homework. (You may miss practice if you have physical therapy scheduled for your injury during practice, and have provided coaches with contact information for your therapist).
 - You must still come to meets; you can cheer on your teammates.

If you cannot meet these attendance requirements, you may still be part of the team however you will not earn PE credit. Please let us know up front if you do not want PE credit.

Excused Absences

An absence may be excused at the coaches' discretion. The request is more likely to be granted if:

1. You have a chance for a unique academic opportunity ("I have a chance to interview Bill Clinton").
2. You are part of an important family event ("My grandmother having her 80th birthday party.")
3. A medical appointment.
4. The request is for something unique and valuable academically/educationally.
5. You make the request by September 4 using the advance request form.

There will not be an excused absence for a regular after school class or club you sign up for, play a club sport, take a review session, you want to leave early on Friday for a weekend or similar things. You have 5 free absences to use for absences that are not coach approved, so use these days wisely!

To request an excused absence, give a coach complete the advance request form; this form does not guarantee approval, however (we don't care how far ahead you request to miss practice for a seminar on 'Advanced Candy Crush Cheats' or the opening of the next Star Wars movie ☺

Running Varsity

In order to run on the Varsity team, you may not miss a practice during the week before the meet (unless an absence has been pre-approved by a coach). If you miss practice that week, you can run in the JV or FS division for the following meet (for the varsity only meets such as Stanford, Clovis or the CCS Championships, you may not run at all, an alternate will run for you). The coaches have complete discretion in setting varsity teams.