

Monta Vista Track Team 2016
Monta Vista League Meet Vs. Cupertino
Thursday, April 7, 2016

The weather has become hotter—make sure you are hydrating well! I hope that everyone has a water bottle to carry around all day, every day.

Transportation

YOU are responsible for arranging your transportation to Cupertino arriving no later than 2:15pm! If you are driving, please 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). I know you can figure this out!

Location & Start

Cupertino High School, 10100 Finch Avenue, Cupertino, California 95014 The meet will start at 3:15. Plan to arrive by 2:15 to get settled. You should start your warm-ups around 2:30 (jog + drills). All team members have been scheduled for early release at 1:20pm.

Meet Overview

This could be a very competitive meet. We ran the numbers for the Varsity Girls and the Frosh-Soph boys and it looks like the result could hinge on a single placing. The only division which looks safe is JV girls where we should be in good shape, so we are going to move several girls up to Varsity for this meet.

Cupertino runs a very good, organized meet and their coaches have a goal of finishing by 6pm so you can plan to stay to the end of the meet and cheering your teammates on!

Long and triple jump will be open pit from 3:30-5:30 but you **MUST** sign in by 3:30 and have all your run throughs done—they will not let anyone sign up late. For all field events, make sure you check in early! This is a rolling schedule and 'Tino is a stickler for on-time check in.

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

1. **Go For It:** You should be in much better physical condition than when the season started! This is one of two dual meets left, and we have a break week coming up. We need every point! So test your limits and see how much you have improved!
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.
3. **Thank the coaches and volunteers from Cupertino:** You know how much more enjoyable a well-run meet can be compared to a poorly run meet. If you feel like Cupertino is running a good meet, I urge you to seek out Coach Paul Armstrong and his daughter, assistant coach Shani Armstrong, and thank them and tell them they run a good track meet. I've seen those two coaches out on the track two hours before you arrive, preparing for meets; their preparation and dedication is for you. At the end of the day, the compensation that high school coaches get is knowing that the athletes have a good experience—so please tell them if you enjoy the meet!

Notes

- You MUST be **marked with your ID number** before the start of the meet! **Know your ID number!**
- You must wear your school uniform!
- 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! ☺
- Bring a bottle of water.
- 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, or perhaps a good health bar.
- 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! Don't get all agitated messing with spikes before the race.
- 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

Bring this with you so you know when you will be running—you should not need to ask your coach! Order is VBoys-VGirls-JVGirls-FSBoys unless noted. Listen for announcements, ESPECIALLY FOR FIELD EVENTS, as timing may change! **TIMES ARE ONLY AN ESTIMATE** we will move along as fast as we can—this is a rolling schedule! BE FLEXIBLE AND BE TOLERANT with the volunteers running the meet!

Event	<u>Guess</u> at Time	Notes
400 Relay	3:15	VG - VB – JVG- F/S B (girls may be combined into one heat so listen for announcements)
1600 (Mile)	3:25	All girls will probably run together (V and JV) then boys (V and FS may be combined, check in and starter will determine)
110/65/100 Hurdles	3:45	VB-FS-VG-JVG Please help Tino with hurdles
400	4:15	VG - VB - JVG- F/S
100	4:35	VG - VB - (JVG) F/S Fill up all lanes—don't wait for an invitation!
800	4:50	VG-VB-JVG-F/SB. Waterfall start. Will probably combine all girls.
300 Hurdles	5:10	VG - JVG - VB - F/S Please help Tino with hurdles
200	5:30	VG - VB - (JVG) F/S S Fill up all lanes—don't wait for an invitation!
3200	5:45	All divisions run together. FINISH IN LANE 4!!!
1600 Relay	6:00	VB&FS, and VG&JVG, girls will almost certainly be combined.
High Jump	3:15	JVG then VG-FS-VB, rolling schedule
Shot	3:15	VB then JVG-VG-FS (check in early with judge to verify schedule; will be rolling schedule)
Discus	3:15	VG then FS-VB-JVG (check in early with judge to verify schedule; will be rolling schedule)
Long Jump and Triple Jump	3:30	Open pit for two hours. Must check in and do run throughs before 3:30.

