

## Monta Vista Cross Country 2016

VERSION JULY 16, 2016. This schedule is subject to change. Please pay attention to announcements at practice, as well as check for updates at [www.mvrunning.com](http://www.mvrunning.com)

<b>Date</b>	<b>Time</b>	<b>Activity</b>	<b>Location</b>	<b>Note</b>
Aug 4	9:00a	Paperwork Clearance—you must do this before you join a team practice.	Trainer Room (next to weight room)	Bring your physical paperwork and have your on-line clearance complete.
Aug 8	4pm/ 7:00a	Optional Practices: This week will be at 4pm on Monday and Tuesday (after ROTB), and 7am Weds-Fri.	MV Track	Not required but highly recommended to be ready for Monday!
Aug 13	7:00a	Optional Saturday Practice/ Pot Luck Breakfast Run	MV Track	
Aug 15	3:20a	First Day of Practice	MV Track	You must have all your physical paperwork and on-line information cleared
Aug 19		Last day for Soph, Jrs and Srs to complete paperwork and join team		
Aug 31	3:20p	Watermelon Run/MV Time Trial	Stevens Canyon	<b>Parents</b> , practice will finish 1 hour later.
Sept 1	6:15p	Parent Night	MV Cafeteria	
Sept 5	7:00a	Optional Morning Practice	MV Track	
Sept 6	3:20p	Issue Uniforms	MV Track	
Sept 9	6pm	Pasta Night		
<b>Sept 10</b>	<b>6am</b>	<b>Earlybird Invitational</b>	<b>Salinas</b>	<b>Whole Team</b>
<b>Sept 17</b>		<b>The Three Course Challenge</b>	<b>Seaside, Oregon</b>	<b>20 select, dedicated runners.</b>
<b>TBD</b>	<b>3PM</b>	<b>SCVAL 1 Central Park</b>	<b>Santa Clara</b>	<b>Whole Team</b>
<b>Oct 1</b>	<b>PM</b>	<b>Artichoke Invitational &amp; Beach Party</b>	<b>Half Moon Bay</b>	<b>Whole Team</b>
<b>Oct 4</b>	<b>3PM</b>	<b>SCVAL 2 Crystal Preview</b>	<b>Crystal, Belmont</b>	<b>Whole Team</b>
<b>Oct 18</b>	<b>3PM</b>	<b>SCVAL 3 Baylands</b>	<b>Sunnyvale</b>	<b>Whole Team</b>
<b>Oct 22</b>		<b>Mt SAC Invitational</b>	<b>Los Angeles</b>	~50% of our team will be invited to travel!!!
<b>Oct 27</b>	<b>PM</b>	<b>Lynbrook Invitational/ FUHSD Championships</b>	<b>Lynbrook HS</b>	<b>Whole Team</b>
<b>Nov 1</b>	<b>PM</b>	<b>De Anza League Championship</b>	<b>Crystal (Belmont)</b>	<b>Whole Team</b>
<b>Nov 12</b>	<b>PM</b>	<b>Central Coast Section Championships</b>	<b>Crystal (Belmont)</b>	<b>Varsity (must qualify)</b>
Nov 15	6pm	Awards Banquet	MV Cafeteria	Tuesday Night
<b>Nov 26</b>		<b>State Championship Meet</b>	<b>Clovis</b>	<b>Varsity ( must qualify)</b>

*"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

# Monta Vista Cross Country 2016

## A Few Important Notes

Monta Vista Cross Country is a Team, it is not a club

Athletes will not be cut for athletic performance, however athletes will be cut for lack of effort or for poor attitudes, in the coaches' sole judgment. 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 or slow you are; after a warning, you will be given the opportunity to find another activity more interesting to you.

### 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 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 attend school, we expect you at practice that day.
  - 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 at school, come and race.
- If you are injured and will not be able to run for an extended period:
  - Bring a doctor's written note explaining the injury and the rehabilitation proscribed.
  - 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 or training 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, at the coaches' discretion we may allow you to be part of the team however you will not earn PE credit. Let us know up front if you do not need 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 Barack Obama").
2. You are part of an important family event ("My grandmother having her 80<sup>th</sup> birthday party.")
3. A medical appointment.
4. The request is for something unique (not SAT review) and valuable academically/educationally.
5. You make the request by September 1 in writing with contact information of the adult supervising the activity.

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 the request in writing; this request does not guarantee approval, however (we don't care how far ahead you request to miss practice for a seminar on 'Advanced Pokemon Go Cheats' or the opening of the next Star Wars movie ☺**

**Compete:** From the Latin root words, com- [together] and petere [seek] → competere [**strive together**]