

Monta Vista Cross Country 2017

VERSION **August 8, 2017**. 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 2	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 7	4pm/ 7:00a	First Week: This week will be at 4pm on Monday and Tuesday (after ROTB), and 7am Weds-Fri.	MV Track	
Aug 12	7:00a	Optional Saturday Practice/ Pot Luck Breakfast Run	MV Track There will be Saturday morning practices every week during the	season except on race days. These morning practices are optional but highly recommended.
Aug 14	3:20a	First Day of School/Regular Practice Starts	MV Track	You must have all your physical paperwork and on-line information cleared
Aug 18		Last day for Soph, Jrs and Srs to complete paperwork and join team		
Aug 30	6:15p	Parent Night	MV Cafeteria	
Aug 31	3:20p	Watermelon Run/MV Time Trial	Stevens Canyon	Parents , note practice will finish 1 hour later.
Sept 4	7:00a	Optional Morning Practice	MV Track	Highly recommended.
Sept 12	3:20p	Issue Uniforms	MV Track	
Sept 15	6pm	Pasta Night		
Sept 16	6am	Earlybird Invitational	Salinas	Whole Team
Sept 18	3:30p	Team Photo Day!	MV	Wear your uniform!!!
Sept 23		The Three Course Challenge	Seaside, Oregon	20 select, dedicated runners.
Sept 26	3PM	SCVAL 1 Central Park	Santa Clara	Whole Team
Oct 3	3PM	SCVAL 2 Crystal Preview	Crystal, Belmont	Whole Team
Oct 7	PM	Artichoke Invitational & Beach Party	Half Moon Bay	Whole Team
Oct 17	3PM	SCVAL 3 Baylands	Sunnyvale	Whole Team
Oct 21		Mt SAC Invitational	Los Angeles	~50% of our team will be invited to travel!!!
Oct 26	PM	Lynbrook Invitational/ FUHSD Championships	Lynbrook HS	Whole Team
Oct 31	PM	De Anza League Championship	Crystal (Belmont)	Whole Team
Nov 11	PM	Central Coast Section Championships	Crystal (Belmont)	Varsity (must qualify)
Nov 14	6pm	Awards Banquet	MV Cafeteria	Tuesday Night
Nov 25		State Championship Meet	Clovis	Varsity (must 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, 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, 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, other than cross-country.

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 or support your teammates; if you are at school, be at the meet.
- 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 intend to try to earn PE credit so we can discuss your level of commitment up front; talking up front is mature.

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 opportunity ("I have a chance to interview Michelle Obama").
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 (not test 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 an 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 'League of Legends Tactics' or the opening of the next Star Wars movie ☺

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