

NOTES FOR PARENTS

Monta Vista Track & Field 2019

WELCOME, Parents!

We hope to see you at the **Parent Meeting on Tuesday, February 12 2019**. The meeting will start at 6pm in the Student Union/Cafeteria, and we would like to introduce you to Monta Vista track and field as well as answer your questions about the season and our coaching philosophy, training, shoes, injuries...pretty much all the questions that you might have about track!

Also, parents, **please** join Monta Vista Athletic Boosters in support of your athlete! Monta Vista Athletic Boosters is a great organization, run by volunteers, supporting our athletic program. Most of your membership fees will go directly to track & field, and you may donate additional funds to go directly to the track team also. MVAB membership is tax-deductible. This year, for every athlete who has their parent take out a membership, we are going to use part of the membership fees received by February 15 to purchase a MVTF training shirt. For every MVAB membership by February 15, that athlete will receive a technical training shirt customized for this season of track and field. So some of your membership fee will go immediately and directly back to your athlete! We are hoping for 100% membership so that 100% of our athletes will have shirts. (If you have any financial challenges this season, please contact MVAB, we have scholarships available to support anyone that needs a little help...just tell us.) MVAB has been great for our track and field team, please support this organization!

The donation site is <https://www.mvab.org/membership/mvab-spring-membership/>

See you soon!

--MVTF Coaches

Athletes: Here are useful contacts for questions about winter training from MVTF veterans...they will help you figure out how to get ready for the season:

Evelyn How evelynhow10@gmail.com, Reema Apte reemaapte@gmail.com,
Kyle Tsujimoto kyle.tsujimoto@gmail.com, Ananya Rajagopal ananya1625@gmail.com

“If you are going to be a grittier athlete, that is different from being a grittier scientist. But the commonality, no matter what you are pursuing, is an intentional improvement cycle. The thing about gritty people is that they are never satisfied. They are, in a strange way, satisfied with being unsatisfied. They live their whole lives trying to be better at one small thing after another so that, cumulatively, they get better at one big thing.” ~ Angela Duckworth

Monta Vista Track & Field 2019 Season Schedule

V1. Schedule as of **November 27, 2018**. Subject to Change—and this schedule WILL change! Guaranteed, there will be schedule changes for many reasons both under coaches' control and not under our control.

Everyone = Required Attendance

	Date	Meet	Notes
	Jan 28	First Day of Practice 3:20pm	Javier must clear you first!
	Feb 1	Last day to join team and have all paperwork complete	Exception if your winter sport is still competing; notify coaches and start practice after your sport releases you.
	TBD	National Girls and Women in Sports Day	TBD We want to support this school effort.
	Feb 12	Parent Meeting 6pm	Student Union/Cafeteria
	Feb 14	6th Annual 400 Shootout	Everyone
	Feb 18-22	Winter Break	Optional practices
	Feb 22	Buchanan Distance Classic	Optional/tentative meet for 800-3200m distances
	March 2	RustBuster Invitational @MV!	Everyone – Volunteers needed!
	March 7	Wilcox & Homestead@MV	Everyone – Volunteers needed!
	???	Team Photos	<i>Wear your uniform to practice!!!</i>
	March 12	@Fremont	Everyone
	March 16	St. Francis Invitational	Anyone (entry must be accepted)
	March	Stanford Entry Cutoff at 5pm	
	March 21	'Toga and 'Tino at MV	Everyone – Volunteers needed!
	March 23	Serra Top 7 Invitational	Serra; note new date.
	March 23	Azusa Meet of Champions	Distance (800+) (Must be selected)
		Firebird Invitational	
	March 29-30	Stanford Invitational	Must qualify
	April 4?	MV @ Santa Clara	Everyone
	April 5-6	Arcadia	Possible
	April 6	Pacific Grove	Possible
	April 13	Bill Kearney Invitational/Salinas	Possible
	April 15	Boston Marathon	Coach (And Alumni) Only!
	Not yet sanctioned	Los Gatos Top 8	Must qualify
	Apr 15-19	Spring Break	Practices will be held
	April 22?	El Camino League Trials	Fremont - Everyone
	April 24?	El Camino League Finals	Fremont - Everyone
	April 25-26-27	Penn Relays	For the really, really elite. Someday!
	May 3	SCVAL Championships	Los Gatos
	May 11	CCS Semi-Finals	
	May 17	CCS Finals	
	May 21	Team Banquet	MV Cafeteria/Student Union
	May 24-25	State Championships	Buchanan HS (Clovis)

Monta Vista Track and Field 2019: A Few Important Notes

Monta Vista Track & Field is a Team, not a club

Athletes will not be cut solely for athletic performance, however athletes may be cut for lack of effort or for poor attitudes at the coaches' sole discretion. Coaches 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 (as judged by your coach; you may think you are working hard but your coach might not agree), chronic lateness or unexcused absences, cutting out early, being a distraction to anyone and similar behavior does not help the athlete or the team, no matter how fast you are. If you are not working hard and demonstrating commitment in the eyes of your coach, you will be given the opportunity to find an activity other than track and field. All Monta Vista High School rules and code of conduct apply to athletes; breaking a rule is grounds for dismissal from the team.

Earning PE Credit—Minimum Requirements

PE credit is school credit; if you want credit you should think of your sport as a class. In order to earn PE Credit, you have the following requirements.

- You may miss no more than 5 practices during the course of the season starting day 1. We will take attendance every day. Practice times and locations for different events may vary (throws, hurdles, for example) and you must be able to accommodate changes.
 - It is an absence if you are late to practice.
 - It is an absence if you leave before practice ends.
 - You may miss a practice if you are sick and you do not attend school that day at all.
 - You may not miss a league meet, including league finals and SCVAL finals. You must also run in the 400 shootout. If you do not qualify for these events or are injured, you must come and be a meet worker to earn participation credit. **In 2019, if you would like to earn PE credit, you must also compete or if injured, work at the RustBuster Invitational on Saturday, March 2.**
- If you are injured and will not be able to train:
 - 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 written back up including contact information for your therapist).
 - You must still come to meets; you can work on the meet and cheer on your teammates.

If you cannot meet these attendance requirements, if you are still willing to work hard the coaches may, at their discretion, still keep you on the team. If the coaches decide to allow you to stay on the team with reduced attendance requirements, you will not earn PE credit.

You must arrive day one with some fitness. You cannot set aside your Playstation on the night before track season starts, get off the couch and show up on January 28 and expect us to help you acquire basic fitness; you must be doing some training starting from the pre-season meeting and be ready on day one of practice. Even if you attend practices, you may still be cut for lack of effort, or for attitude, at the discretion of the coach and you will not earn PE credit. There may be other requirements imposed upon you during the season. We expect you to be respectful, have a positive attitude, work hard, and be a good teammate.

Remember that the above list is a minimum requirement and do not guarantee you earn credit. Just showing up is not enough. The coaches reserve the right to use their discretion in granting PE credit, however please understand that **the easiest way to get PE credit is to sign up and attend a PE class**—not to join the track team.

Excused Absences

An absence may be excused at one of 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 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 and valuable academically/educationally.
5. You make your request in the first two weeks in writing (you know when your grandmother's birthday is!).

Requests the day before you are going to miss practice, or the day after you missed, are frowned upon.

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.

SENIORS JOINING TRACK AND FIELD FOR THE FIRST TIME WHO NEED PE CREDIT

Monta Vista track and field is a team, not a club. Please understand that you may be cut for breaking any team rule, and that you may also be cut from the team if the coaches decide, in their sole opinion, that you are not giving my full effort or that you do not have a positive personal or team attitude. You should understand and agree that while the coaches' judgment may not seem objective, you have joined this team knowing that you are expected to be on time every day, to have a positive attitude, to cheer on your teammates, to give your best effort work hard and to improve every day rain or shine, and you trust the coaches in evaluating your effort and attitude and will accept their judgment. If you don't love track, and love working hard, an easier way to get PE credit is to join a PE class. Being on the track team is harder than PE class, ***guaranteed***.

Being in reasonable shape when the season starts is an expectation. If you are feeling sore after the first few workouts, well...that is normal. Skipping practice and workouts because you are sore is not the way to improve. If you are serious about being your best and serious about contributing to the track team, we expect you to be working out and have a base level of fitness before the season starts. If you arrive out of shape and cannot keep up with basic training, we may cut you for your own safety and health and for the integrity of practice for the dedicated athletes who have been training in the winter off-season.

You understand that if you are cut, and you needed PE credit to graduate, you will not graduate with your class.

If you think this is not reasonable, and you don't trust the coaches' judgment, then you don't have to join the track team—you can simply join a PE class. You can earn PE credit in a PE class with no risk. If you join the track team, there is no guarantee that you will earn PE credit.

“Gritty people are creatures of routine. They have ritualized practice and reflection. They are always trying to get better and they are intentional about it.”

~Angela Duckworth