

De Anza League Championships, Crystal Springs

Tuesday, November 5, 2019

It's all about the journey, not the outcome.

-Carl Lewis

Crystal Springs is our home course! You have been working all season and are the best shape of your life! *This will be a great day to race!*

- ❖ Eat a LIGHT lunch. You do not want a full stomach, but you do not want to be on empty either. You have been training all season, so eat and fuel like you have found works best for you when you are racing or running hard in the afternoon. Hopefully you have been hydrating all weekend, keep drinking!
- ❖ **Release Times:**
 - **JV Girls are released from school at 1130, rides at 11:45, for a race at 1:45pm.**
 - **The rest of the team is released from school at 12:45 to be picked up at the bus circle at 12:55, for the FSB race at 2:30.**
- ❖ We will plan on camping out at our usual spot at Crystal (I'm going to be there WAY early to set up for the meet, so we should get our usual space!).
- ❖ Bring a full bottle of water and a snack for after your race.
- ❖ Don't forget your uniform. (All of it!)
- ❖ Looks like great racing weather (70ish)! Be prepared for all weather conditions hot or cold. It will cool off late in the day so bring warm and dry clothing for after your race. It may rain a bit so be ready for that too.
- ❖ Be prepared, always have **3 large trash bags** in your kit: 1-for your dirty, wet, muddy clothes; 2-for your track bag if it is rainy; 3-emergency rain poncho.
- ❖ At all times please demonstrate respectful team behavior. Turn to a competitor and say "*have a good race*", and congratulate the runners in front and behind you in the chute. It's good for your karma, it's good for our sport, it's good for you.
- ❖ ***PLEASE remember, every Monta Vista runner should thank a volunteer at least once; at the start, at the finish, thank the timer, thank anyone and everyone (you have an unlimited number of 'thank-you's that you can say in your life, use them!)***

Important rules for Crystal Springs:

- When arriving at the course, PLEASE stay off neighborhood lawns, yards, and gardens. Think about how you would feel if 1,000 kids walked on your front lawn, and please be considerate! ☺ If someone is out looking at all of us, say hello to the neighbors. We want Monta Vista to be known as the best-mannered, most respectful team around (as well as the fastest, smartest and best-looking!)
- The league has a trainer and EMT on site for this meet. **Parents, you do not need to call 911 for an emergency**, please find a coach or see the on-site EMT at the finish line and they can call—they know the number to call for direct response.
- Please do not warm up on the course, warm up in designated areas only. The course is closed for warm ups!

- While supporting your teammates, **do not run alongside teammates**, this can be interpreted as 'pacing'.
- Loved the flag last year—bring it again!—but please be careful about where you wave it. Keep it AWAY from where anyone is running and racing!
- **YOU MAY NOT THROW ANYTHING**—no Frisbees, no footballs, no whiffle balls, no rocks, don't pick up a freshman and throw them! All throwing is prohibited!
- NO BICYCLES and NO PETS on the course—please inform your parents.
- Clean up and PACK OUT all trash and recyclables. Do not leave any trash in Hallmark Park, pack everything out!

Warm-Up:

Find your warm-up leaders, one hour before the race. Warm up as a group! Be at the starting line 10 minutes before the start. If you are running later in the day please hold the boxes for your teammates. Do not warm up on the course, use the other trails and space.

Course:

2.95 Miles of dirt and rolling hills. This is the kind of terrain that you train on! We OWN this course! Have fun with your race, run smart, run with heart! **It is a Great Day to race!!**

Some Things to Think About:

- ❖ We ran this course at the Crystal Preview and you guys did great! We should all build on that race and continue to build confidence and improve. This is a good course for our team; we train at Fremont Older and that is perfect prep for Crystal. You guys **eat** hills for lunch!
- ❖ Think about what you did at Crystal Preview and think about how to improve your race at leagues. If you have notes from your race, take a look.
- ❖ Take a good look at the first loop on the course. Remember to pace yourself at the start. Many runners take off too fast on this course. The party gets going at Mile 1!
- ❖ **Remember that you have been training and you are in better condition than you were the last time you ran Crystal. If you come by the first mile marker sooner than last time don't worry—your pacing might be fine, you are probably just in better shape and faster. Keep pushing!!!**
- ❖ Put your heart into this race! This may be your last race of the season so leave everything out there on the course. And have fun too. We are all in this together!

RACE SCHEDULE for DE ANZA LEAGUE CHAMPIONSHIPS

El Camino (other league) races start 15 minutes after ours

JV Girls	1:45PM (all frosh, soph and junior girls except those running varsity)
FS Boys	2:30PM (all frosh and sophomore boys except those running varsity)
V Girls	3:15PM Varsity and senior girls. Senior girls not running Varsity start 3m back
V Boys	4:00PM Varsity and all senior and junior boys.
Those not on Varsity -- 2 nd heat 1 minute later	

VARSITY AWARDS CEREMONY FOLLOWS THE LAST RACE at 4:45pm.
PLEASE STAY AFTER THE AWARDS CEREMONY SO WE CAN GET A TEAM PHOTO
IN FRONT OF THE MEET BANNER—THIS PHOTO IS ALWAYS NICE!

**IF YOU CAN'T RUN BECAUSE OF INJURY, PLEASE SEE COACH FLATOW AS WE
WILL USE YOU AS A VOLUNTEER MEET HELPER.
You must race or volunteer if you want PE participation credit.**

If you are never able to tolerate a little bit of pain and discomfort,
you'll never get better.
--Angela Duckworth

**Monta Vista coaches are the meet directors for the league championships.
We would like your support with the following items:**

- At the end of the meet, we will have some garbage bags around. We would like you all to spend a few minutes to get in small groups with a garbage bag and together walk over the entire area where the league teams set up camps and give one more check to get all the trash up. Being clean is everyone's responsibility, and let's take care of others' mistakes too.
- Pay special attention to all Crystal rules and to your sportsmanship. Your coaches have to be tougher on our own athletes to show favoritism, so please don't put us in a difficult spot!
- The coaches will have to take a few more minutes to wrap everything up at the meet. Please wait a little longer for us to finish up so we can have a final few words together before heading home. Please don't leave early! Your coaches will be at Crystal long after you leave ☹

When the game is over I just want to look at myself in the
mirror, win or lose, and know I gave it everything I had.
--Joe Montana

