

Monta Vista Cross Country 2022

VERSION 1 date: July 21 Keep in mind this schedule is likely to change. www.mvrunning.com

Date	Time	Activity	Location	Note
Aug 8	7:00a	First Day of <u>Required Practice</u> Practice will be at 7am until school starts	MV Track	You must have all physical paperwork and on-line information cleared
Aug 13	7:00a	First Saturday Practice/ Pot Luck Breakfast Run	MV Track There will be Saturday morning practices all season long	except on race days. These morning practices are not required but are highly recommended.
Aug 22		First Day of School/After School Practice Starts	MV Track	Practices will start 20 minutes after last bell.
		Parent Night Waiting to hear from school if this should be in person or Zoom		
Aug 24		Last day for Soph, Jrs and Srs to complete paperwork and join team.		If you join the team this late, you will not earn PE credit this season
Aug 25		Watermelon Run/MV Time Trial	Stevens Canyon	Parents , note practice will finish 1 hour later.
Aug 30		Issue Uniforms	MV Track	
Sept 2		Pasta Night	Family Volunteer	Only if a family hosts
Sept 3		Lagoon Valley Invitational	Vacaville	Whole Team
Sept 5	7:00a	Morning Practice	MV Track	Highly recommended.
Sept 12	3:40p	Team Photo Day	MV	Wear your uniform!!!
Sept 16		Pasta Night 2	Family Volunteer	Only if a family hosts
Sept 17		De La Salle Invite	Concord	Whole Team
		Nutrition Presentation		
Sept 20	3PM	SCVAL 1 Baylands	Sunnyvale	Whole Team
Oct 4	3PM	SCVAL 2 Crystal Preview	Crystal	Whole Team
Oct 8		Pacific Grove Invitational	Fresno	~50% of our team will be invited to travel!!!
Oct 18	3PM	SCVAL 3 Baylands	Sunnyvale	Whole Team
Oct 22	Leave Friday	Mt SAC Invitational ACT is this day. Consider 9/14 or 12/14 dates instead of Oct 26 to have option to compete at Mt.SAC	Los Angeles	Not sure we are going to do this overnight trip this year
Oct 27	PM	Lynbrook Invitational/ FUHSD Championships	Lynbrook HS	Whole Team
Nov 1	PM	SCVAL Championship	Crystal	Whole Team
Nov 12	PM	Central Coast Section Championships	Crystal (Belmont)	Varsity (must qualify)
Nov 15	6pm	Awards Banquet	MV Cafeteria	
Nov 26		State Championship Meet	Clovis	Varsity (let's 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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The Fine Print: Some Important Notes About Attitude and Commitment

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

We want to have fun while we learn to be gritty and to improve... we do all of that together.

Your coaches and teammates 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. Anyone has the ability to decide to work hard, improve, and be the best they can be. No one said this would be easy—discipline and hard work will pay off and you will see improvements. Your individual choices and actions will not only determine your personal results, your commitment and choices will have an impact on the entire team. You have an impact on everyone—athletes who are faster than you, athletes who are slower than you, athletes who are thinking about joining the team or dropping the team, your coaches—you have an impact on them all. Athletes will not be cut for athletic performance, however athletes will be cut for lack of effort or for poor attitudes, in the sole judgment of your coaches. Half-hearted effort, starting the season without any training to prepare for regular running, lateness or unexcused absences, cutting out early, being a distraction and similar behavior does not help the athlete or the team. We want you to be part of an activity that you care about, and activity where you will commit your best effort! We hope that you care about cross country enough to make this your most important extracurricular this Fall, but if there is something else more important to you let's do that!

Earning PE or Elective 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. Practice starts August 8. 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. Do not come to school at all if you feel sick (after two years of COVID, if you have not learned to stay home when you feel ill at all, I am speechless).
 - You may not miss a team competition unless excused: Watermelon, Lagoon Valley, De La Salle, Pacific Grove, SCVAL 1, SCVAL 2, SCVAL 3, Lynbrook Invite, SCVALs, or a meet that replaces one of these. You may miss a meet if you are sick and 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, we expect to see you at the meet. **STAY HOME IF YOU FEEL THE LEAST BIT ILL.**
- 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 to your coaches/teachers/supervisors 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 (bring paperwork from the doctor).
4. The request is for something unique (**not** test review, studying for the ACT etc is not unique) and valuable academically/educationally.
5. You make the request in writing more than two weeks before the event.

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 (we don't care how far ahead you request to miss practice for a seminar on making a solid TikTok or the opening of the next Star Wars movie—we won't grant that! ☺)**

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