

Monta Vista Track & Field 2023 Season Schedule

V0. Schedule as of November 28, 2022. VERY PRELIMINARY

Date	Meet	Notes
Jan 30	First Day of Practice 3:45pm	You must be cleared!
TBD	8 th grade information night	Athlete volunteers needed
Feb 7?	National Girls and Women in Sports Day (basketball game)	We want to support this school effort!
Feb 3	Last day to join team and have all paperwork complete	ONLY exceptions are participation in a Winter sport or transferred to MV this semester. There is plenty of time to get cleared before January 31!
Feb ?	Parent Meeting	Student Union/ or Zoom?
Feb 16	10th Annual 400 Shootout	Everyone
Feb 20-24	February Break	Optional practices
March 1	Mt. View at MV	Everyone – Volunteers needed!
March 4	RustBuster Invitational @MV!	Everyone – Volunteers needed!
March ?	Team Photos	<i>Wear your uniform to practice!!!</i>
March 23	Santa Clara at MV	Everyone – Volunteers needed!
March 18	St. Francis Invitational	Anyone (entry must be accepted)
March 30	MV at Wilcox	Everyone
March ???	Stanford Entry Cutoff at 5pm	
March 25	Firebird Invitational	Anyone may sign up
March 25	Azusa Meet of Champions	Distance (800m+) (consistent athletes and teammates will be invited)
April 6	MV at Saratoga	Everyone
Mar31-Apr 1	Stanford Invitational	Must qualify
Apr 7-8	Arcadia	Possible for relay teams only
Apr ?	De Anza Invitational	Depends on team interest
April 11	Cupertino/MV at Fremont	Everyone
April ?	CCS Last Chance Meet	Los Altos (MV Co-Host)
Apr 17-21	Spring Break	Practices will be held
April ?	Los Gatos Top 8	Must qualify. May pass as close to Leagues
	Penn Relays	For the really, really elite. Someday!
April 26	El Camino League Trials	Cupertino - Everyone
April 28	El Camino League Finals	Cupertino - Everyone
May 5	SCVAL Championships	Los Gatos
May 13	CCS Semi-Finals	Location TBD
May ?	Team Banquet	Parent volunteers needed
May 20	CCS Finals	Location TBD
May 26-27	State Championships	Buchanan HS (Clovis)

**“Nobody gets to be really good at something without effort,
no matter what your aptitude is.”**

~ Angela Duckworth

NOTES

Monta Vista Track & Field 2023

Check mvrunning.com for news, fun stuff, and updates!

- There will be updated versions of this schedule published in December and January.
- Earning PE credit is not automatic. The requirements for earning PE credit is posted on mvrunning.com. If you are a senior, and you need to earn PE credit in order to graduate, please sign up for a PE class. PE credit is not guaranteed for track and field athletes, and if you do not earn PE credit, you may not graduate.
- We expect athletes to be reasonably fit at the start of the season—we don't expect you to be ready to race, but we do expect you to be able to participate in a complete workout. Being prepared for the start of a season is part of your responsibility as an athlete and as a teammate. A winter of Fortnite does not prepare you for a track season!
- Coaches for 2023 season:
 - Coach Kirk Flatow (head coach, distance coach) coachflatow@gmail.com
 - Coach Curtis Liang (sprints, relays) curtisliang@gmail.com
 - Coach Tyler Jackson (hurdles) jacktyl@outlook.com
 - Coach Samantha Louie (all jumps) slouie29@gmail.com
 - There will be a new throws coach, to be announced
 - We are currently talking to two other possible assistant/volunteer coaches
- Coach Curtis will be leading general conditioning workouts in December and January for all sprinters, hurdlers and jumpers. Please contact coach for the schedule of planned workouts. Winter workouts are important! Start the season fit and finish strong.
- Coach Tyler wants to meet with the hurdlers and plan your winter training! If you are a hurdler, or hurdle-curious, please send Coach an email.
- Coach Samantha and Coach Tyler will be hosting workouts for the jumpers this winter. Please send Coach an email to learn the schedule.
- Distance athletes have athlete-lead winter running. Contact any of the XC captains or Coach Flatow.
- First day of practice is January 30. You must be cleared to join the team and practice. <https://matadorathletics.org/2022/07/08/planning-on-playing-at-sport-this-year-click-here-for-athletic-clearance-info-and-important-dates/> Last day to join the team is February 4.
- If you are participating in a winter sport, you may join the track team within two days following your last winter team practice or game. We love multisport athletes!

“What matters in the long run is sticking with things and working daily to get better at them.”

~ Angela Duckworth