

Monta Vista Track & Field 2023 Season Schedule

V2. Schedule as of January 25, 2023. SUBJECT TO CHANGE.

Date	Meet	Notes
Jan 30	First Day of Practice 3:40pm	You must be cleared!
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 9	National Girls and Women in Sports Day (basketball game)	We want to support this school effort!
Feb 15 6:50pm	Parent Meeting	Student Union
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 6	Team Photos	<i>Wear your uniform to practice!!!</i>
March 18	St. Francis Invitational	Anyone (entry must be accepted)
March 23	Santa Clara at MV	Everyone – Volunteers needed!
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
April 8	De Anza Invitational	Depends on team interest
April 11	Cupertino/MV at Fremont	Everyone
April 15	CCS Last Chance Meet	Mountain View
Apr 17-21	Spring Break	Practices will be held
April 21	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 1-4 TBD	8 th grade information night	Athlete volunteers needed
May 5	SCVAL Championships	Los Gatos
May 13	CCS Semi-Finals	Location TBD
May 17	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 mvrrunning.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 [mvrrunning](http://mvrrunning.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

NOTES FOR PARENTS

Monta Vista Track & Field 2023

WELCOME, Parents!

We hope to see you at the **Parent Meeting on February 15 2023**. The meeting will start at 6:50 pm 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!

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 4 to purchase a MVTF training shirt. For every MVAB membership by February 4, 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 (we had 100% participation for XC in 2022!). (If you have any financial challenges this season, please contact MVAB, Coach Flatow or Coach Johnson, 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>

See you soon!

--MVTF Coaches

"Finishing what you begin, doing things with focus, I think that those are things I would aspire to or hope for for all our children...I believe kids should choose what they want to do, because it's their life, but they have to choose something, and they can't quit in the middle unless there's a really good reason. There are going to be peaks and valleys. You don't want to let kids quit during a valley." ~ Angela Duckworth

Monta Vista Track and Field 2023: 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. Like a class, there are requirements including attendance. In order to earn PE Credit, there are the following requirements.

- You may miss no more than 5 practices during the course of the season starting day 1 (you must be cleared and at practice day one). 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 (if you come to school, come to practice).
 - You may not miss a league meet, including league finals and SCVAL finals. You must also run in the 400 Shootout and RustBuster. If you do not qualify for these events or are injured, you still must come to the entire meet—not part of the meet—and you must be a meet worker to earn participation credit. You may not skip any of these meets.
- If you become injured and will not be able to train:
 - Bring a doctor's written note describing the injury and the rehabilitation process the doctor directs.
 - You must still come to practice; you can do your rehab and help with team tasks. (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 exercise prior to the beginning of the season. You must arrive day one with fitness. You cannot set aside your Playstation on the night before track season starts, get off the couch and show up on the first day of practice 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. You must be ready to perform workouts with the team. Even if you attend practices, you may still be cut for lack of effort, or for attitude, at the discretion of the coach; you will not earn PE credit. There may be other requirements imposed 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 is having her 80th birthday party.")
3. A medical appointment with written verification from your doctor.
4. The request is for something unique and valuable academically/educationally (not test prep).
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 WHO NEED PE CREDIT TO GRADUATE

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 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.

“There is quite a difference between hoping that tomorrow will be better and resolving that tomorrow will be better.”

~ Angela Duckworth