

Monta Vista Cross Country 2023

Coach Flatow UPenn commitment dates: Sept 3-10, Oct 6-8, Oct 25-29, Nov 16-19.

VERSION 0.3 date: June 2023 Keep in mind this schedule is preliminary. www.mvrunning.com

Date	Time	Activity	Location	Note
Aug 4	7:00a	Overachiever Practice 1		Optional
Aug 5	7:00a	Overachiever Practice 2		Optional
Aug 7	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 12	7:00a	First Saturday Practice/ Pot Luck Breakfast Run	MV Track There will be 7am Saturday morning practices all season long	except on race days. These morning practices are not required but are highly recommended.
Aug 21		First Day of School/After School Practice Starts	MV Track	Practices will start 20 minutes after last bell.
		Parent Night		
Aug 24		Last day for Soph, Jrs and Srs to complete paperwork and join team. Freshmen/transfers will be evaluated on an individual basis	after this date. Late joiners must be fit and dedicated!	If you join the team this late, you will not earn PE credit this season. Everyone is at Watermelon!
Aug 24		Watermelon Run/MV Time Trial	Stevens Canyon	Parents , note practice will finish 1 hour later.
		Issue Uniforms	MV Track	
Sept 1		Pasta Night	Family Volunteer	Only if a family hosts
Sept 2		Lagoon Valley Classic	Vacaville	Whole Team
Sept 4	7:00a	Morning Practice	MV Track	
Sept		Team Photo Day	MV	Wear your uniform!!!
Sept 16		Pasta Night 2	Family Volunteer	Only if a family hosts
Sept 16		Nike De La Salle Invite	Concord	Whole Team
		Nutrition Presentation		
Sept 19	3PM	SCVAL 1 Baylands	Sunnyvale	Whole Team
Oct 3	3PM	SCVAL 2 Crystal Preview	Crystal	Whole Team
Oct 7		Palo Corona Invitational	Monterey	Whole Team
Oct 18*	3PM	SCVAL 3 Baylands	Sunnyvale	Whole Team *Wednesday
Oct 20-21	Leave Thurs or Friday	Mt SAC Invitational ACT is this day. Consider other dates for your ACT.	Los Angeles	
Oct 26	PM	Lynbrook Invitational/ FUHSD Championships	Lynbrook HS	Whole Team
Oct 31	PM	SCVAL Championship	Crystal	Whole Team
Nov 11		Central Coast Section Championships		Varsity (must qualify)
Nov 14	6pm	Awards Banquet	MV Cafeteria	
Nov 25		State Championship Meet	Fresno	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*

Monta Vista Cross Country 2023 Summer Notes

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.
Everyone on the team competes! (even if your main goal is fitness for another sport).

2023 Season Coaches...

Kirk Flatow, Curtis Liang, Samantha Louie, Isaiah Smith, Tyler Jackson, Ashley Cahalan

Summer Running:

Summer running as a group is the best way to get fit for the cross country season (or for soccer, or basketball, or...). Running with a group helps keep you more accountable. Running as a group will help a faster pace feel easy! Running with a group helps you keep a schedule and meet your goals. And, really, it's just more fun to be running with your friends! Meet your running goals, get fit, start your day off with an accomplishment, and hang with friends...what could be better?

Base Schedule: 7am, Monday through Saturday, meet at the Monta Vista track.

Possible Alternatives and Additions to Base Summer Running:

- Megan Nieh will be organizing evening runs that will meet at the Monta Vista track or other locations, built around people with morning work commitments. Contact Megan at megannieh15@gmail.com for information.
- Coach Samantha Louie will be coordinating sessions together with the Fremont High School team on Tuesday and Thursday evenings that will focus on supplemental training for speed and power (plyometrics, etc). Athletes can do the summer running with MVXC in the morning and also attend these sessions. Doubling up can be OK and lead to big improvements, just make sure you are talking with your coaches about what you are doing! Contact Coach Samantha at slouie29@gmail.com for information.
- Adventure Runs! There will be runs organized that take the team away from Monta Vista. Some MVXC athletes are planning breakfast runs—we would meet at someone's house, go for a run in Rancho San Antonio, and when we get back from the run our mother has made pancakes or something yummy for breakfast! Other athletes are talking about beach runs...coordinating drives to Santa Cruz or Aptos, going for a run, and then taking time to play together at the beach. Coach Flatow can give you some more ideas from his years of running in the area (one favorite is to drive to Nisene Forest in Aptos, run, then go to Gayle's Bakery for breakfast/lunch after, this is a nice run when it is too hot to do anything, you run in a redwood forest that provides 20 miles of shaded trails!). Most adventure runs will be on the weekend but who knows. YOU could have an idea and organize a fun adventure run!

Coach Flatow will post suggested runs on mvrrunning.com so you can keep up with your summer training with a group or while traveling!

The following athletes have volunteered to help coordinate summer runs; please contact them to get more information and to be added to group texts, insta, etc...

- Anika Bhandarkar anika.bhandarkar@gmail.com
- Megan Nieh megannieh15@gmail.com
- Tanay Parikh parikhtanay123@gmail.com
- Manasi Prasad mprasad754@student.fuhdsd.org
- Ruhaan Shah ruhaans02@gmail.com

And you can contact Coach Flatow at coachflatow@gmail.com

info at www.mvrrunning.com