

Monta Vista Cross Country 2024

VERSION 1.0 date: July 3, 2024 Keep in mind this schedule is preliminary. www.mvrunning.com

Date	Time	Activity	Location	Note
Aug 10	7:00a	First Day of <u>Required</u> Practice Practice will be at 7am during the week before school starts	MV Track There will be 7am Saturday morning practices all season	You must have all physical paperwork and on-line information cleared
Aug 19		First Day of School/After School Practice Starts	MV Track	Practices will start 20 minutes after last bell (4:10 M, Tu, Th; 3:25 W, F; 7am Saturday)
TBD		Parent Night		
Aug 22		Watermelon Run/MV Time Trial. Everyone!	Stevens Canyon	Parents , note practice will finish 1 hour later.
		Issue Uniforms	MV Track	
Aug 30		Pasta Night	Family Volunteer	We need a volunteer family!
Aug 31	5:00a	Lagoon Valley Classic	Vacaville	Whole Team
Sept 2	7:00a	Morning Practice	MV Track	Fremont Older Hills
		Team Photo Day	MV	Wear your uniform!!!
Sept 5	4:00p	Fremont Firebird Invitational	Fremont	Tentative
Sept 20		Pasta Night 2	Family Volunteer	Only if a family hosts
Sept 21	5:30a	Nike De La Salle Invite	Concord	Whole Team
		Nutrition Presentation		
Sept 24	3PM	SCVAL 1 Baylands	Sunnyvale	Whole Team
Oct 5	Noon	Artichoke Invitational	Half Moon B	...and beach party!
Oct 8	3PM	SCVAL 2 Crystal Preview	Crystal	Whole Team
Oct 14	7am	Candy Crush		It's back!
Oct 23*	3PM	SCVAL 3 Baylands	Sunnyvale	Whole Team *Wednesday
Oct 24-26	Leave Thurs	Mt SAC Invitational ACT is this day. Consider other dates for your ACT.	Los Angeles	
Oct 31	PM	Lynbrook Invitational/ FUHSD Championships	Lynbrook HS	Whole Team
Nov 5	PM	SCVAL Championship	Crystal	Whole Team
Nov 6		Senior Run	MV	
Nov 16		Central Coast Section Championships		Varsity (must qualify)
TBD	6pm	Awards Banquet	MV Cafeteria	
Nov 30		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 2024 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).

2024 Season Coaches...

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

Summer Running:

Summer running as a group is the best way to get fit for the cross-country season (or for soccer, 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?

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

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
- Hemani Kamarshi sci4ev3r@gmail.com
- Ryan Liu rioliu224@gmail.com
- Tanay Parikh parikhtanay123@gmail.com
- Manasi Prasad mprasad754@student.fuhssd.org
- Ruhaan Shah ruhaans02@gmail.com

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

info at www.mvrrunning.com