



What Are MVXC Goals?



What Are My Goals For The 2025
Cross Country Team?



**I want all of you
to improve.**

- **Faster**
- **More endurance**



**I want all of you
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- **Able to run further**
- **Healthier**



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- **Grittier**



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to improve.**

- **Faster**
- **More endurance**
- **Able to run further**
- **Healthier**
- **More reliable**
- **Grittier**
- **Better teammate**
- **Happier**
- **Feel better about yourself!**

MVXC Cares More About Your Commitment Than Your Talent

- Show up on time day after day.
- Bring consistent effort.
- Be nice and support your team.



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Does this mean we don't
care about results?

No! If we have a team with
this work ethic, we will do
fine.






How To Get Started

- Bookmark mvrrunning.com
- Get fitted for running shoes!
- Summer Running
 - Monday through Saturday at 7 am
 - Optional but so good for us!
 - If you can't be there every day, commit to the days you can
- Run consistently this summer, whatever you can do
- Be part of the group...relationships helps you and them



Practice Schedule

- Practice after school every day
 - Starts 20 minutes after last class (M-Tu-Thu 4:10, W-F 3:25)
 - Two hours long
 - Can miss up to five and keep PE credit
- Saturdays
 - Either a race (required) or optional practice at 7 AM (highly recommended)



What is a practice like?

- One long run per week
- One “workout” per week (usually); an uncomfortable half hour
- Core exercises most days
- Mostly...go for a run and talk with your friends!

Season Schedule

- Aug 8: First Practice
- Aug 18: School Starts
- Aug 21: Watermelon
- Aug 30: Lagoon Valley Classic
- Sep 19: Oregon 3-Course Challenge
- Sep 23: SCVAL Opener
- Oct 4: Artichoke Invite Half Moon Bay
- Oct 7: Crystal Preview
- Oct 17: Roughrider @ Woodward
- Oct 21: Baylands 5km
- Oct 30: Lynbrook Invitational
- Nov 4: SCVAL Championships
- Nov 15: CCS Championships



Oregon Trip

- 15 athletes have signed up
- Room for ~ 14 more
- Commitment matters!





Summary

- MVXC is for everyone!
- We want to make this accessible for everyone
- You will feel like you accomplished something



This summer
WORK HARD
and
BE NICE
to everyone