What Are MVXC Goals?

What Are My Goals For The 2025 Cross Country Team?









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 mvrunning.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)



Season Schedule

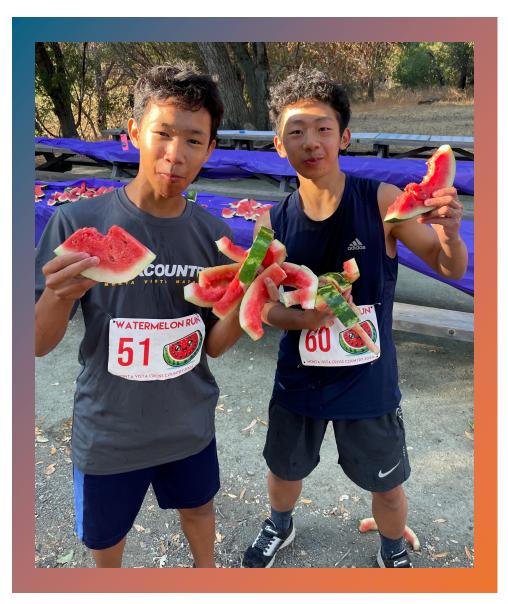
- Aug 8: First Practice
- Aug 18: School Starts
- Aug 21: Watermelon
- Aug 30: Lagoon Valley Classic
- Sep 19: Oregon 3-Course Challenge
- Sep 23: SCVAL Opener
- Oct 4: Artichoke Invite Half Moon Bay
- Oct 7: Crystal Preview
- Oct 17: Roughrider @
 Woodward
- Oct 21: Baylands 5km
- Oct 30: Lynbrook Invitational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

