

MVXC Team Meeting

October 10, 2025

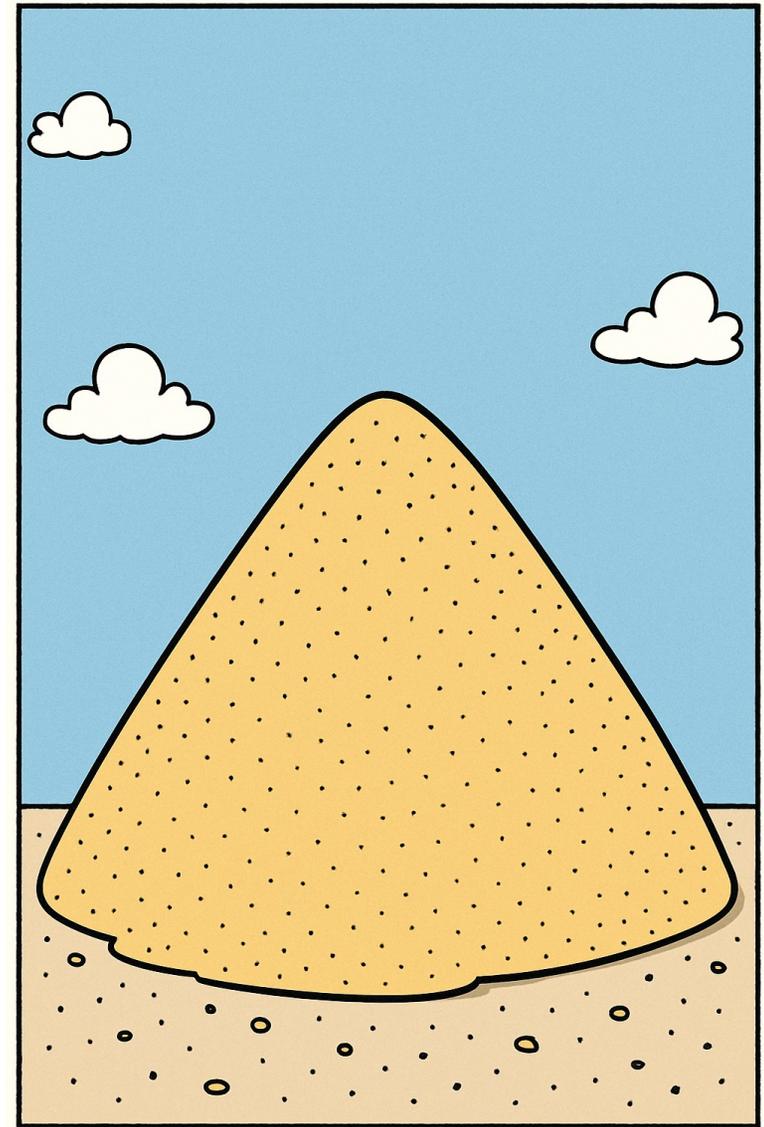


The Sorites Paradox

A million grains of sand is a heap of sand. Anyone can see that!

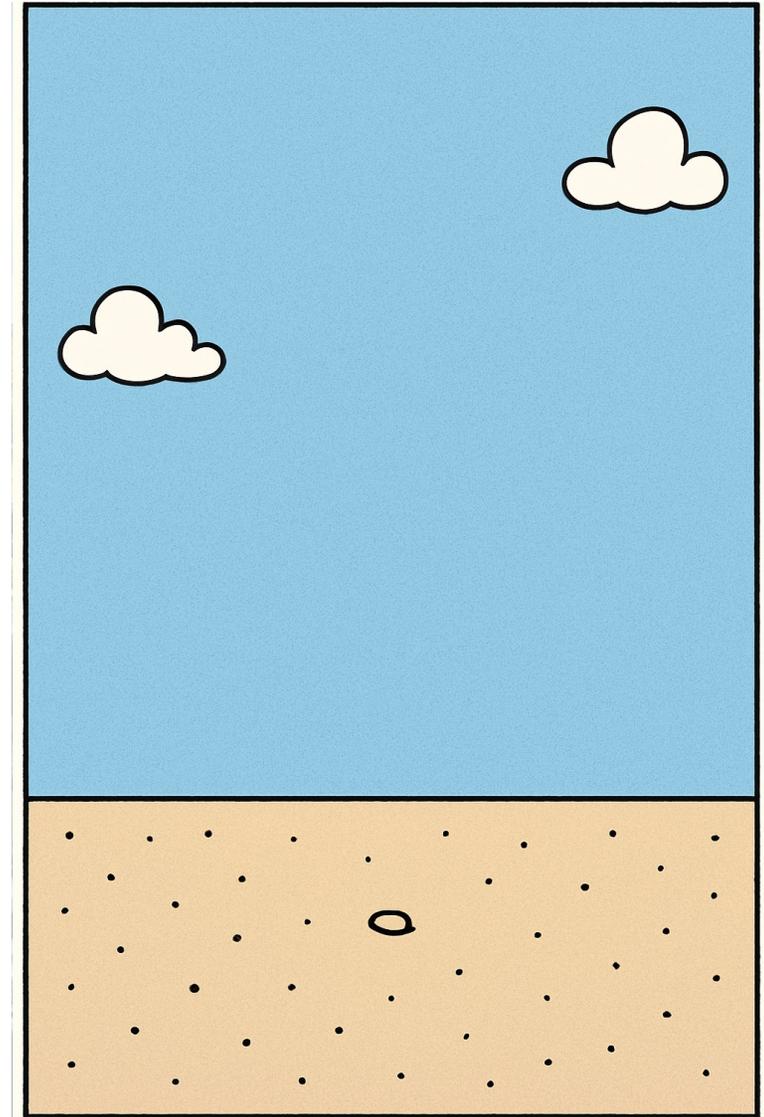
If a million grains of sand is a heap, is 999,999 grains of sand is also a heap? Sure. And, clearly, 999,998 grains is a heap too.

By induction, we can assume that a heap of sand minus one grain is still a heap.

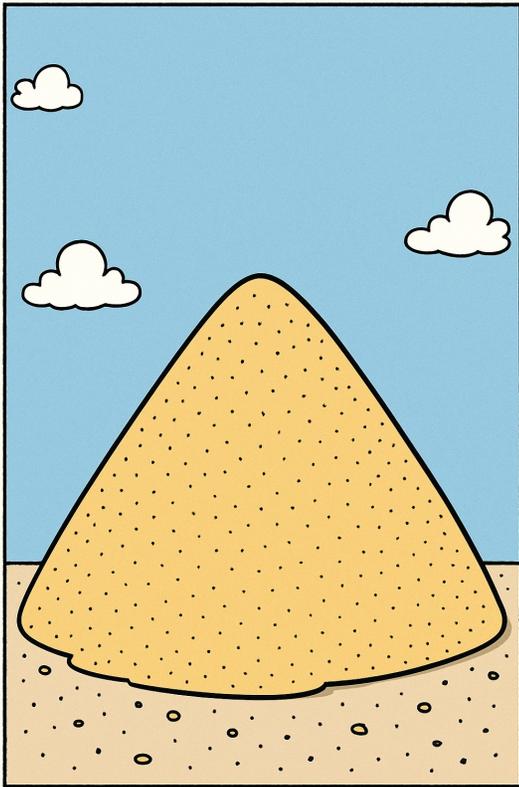


The Sorites Paradox

So, if we get down to 2 grains of sand and take away one grain then...wait, what?



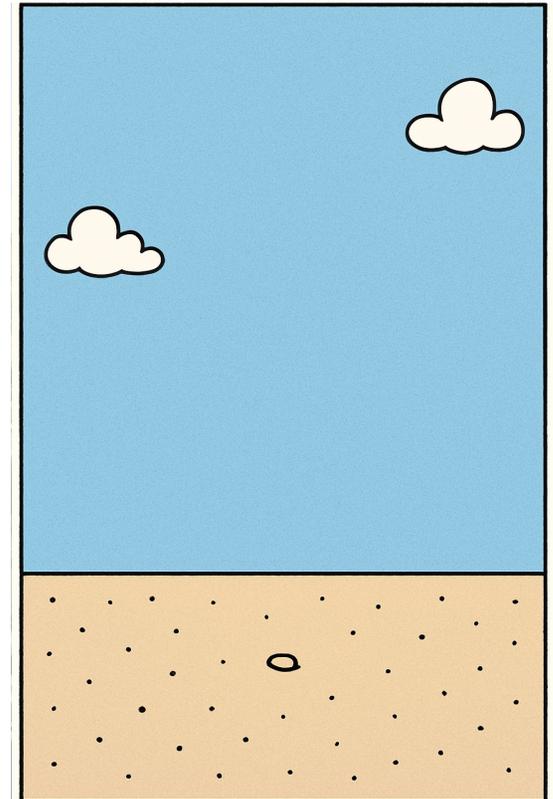
The Sorites Paradox



At some point a heap is no longer a heap, but it is not clear where.

This is a class of problems or arguments that stem from vague terms or unclear boundaries. Mathematical induction does not work here—the boundary is vague.

Cases at either extreme are obvious from observation.



2024 D1 NCAA National Champions, BYU Women



Looks like a team.



2022 D3 NCAA
National
Champions,
Johns Hopkins
women

Looks like a team.

2024 Oklahoma State Men



Looks like a team.



What is this?

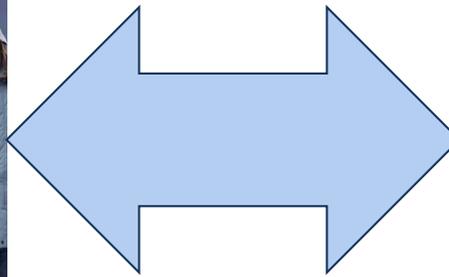
2012

Central Coast Section Championships, Monta Vista Boys' Varsity Team



The Sorites Paradox

I am not comfortable being in the middle when it's something that matters to me



When is a program excellent, and when is it not?



When is a program excellent, and when is it not?



Uniforms



Santa Cruz Run

Secret siblings

CharacterLab

Warm up as a team

Commute from San Francisco

Sweatshirts

Boathouse jackets

Team cheer

Canopies

High five line at end of races

Compete out of section

Express gratitude

On time to practice

Summer running

Compete out of state

Awards

Local races

Dawn Patrol

Saturday breakfasts

Sweatshirt design contest

Saturday workouts

Team banquet

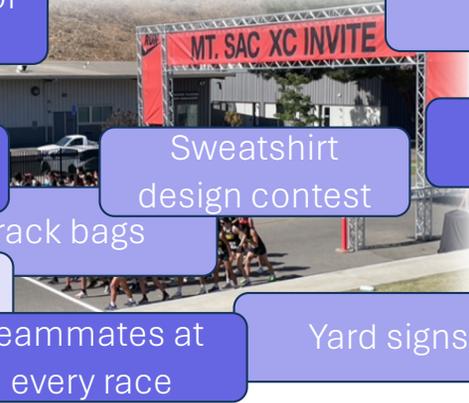
Track bags

Beach party

Teammates at every race

Yard signs

Stationary bikes



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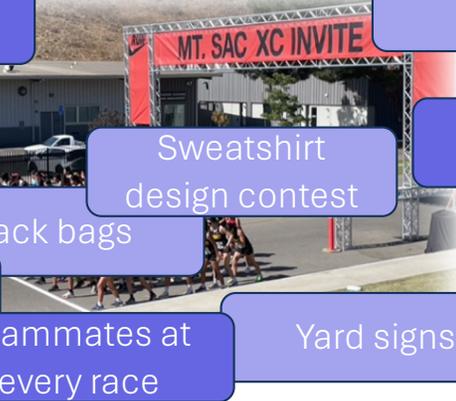
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Beach party

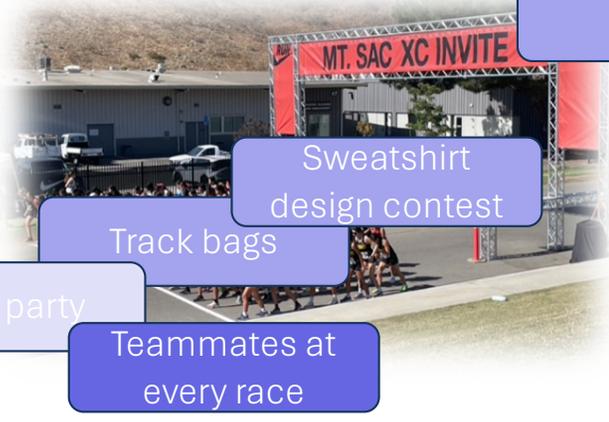
Teammates at every race

Yard signs

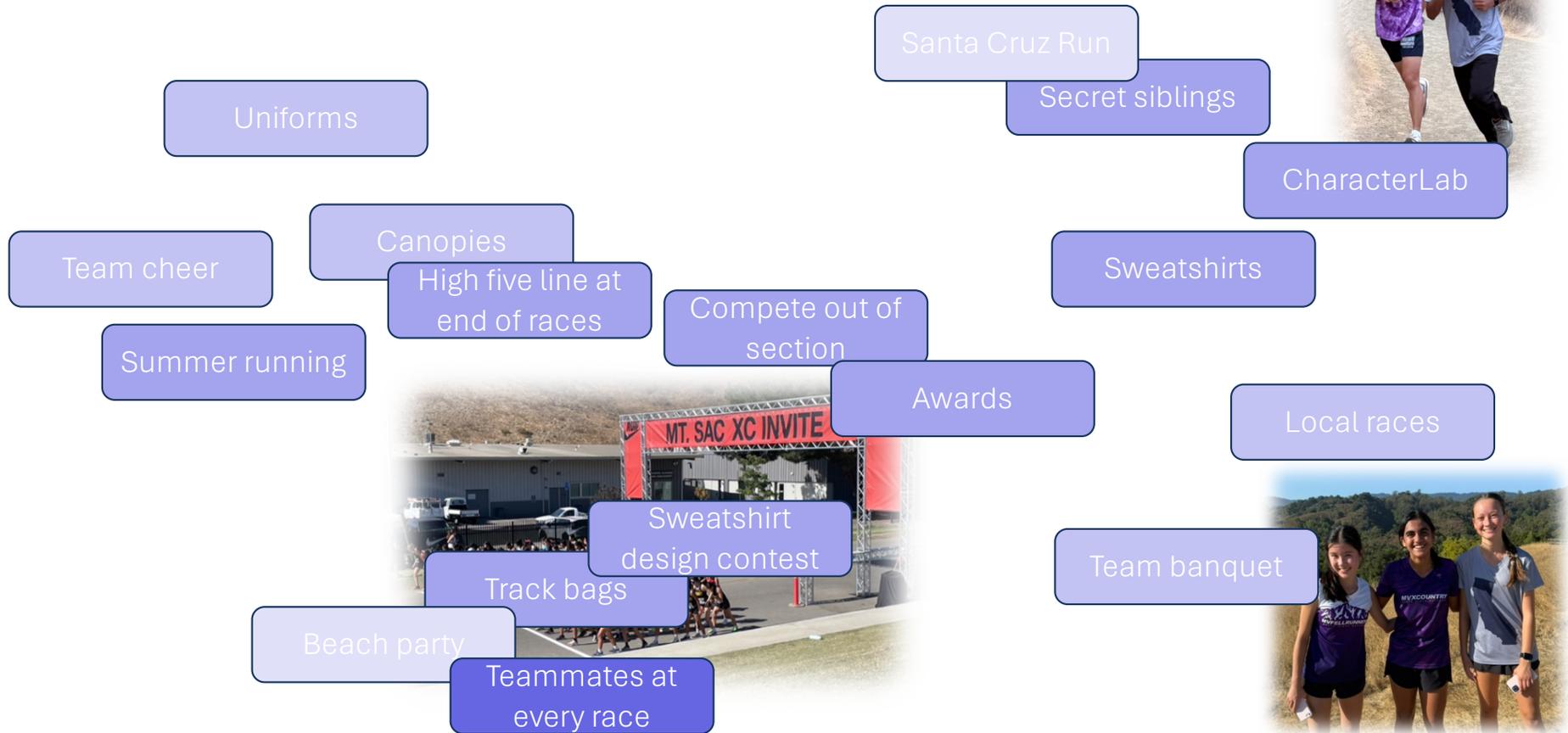
Stationary bikes



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Eliminating one grain might not seem important but at some point, the heap is no longer a heap.

Local races

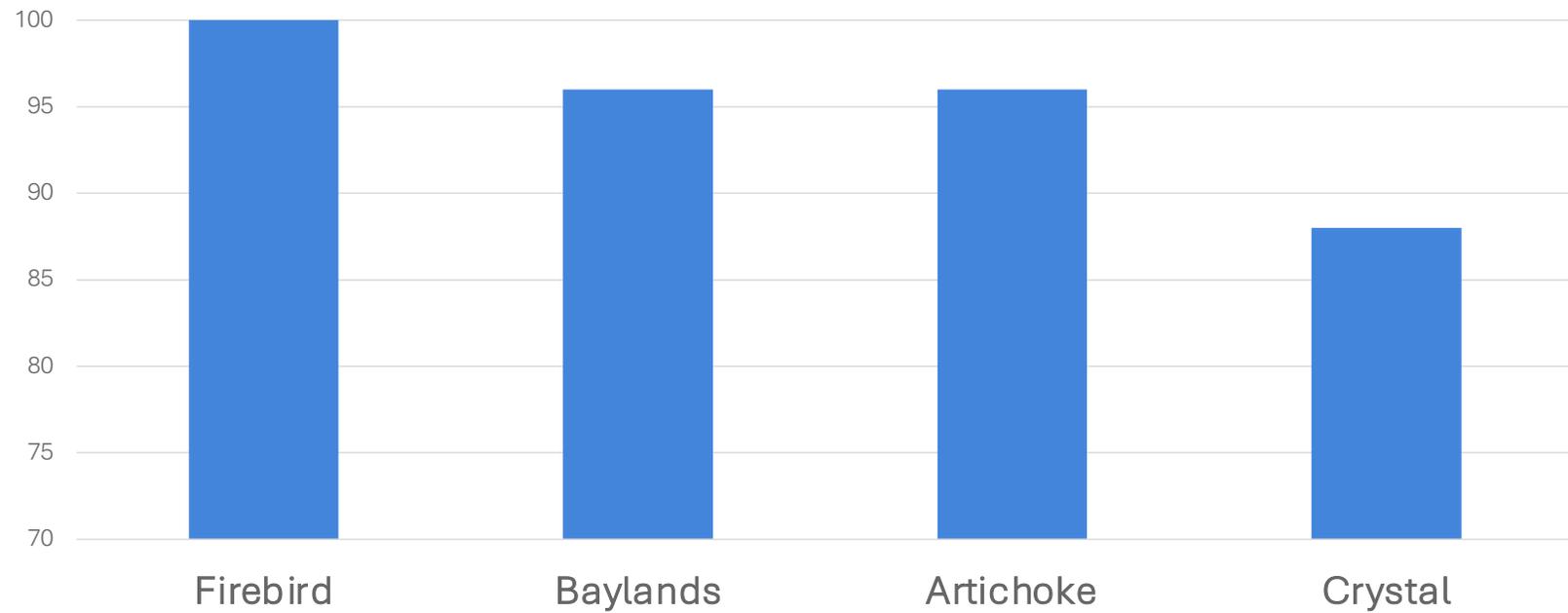
Team banquet



When is a program excellent, and when is it not?



Percentage of MVXC 2025 Roster At Recent Races



Choices we make when we join a team—if we want to make the team better

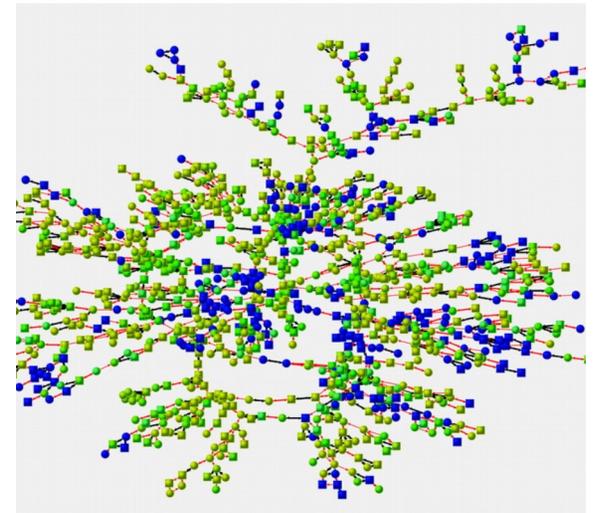
- Be at practice on time
- Be ready to work
- Be attentive
- Wear team gear
- Wear team uniform
- Take care of ourselves
- Be at team competitions
- Support our teammates
- Express gratitude
- Be helpful

We (should) make this choice when we join...after that it is a different choice—to keep a commitment.





A Team is a
Network of
Relationships



The Quality of our
Relationships is
Correlated with
Personal Well-Being

Health

Expected lifespan

Academic performance

Earnings and wealth

Personal achievements

Marriage quality and longevity

Happiness and positive emotions

“Coach, you don’t understand what it is like to go to school at Monta Vista.”



the reading
ly about? What are the main
the section headings/main topics.
e next day)
during your first session
ully, filling in the details
ou are reading it
and points
thers and/or write about it
often class assignment
graph summarizing its main ideas and a
tions and questions

Reading Tip

- Read all material with the reading
- Keep a list of reading tips about what you do to read
- Read the material slowly, the next day
- Read the material slowly during the lecture
- Read the material slowly during the lecture
- Read up for the exam while you are reading
- Review the reading with others in your class
- The more you read the more you understand
- The more you read the more you understand

Kirk
Flatow

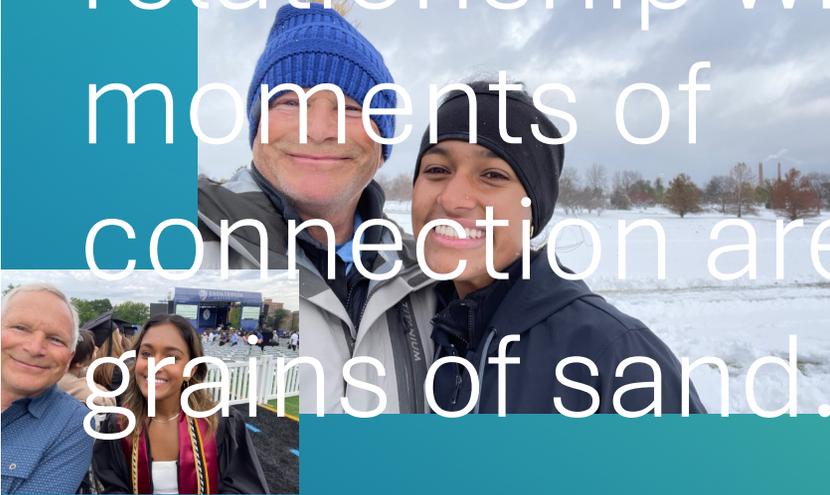
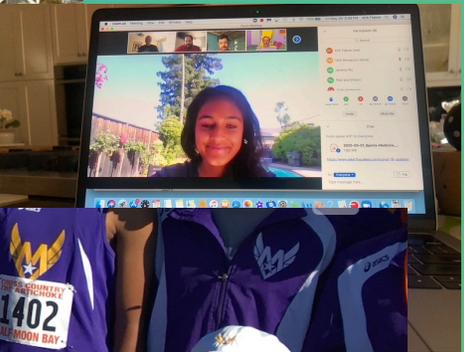
Reading Tips

First session: write notes
to read slowly, main points
write down main ideas
Second (ideally, next day)
Review what you observed, filling in details
Read up while reading
Ask others and write

Janet Sunday Sept 9

Understand you are like
a cabinet - put loads
on you up and carry it
across the desktop and
look for an axis

Good school is like a
sneaky bad - Don't try
to take everything



Imagine a relationship where moments of connection are grains of sand...

We work to learn math.

We work to learn a language.

We work to better musicians.

We work to be faster at Crystal.

Why should it be any different to
work at being a good teammate, or
work at being a better friend?

