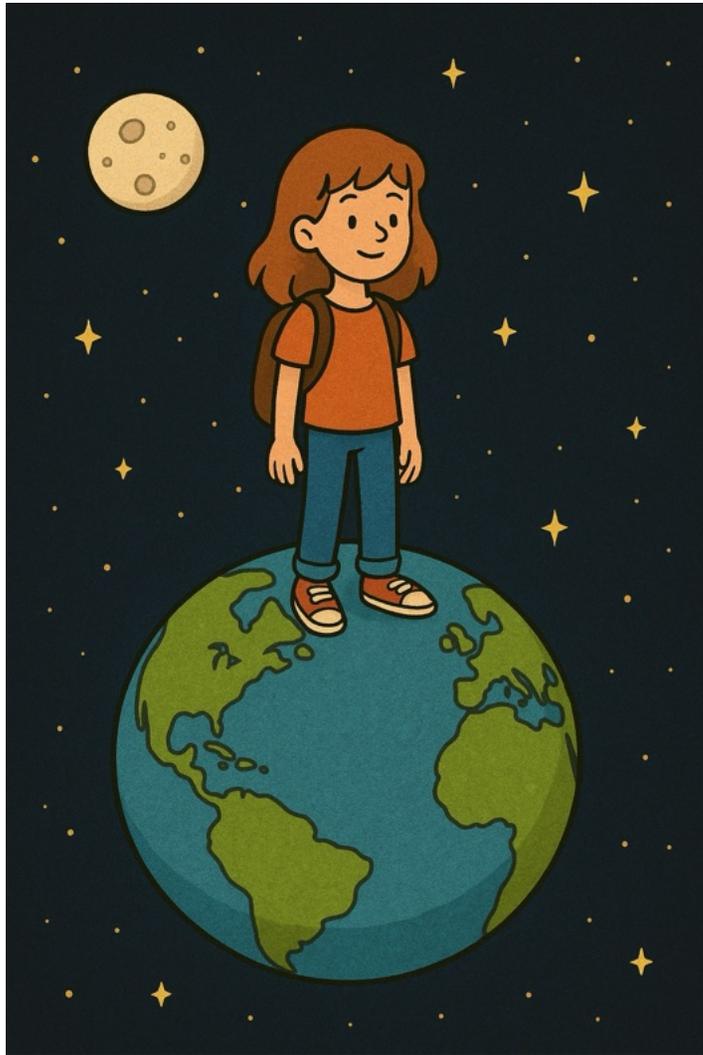


MVXC
2025 SEASON BANQUET



How many people in this room...
Were born outside of the United
States,
have at least one parent born
outside of the United States,
or at least one grandparent born
outside of the United States?



Our families did not accept that their situations were given, fixed, and something to be endured; they took action/made choices/exercised agency to change their situations, including leaving their countries and starting on a path that brought all of us to Monta Vista.



ANGELA DUCKWORTH

WE CAN CHANGE
OUR SITUATION

- Our personal environment
- Our peers
- Our mentors
- Our community

GRIT

- Angela's search for the answer to why some people are more successful than others
- Achievement is not primarily about talent
- Grit—persistence towards long-term goals—is linked with achievement

“I finish whatever I begin”
is the most predictive item on
Angela's grit scale*

*this will be on the final 😊



While my grit tells me,

*“It’s time to jump in this icy cold, fast flowing, wild river
and start swimming, don’t quit, you can do this!”*

how about asking,

*“Do I need to be here on a rock in the middle of a river to
achieve my goals?”*

**WHO DO WE BECOME
IF WE CHANGE
WHERE WE ARE?**





MANAGING OUR PERSONAL ENVIRONMENT

WHEN STUDYING FOR A BIG TEST, WHERE DO YOU PUT YOUR PHONE?



Next to me.



Next to me,
screen down,
sound off.



Near me but
out of sight.



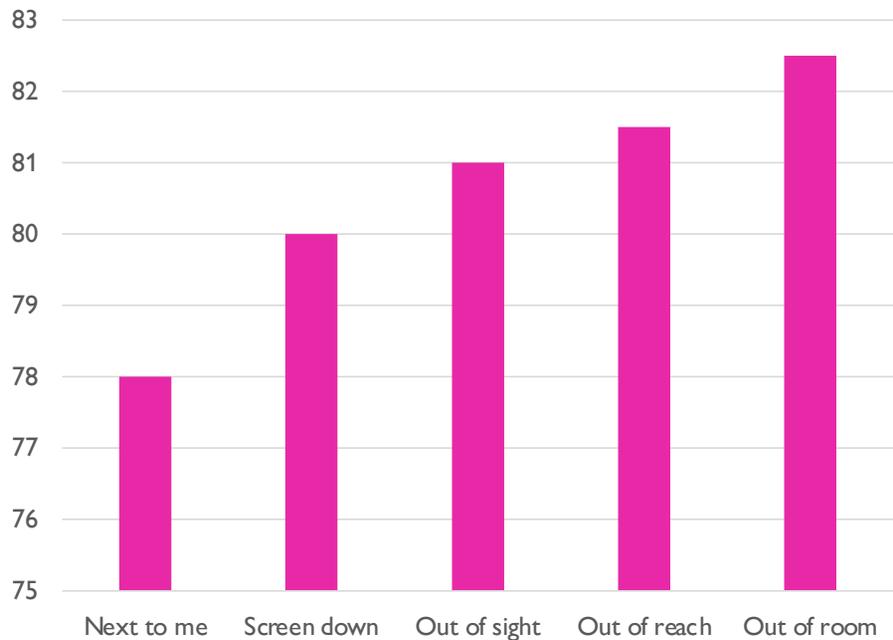
In my room, out
of reach and out
of sight.



Phone in
another room.



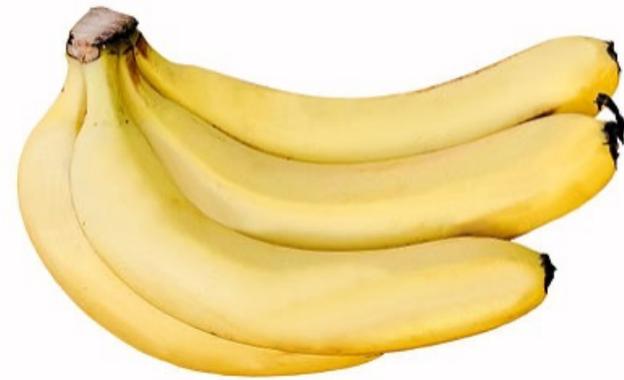
THE FARTHER THE PHONE, THE HIGHER THE GPA



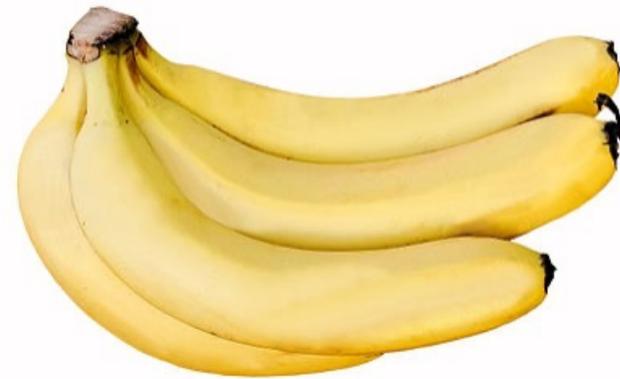
- There is a correlation/causation question but...
- This makes sense
- We can manage our environment

This is from a to-be-released paper from AD and others

WE CAN GRIT OUR WAY TO OUR GOAL,
OR...



WE CAN ENGINEER OUR ENVIRONMENT



Wendy Wood is a psychologist who has studied habits, habit formation, and behavior change, and has written popular books on the subject.



DON'T ONLY BANISH
TEMPTATIONS,
WE CAN ALSO ADD TO OUR
ENVIRONMENT:
PERSONAL TOTEMS

Every day this person wakes up, they
are reminded that they are a runner.

CUES ADDED TO OUR SITUATION



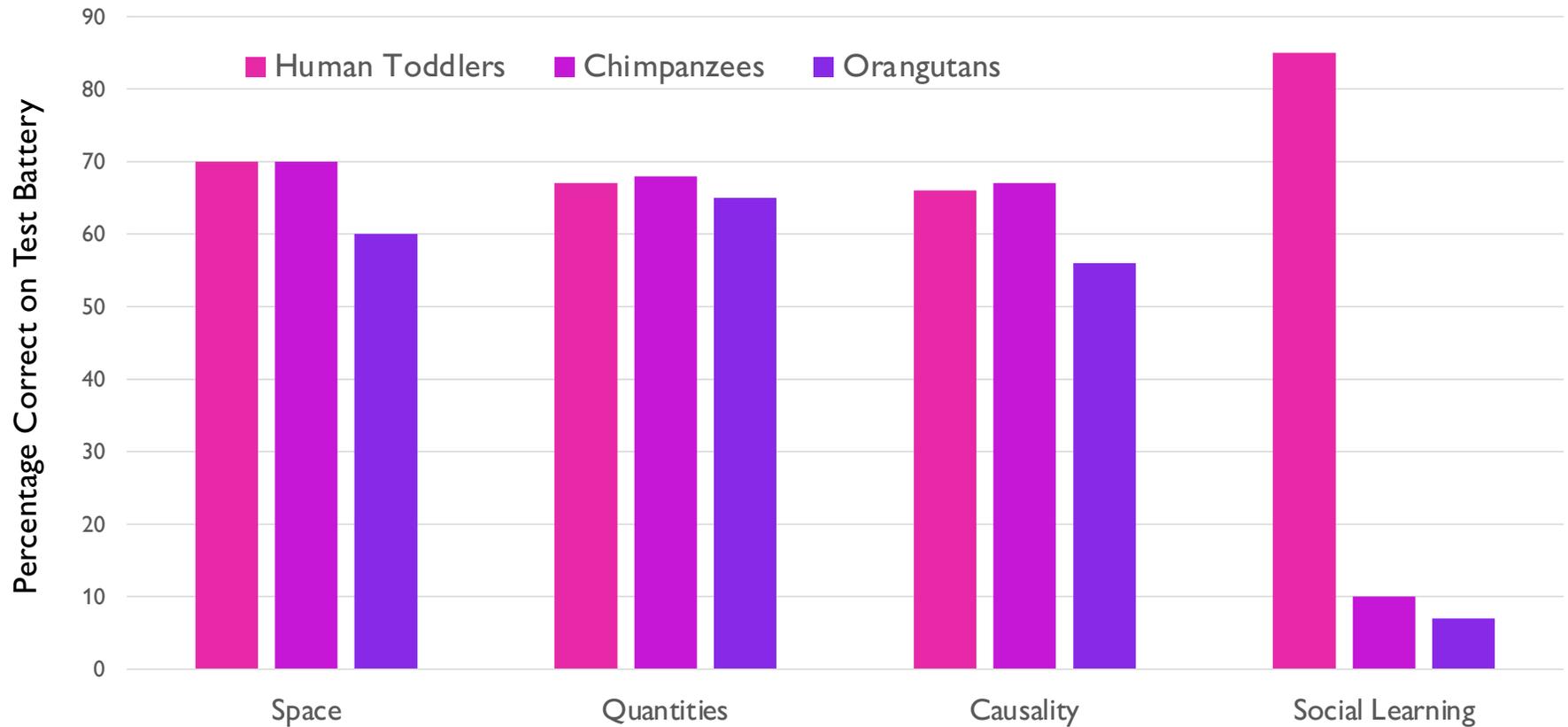
I got this “habit stacking” idea from Angela Duckworth and Mike Maughan on their podcast, *No Stupid Questions* (the podcast is no longer being produced but you can listen to old episodes). The mirror cue was inspired by Wendy Wood.

OUR PEER
GROUP



THE “COLLECTIVE BRAIN”

AVERAGE PERFORMANCE ON FOUR COGNITIVE TESTS





HUMANS LEARN FROM EACH OTHER

Peers make you:

- Smarter
 - share knowledge
- Accountable
 - “this I commit to you”
- Feel solidarity
 - sometimes she helps me
 - sometimes I help her



SOLIDARITY
ACCOUNTABILITY
COLLECTIVE
PURPOSE



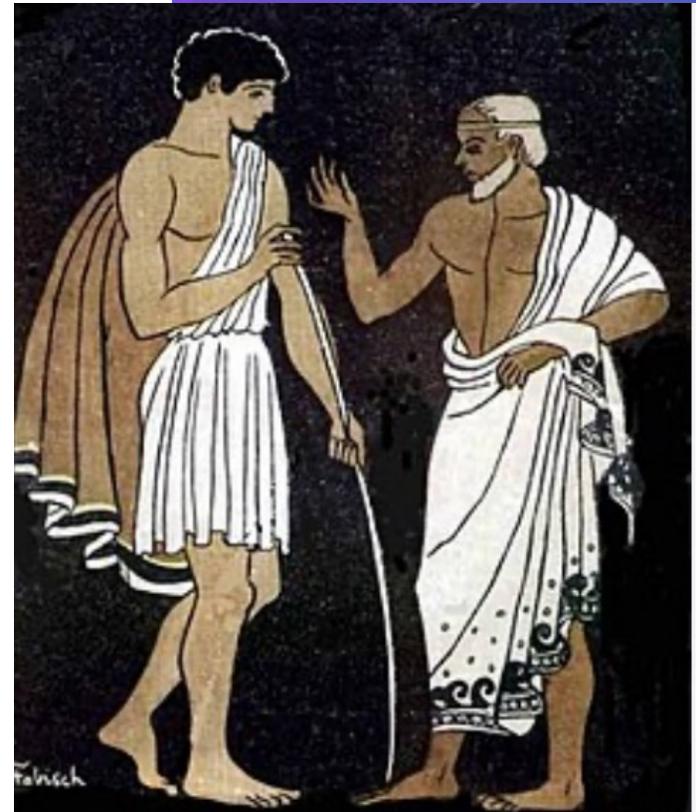
MENTORS

MENTORS

Where the word “mentor” come from?

MENTORS

- Mentor was a person
- Friend of Odysseus, asked to guide his son, Telemachus
- Athena!
- Wise and trusted advisors are now called 'mentors'





DELIBERATE PRACTICE REQUIRES A TEACHER

- Plan
- Practice activities
- Feedback
- **Support**

WE CAN SEEK OUT AND ATTRACT MENTORS

- Ask for advice
- Demonstrate commitment
 - Stay in touch
 - Say thank you
- **Build a relationship**



WE GET FURTHER DOWN THE PATH, AND THE PATH IS EASIER,
WITH TEACHERS AND MENTORS

CHERISH YOUR MENTORS



Kirk Flatow <coach.flatow@gmail.com>

thank you for the thank you

3 messages

Angela Duckworth <aduckworth@characterlab.org>
To: Kirk Flatow <coach.flatow@gmail.com>

Wed, Jun 19, 2024 at 7:22 AM

1. at the risk of infinite regress, thank you for the thank you kirk.
2. i love that it was handwritten
3. i love that the stationary was white clouds against a blue sky
4. i don't even know where you buy stationary, but there's something just wonderful about it
5. am i even worthy of this gratitude?
6. the fact that you're slightly older and in many ways wiser makes me realize that mentoring can be domain-specific. in the domain of psychological science, and i'm happy to be your mentor. i've been here longer than you and have made it my calling.
7. i've noticed that you used to talk about your kids with qualifiers but not they're just your kids. i love that. they *are* your kids.
8. i have a book recommendation, because it says a lot about coaching and also about what a young person needs. beartown. almost done. massive fan of the author, who i now realize writes modern-day parables we all need to hear...
9. in sum, thank you! so happy that sometimes you help me, and sometimes i help you, and that together we share this allegiance to kids...who are everything :)

Angela Duckworth

Rosa Lee and Egbert Chang Professor, [University of Pennsylvania](#)
Faculty Co-Director, [Behavior Change For Good Initiative](#)
Co-Host, [Freakonomics No Stupid Questions](#)

[Twitter](#) | [Facebook](#) | [LinkedIn](#) | [Character Lab](#)

My work hours may not be your work hours. Reply if you want to, when you want to...



CULTURE AND COMMUNITY

IF YOU WANT TO BE AN
ARTIST...MAYBE MOVE TO FRANCE



CULTURE AND COMMUNITY

- Runners go to Eugene, Flagstaff, Mammoth...
- Artists head to France, Italy, New York...
- Country musicians move to Nashville...
- Mathematicians apply to Princeton, Cambridge...
- Automotive engineers are off to Detroit...
- Life sciences and Hopkins, San Diego, Oxford...



CULTURE AND COMMUNITY

- Your situational agency is currently limited—your parents pick where you are living and your high school, so...go Matadors!
- You exercised your agency in picking MVXC as one of your communities
- Your college choice is coming
- You will eventually get to pick your cities, move and grow

**CHOOSE
THOUGHTFULLY
TO SUPPORT
YOUR GOALS
AND YOUR
HAPPINESS**

A large group of people, mostly young adults, are posing on a playground structure. They are wearing purple shirts with a yellow logo. The structure is made of light-colored plastic and metal. The background is filled with green trees. The text is overlaid in a bold, blue, sans-serif font.

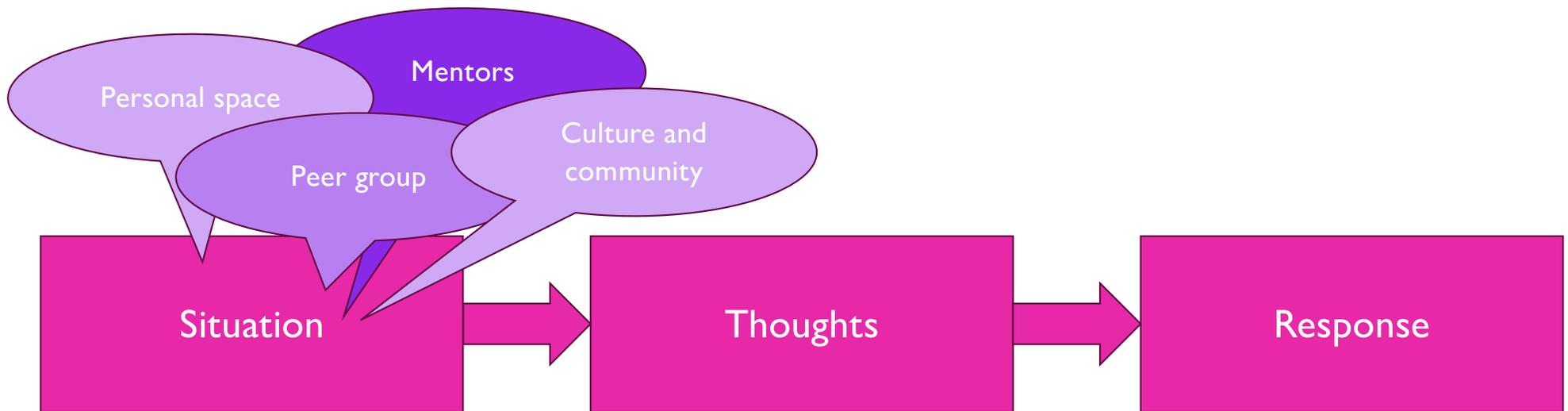
**JOIN TEAMS WHERE YOU
FEEL SUPPORTED,
GO TO COLLEGES WHERE
YOU FEEL SUPPORTED, SIGN
UP FOR CLUBS WHERE YOU
FEEL SUPPORTED,
SEEK OUT COMMUNITIES
WHERE YOU FEEL
SUPPORTED**

PROCESS MODEL OF EMOTIONAL REGULATION

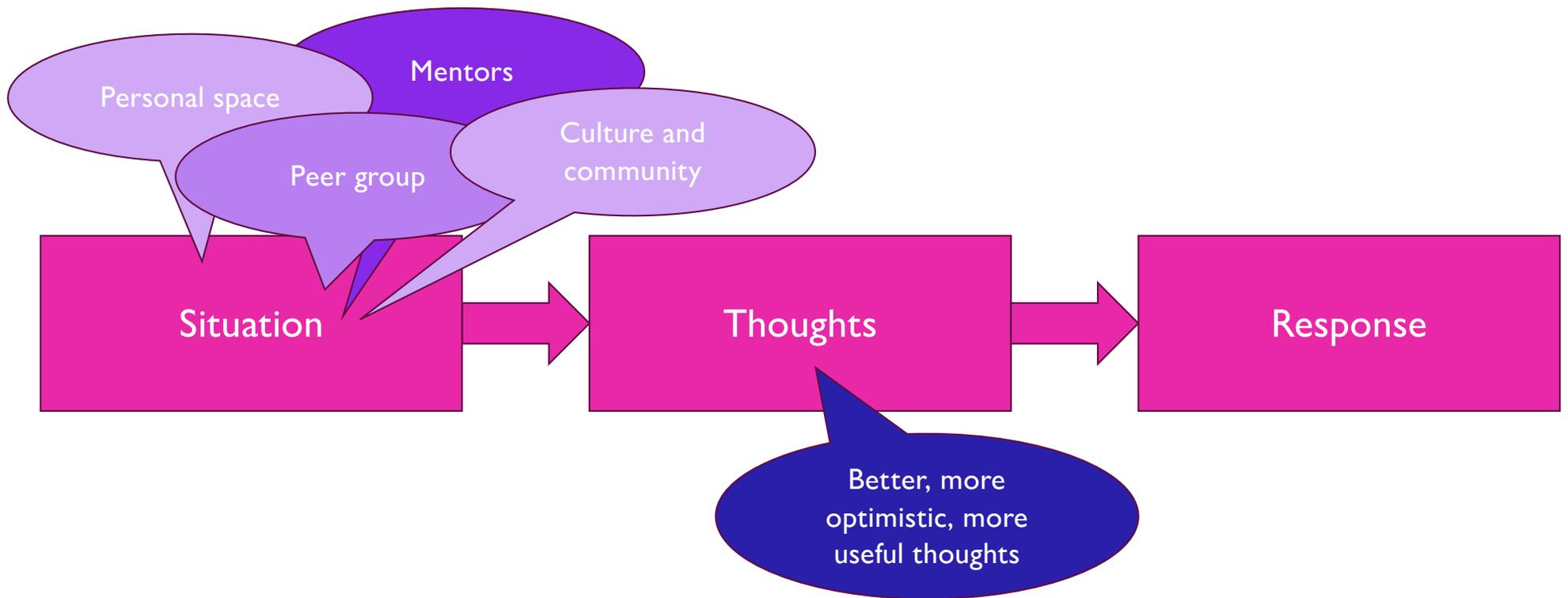


See James Gross

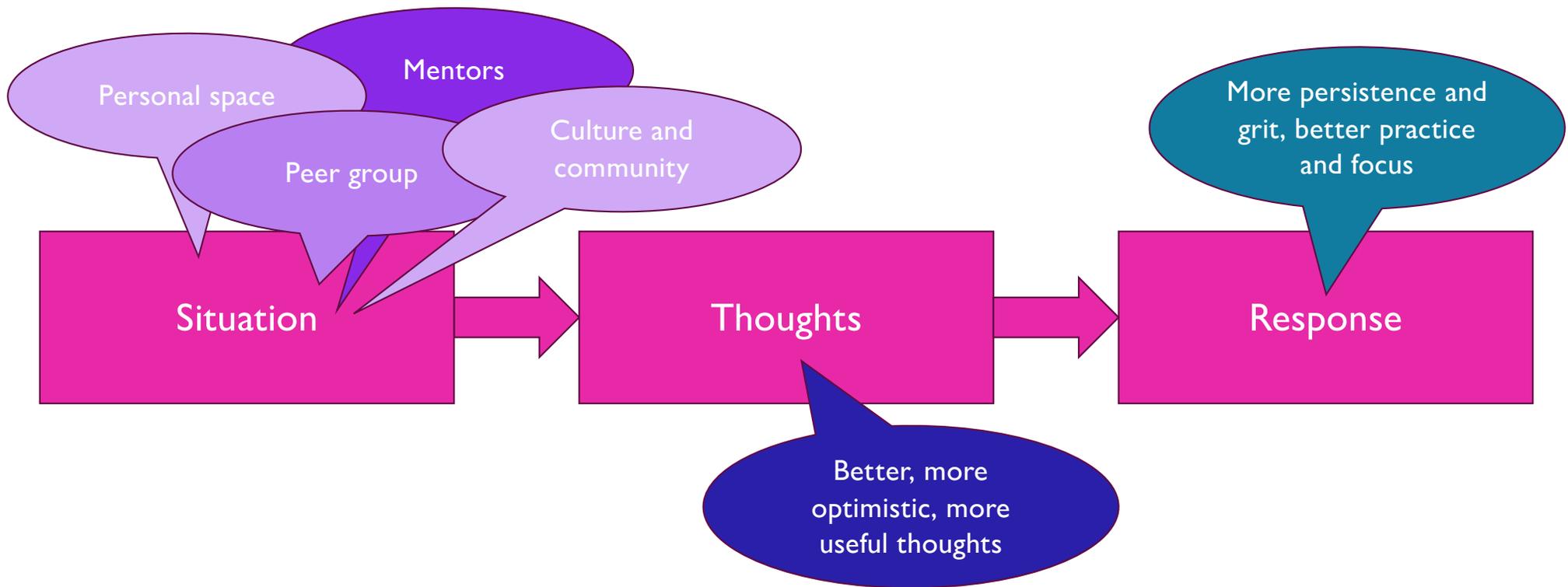
IF WE USE MORE AGENCY IN MANAGING OUR SITUATIONS...



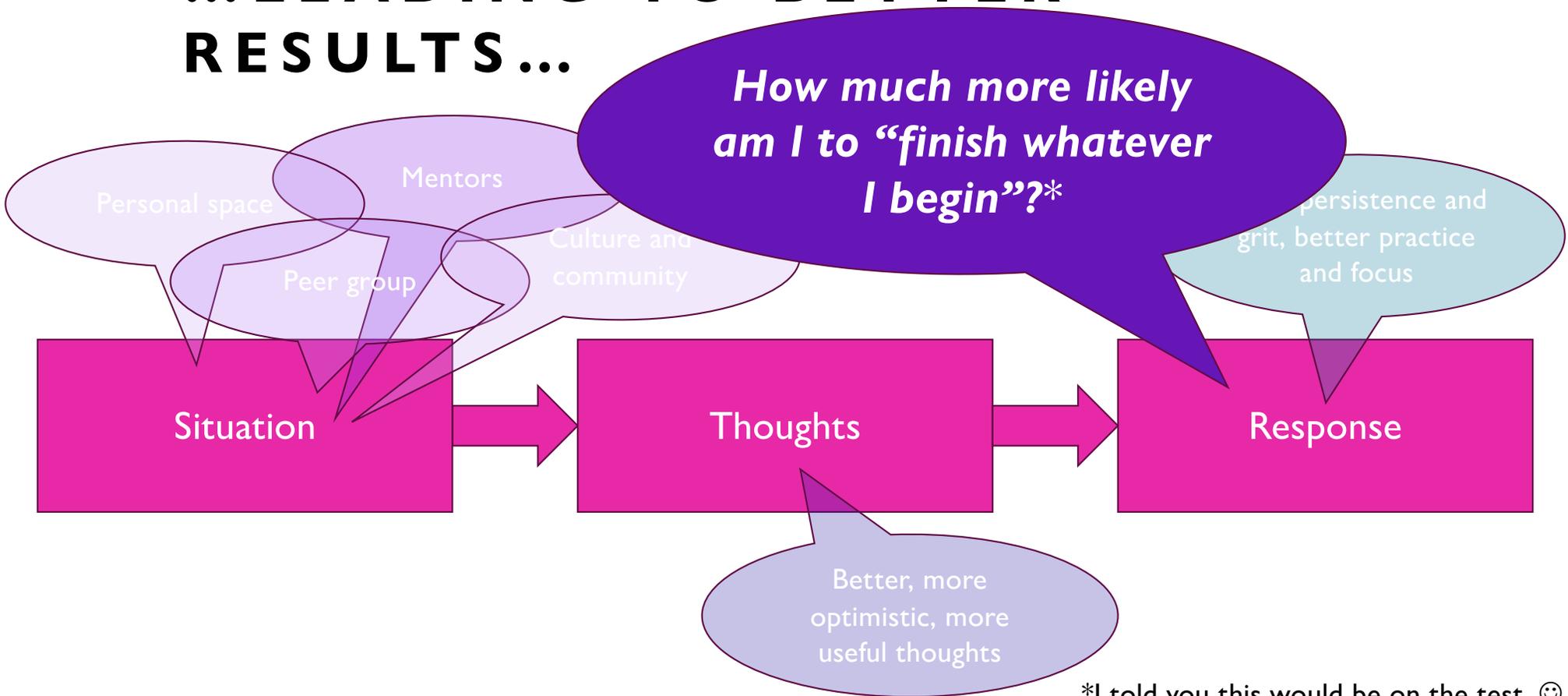
**...IT FOLLOWS THAT WE WILL HAVE
BETTER, MORE POSITIVE
THOUGHTS...**



...LEADING TO BETTER RESULTS...

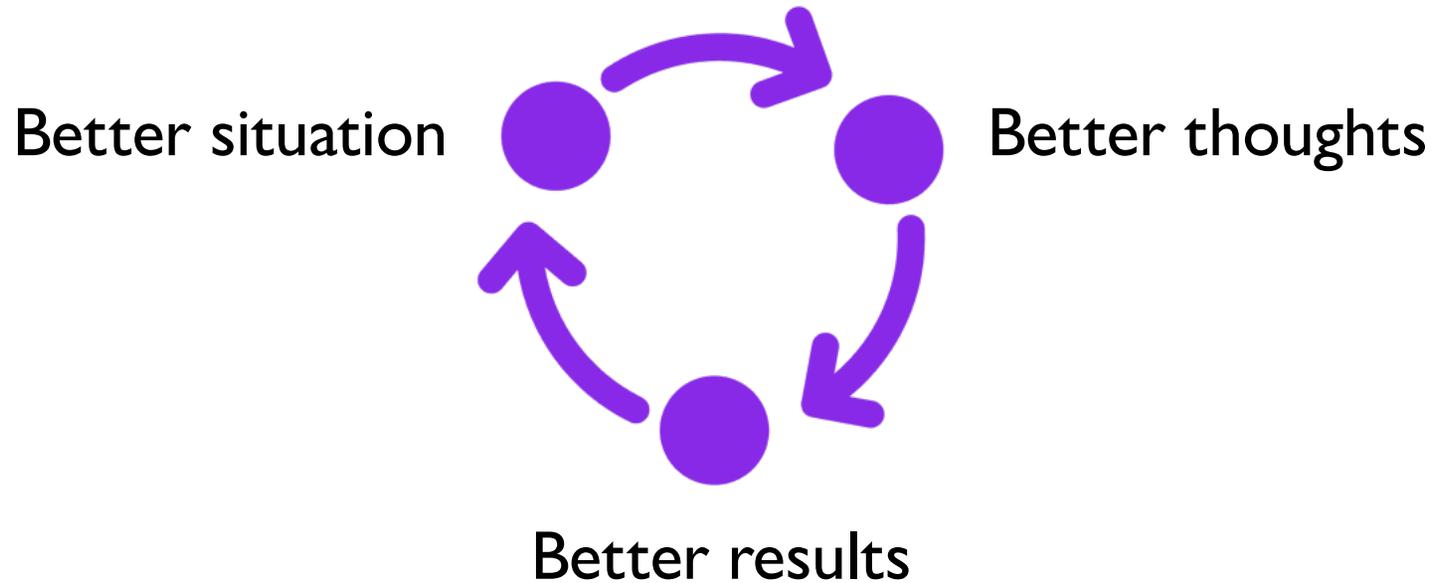


...LEADING TO BETTER RESULTS...



*I told you this would be on the test. 😊

POSITIVE FEEDBACK LOOPS “SITUATIONAL MULTIPLICATION”





If we have a better situation:

- Improved personal environment
- Well-chosen peers
- A dedicated mentor
- A supportive culture and community...

How much more likely are we to finish what we begin?

ANGELA'S CHECKLIST

- I keep temptations out of sight and out of reach.
- I make what is good for me obvious, easy, and fun!
- I have peers who know my goals and keep me accountable.
- My peers are like-minded, and together we are smarter than we are alone.
- On bad days, I have peers who will support me—and vice versa.
- When I don't know what to do, there are people I can ask for help.
- I am working on a project with someone more experienced and skilled than myself.
- I have a mentor with whom I intend to stay in touch for the indefinite future.
- I work in a high-challenge, high-support culture.

THANK ANGELA DUCKWORTH BY

BUYING HER BOOK WHEN IT COMES OUT

PUBLICATION DATE: SEPTEMBER 1, 2026





EXERCISING AGENCY CAN BE HARD

- I think that Angela and I are giving you some advice that is going to be helpful
- But this is not some quick fix, a mantra or a pill that is going to turn things around
- It can be hard; so many of our families moved from other countries here to change their situations, we can also exercise situational agency, but it is not always easy
- “With great power comes great responsibility”—accepting you have agency to change a situation can be a burden too





**NOTHING IS
MORE
GRATIFYING
THAN HELPING
SOMEONE ELSE**

MONTA VISTA CROSS COUNTRY

2025 AWARDS AND RECOGNITION BANQUET



APPLIED MATERIALS
SILICON VALLEY
**Turkey
Trot 2025**



- Thanksgiving morning
- Always many MVXC runners and alumni
- Race it or jog it who cares? Have fun!

<https://www.svturkeytrot.com>

**1ST AND
POSSIBLY LAST
ANNUAL MVXC
RUN FOR PIE**

SATURDAY 7AM

**SIGN UP IF YOU
WANT PIE!**



TAHOE RELAY

JUNE 6-8 2026

- June 6th (Saturday after finals week)
- Teams of 7 run 72 miles total
 - Leg distances:
 - 8.6, 13, 9.5, 9.6, 10.7, 8.6 (big hill), 11**
 - (hopefully we get a parents' team too!)
- Boys & Girls teams both got **2nd last year**
- Stay from Fri-Sun (2 nights)
 - Team will book a house for everyone to stay in
- Estimated cost: **\$200-300** per person
- If you're interested / have questions message Mel or Sam for the discord server invite link!



UNIFORMS

- Vishakha Shastri
- Fahad Ali
- Krishna Batni
- Tarun Gandhi
- Sam Heinonen
- Kento Murase

We still need your 'keeping' forms

(or please return your uniform if you are not running track in 2026)



PLEASE GET YOUR IRON LEVELS TESTED

- 40-80% of young runners—say half—have iron levels low enough to affect their endurance and recovery
- Symptoms are often reported as 'dead legs'
- This is not usually a health issue but...
- ...I wonder how many runners think 'I'm just not good at this', or 'I'm not having much fun', when an over-the-counter supplement might have a major impact on the athlete's performance.
- <http://www.runningwritings.com/2017/04/low-ferritin-and-iron-deficiency-anemia.html>



NEXT YEAR'S TRAVEL

- San Diego!
- Bus, so we can take 40-45 runners
- Sundevil Invitational hosted by Mt. Carmel
- Depart Friday, back Sunday late (I'm working to confirm the date)
- Pro Runner Agent Josh Cox
- Estimate \$400-450 per athlete



**MARK YOUR CALENDAR, SET
ASIDE SOME BIRTHDAY MONEY!**

GRATITUDE



THANK YOU, PARENTS

- Pasta party hosts (Orrs)
- Banquet hosts (Heinonens and others)
- Driving
- Feeding us
- Washing our disgusting running gear
- Getting us shoes
- Health care



**THANK YOU TO ALL 49
FAMILIES WHO JOINED
THE MONTA VISTA
ATHLETIC BOOSTERS AND
SUPPORT MVXC!**



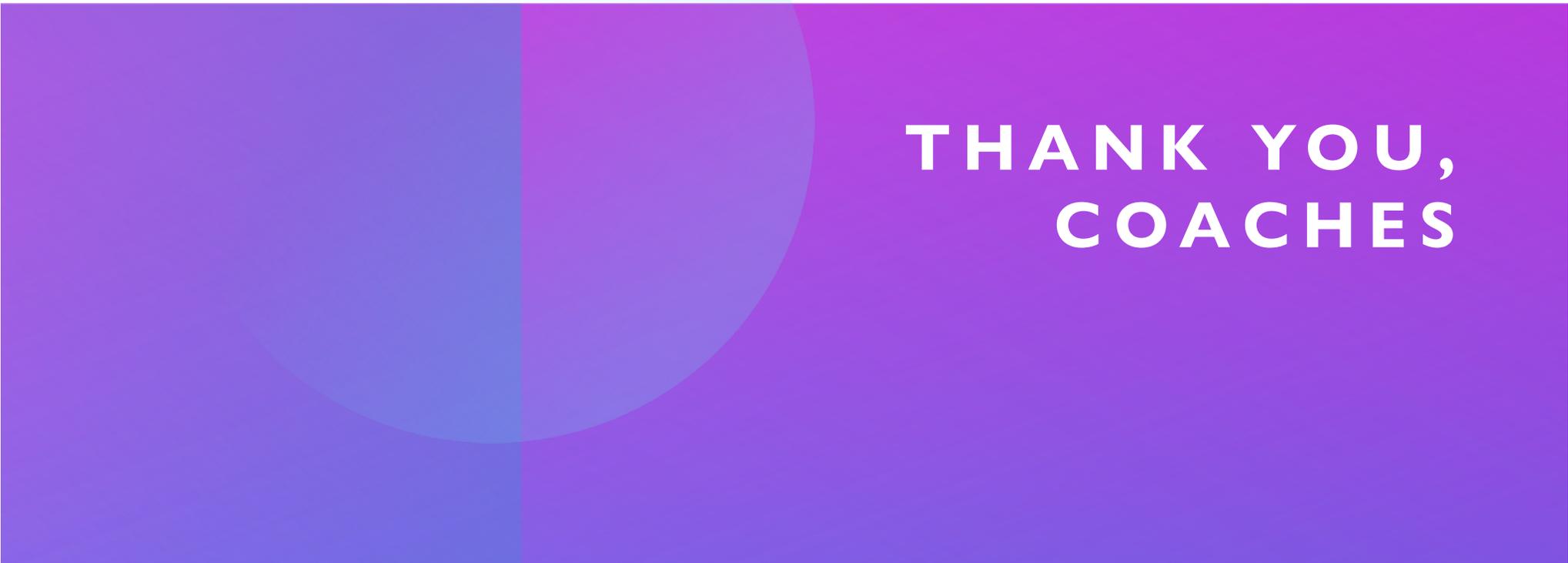
PARENTS, AND ALSO ...

- Please help keep on top of our kids' health
- If your child has an issue, see a doctor
- Consider asking for a prescription for physical therapy
- Or even a series of private training sessions

SAMANTHA LOUIE

TRIYA ROY

ISAIAH SMITH



**THANK YOU,
COACHES**

**THANK YOU,
MISS MYESHA!**

ATHLETIC TRAINER

AWARDS AND RECOGNITION



DE ANZA ALL-LEAGUE ATHLETES

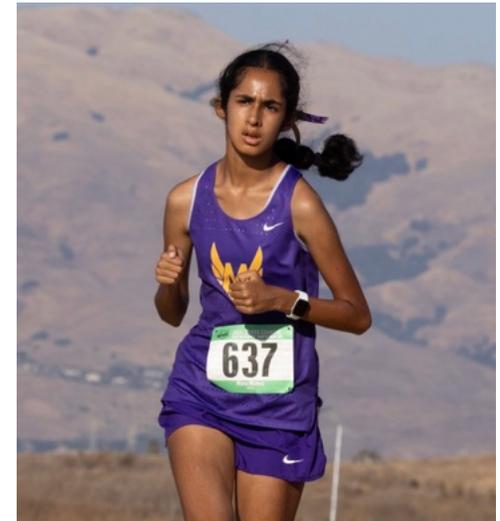
Alexandra Qiu



Riu Yamada



Myra Mishra-Sportsmanship



VARSITY GIRLS QUALIFY FOR CCS FOR THE 14TH CONSECUTIVE YEAR, BOYS REPEAT!

- Miranda Hsu
- Naomi Hsu
- Sophia Li
- Kaitlyn Lum
- Myra Mishra
- Alexandra Qiu
- Melinda Zhao
- Akshat Ambekar
- Constantine Chua
- Tarun Gandhi
- Sam Heinonen
- Kento Murase
- Riu Yamada
- Ethan Yang



VARSITY BOYS ALL-CCS ACADEMIC TEAM!

BY THE WAY... YOU
REALLY LOOK LIKE A
TEAM HERE!



THE CLIPBOARD!

SIMPLE AIN'T EASY.
~THELONIUS MONK

Distance Quality Workouts: XC 2019

| First | Last | WO # | 11 | Track Ks/200 rec/6x100 | Matador Ks/1 minute rec/6x100 | Dirty 400s/CV | Matador Miles/1 min recovery + 4x30-30 | Tempo from Palm (some boys added on) | Tempo from Palm (some boys added on) (Kids generally reported that they felt great today) | Matador Miles/1 min recovery 6x30-30 | Tempo from Palm (some boys and girls added on) | 800s at CV with 200 recovery +30-30s | Candy Crush 90 sec | |
|-------|------|------|------|--------------------------------------|--|---------------|---|--------------------------------------|---|--------------------------------------|--|--|---|----------------------|
| 1 | | 3 | 27% | | | | | 31.49 (10.36) | | 27.55 (9.28) | | | | |
| 2 | | 11 | 100% | | Bike | | Matadors (Inj) 7:15-7:00-6:49 (7:02) | 25.25 (8.29) | 2:33-2:30-2:30-2:30-2:28-2:27 (8-2:30) | 7:27-7:27-7:11-6:58 (7:15) | 21.09 (7.01) | 3:20-3:18-3:18-3:15-3:09-3:03-3:05 (3:12) | 14:16 (7.08) 3:22-3:44 63 (5.38) | |
| 3 | | 9 | 82% | 4:27-4:25-4:36-4:34-4:32 | 102-102-99-97-95-96-94-97-92-97-96-94-91 (13-97) | | 7:15-7:11-7:08 (7:11) | 21.46 (7.15) | 2:33-2:27-2:29-2:34-2:28-2:32-2:30-2:30 (8-2:30) | 7:21-7:12-7:10-7:03 (7:11) | 20.49 (6.56) | | 14:05 3:20 92 7:53 7:48 2:37 | |
| 4 | | 4 | 36% | | | | | 31.03 (10.21) | | 29:16 (9.45) | | | 19:10-4:38-2:00 | |
| 5 | | 9 | 82% | | Bike | | 96-97-92-94-91-87-89-89-86-89-87-86-89-89-86-83 (16-89) | 7:12-6:55-7:06-7:12 (7:06) | 2:25-2:19-2:18-2:17-2:17-2:20-2:35-2:20 (8-2:20) | 6:51-6:41-6:45-6:59 (6:49) | 20.48 (6.55) + 7:07 | 3:06-3:06-3:00-3:10-3:11-3:08-3:17-3:10 (3:08) | 13:39 (6.50) | |
| 6 | | 5 | 45% | 5:52-5:54-6:06-6:11 | | | | 30.58 (10.19) | | 29:01 (9.40) | | | 19:10-4:38-2:00 | |
| 7 | | 6 | 55% | | Bike | | | | TR 2:12-2:17-2:15-2:12-2:12-2:11-2:09-2:06 | 7:24-7:27-7:50 (7:27) | 21:00 (7.00) | 3:18-3:16-3:10-3:11-3:29-3:03-3:05 (3:13) | 14:45 3:51 | |
| 8 | | 7 | 64% | 4:27-4:21-4:19-4:18-4:16-4:08 (4:18) | | | | 20:59 (7.00) | 2:30-2:29-2:27-2:26-2:22-2:25 (8-2:27) | 7:26-7:09-7:01-7:00 | 20:20 (6.47) | 13:45 (6.52)-3:25 (6.50)-1:40 (6.40) | 7:50 7:26 7:20 | |
| 9 | | 8 | 73% | | | 12:00, walked | 58:48 | | Bike | 48:30 | 11:30-11:35-10:31 (11:12) | 32:41 (10.54) | 4:03-4:06-4:10-4:00 (4:06) | 20:05-4:10-1:40 |
| 10 | | 7 | 84% | 5:54-6:02-6:13-6:40 | | | | | Bike | | 31:05 (10.21) | | 10:04-4:38-2:00 | 45/6:18/52/6:58/4:36 |
| 11 | | 6 | 38% | 5:53-6:06-6:29-6:06 | | | | 29:33 (9.51) | 2:28-2:25-2:25 (8-2:25) + 9m | 28:41 (9.34) | 9:43-9:56 (9:50) | | 3:55-3:58-4:10-4:00-4:25-4:06 | 55/6:40 |

Pre-COS KS

35/4:57/33/5:04/45/4:50

42/5:12/36/4:49/48/4:43

45/6:17/52/6:58/48/6:38

13:12/86/89/85/83

45/6:17/52/6:58/48/6:38

200s: 44610K, 40, 35

1200s: 4:50, 4:40, 4:32

4:08
4:09
4:12
4:18

2019
REPEAT
GRIT
AWARDS



2019 REPEAT
GRIT AWARDS



Rohun Agrawal

Height: 5-7

Hometown: Cupertino, Calif.

Major: Applied and Computational Mathematics

Research and STEM Activities

Conducted research in the Computational Cameras Lab towards improving out-of-distribution embeddings from adversarially robust convolutional neural networks during the 2021-2022 Computational Cameras Lab working on utilizing a bias-free convolutional neural network to solve a nonlinear inverse problem called phase retrieval...Artificial Intelligence Intern at Denmarket...Founder of School's Artificial Intelligence Club...Code Coach at theCoderSchool.

Prior to Caltech

Cross Country All-state and All-Region honors...XC Individual League and District Champion Inspiration...Three-time XC Culture of Grit Award...Two-time Track 3200 League Champion Trinity College London

Personal

A CULTURE OF GRIT

SIMPLE AIN'T
EASY...

THIS IS NOT A
PARTICIPATION
AWARD.

| First Year | Second Year | Third Year | Fourth Year |
|----------------|-------------|------------|-------------|
| Zeynep Dogan | | | |
| Luna Lee | | | |
| Kaitlyn Lum | | | |
| Taylor Orr | | | |
| Alexandra Qiu | | | |
| Akshat Ambekar | | | |
| Tarun Gandhi | | | |
| Josiah Lim | | | |
| Kento Murase | | | |
| Ritik Shenoy | | | |
| Ethan Yang | | | |
| Darin Young | | | |
| Leon Zhu | | | |
| | | | |

A CULTURE OF GRIT

SIMPLE AIN'T
EASY...

THIS IS NOT A
PARTICIPATION
AWARD.

| First Year | Second Year | Third Year | Fourth Year |
|----------------|---------------|------------|-------------|
| Zeynep Dogan | Miranda Hsu | | |
| Luna Lee | Naomi Hsu | | |
| Kaitlyn Lum | Myra Mishra | | |
| Taylor Orr | Medha Rustagi | | |
| Alexandra Qiu | Melinda Zhao | | |
| Akshat Ambekar | Jonah Chang | | |
| Tarun Gandhi | Sam Heinonen | | |
| Josiah Lim | Darren Hsu | | |
| Kento Murase | Vikram Mallya | | |
| Ritik Shenoy | Riu Yamada | | |
| Ethan Yang | | | |
| Darin Young | | | |
| Leon Zhu | | | |
| | | | |



DAWN PATROL



- Aidan Cushman-Kihnley
 - Tarun Ghandi
 - Darren Hsu
 - Miranda Hsu
 - Naomi Hsu
- Carolyn LaBudde
 - Sophia Li
 - Josiah Lim
 - Kaitlyn Lum
 - Aadit Shinde
 - Eli Wang
 - Ethan Yang
 - Darin Young
 - Leon Zhu



DAWN PATROL

OUTSTANDING FIRST-YEAR RUNNERS

ROOKIES OF THE YEAR



OUTSTANDING FIRST-YEAR RUNNERS

ROOKIES OF THE YEAR

Darin Young



OUTSTANDING FIRST-YEAR RUNNERS

ROOKIES OF THE YEAR

Darin Young



Alexandra Qiu



OUTSTANDING FIRST-YEAR RUNNERS

ROOKIES OF THE YEAR

Darin Young



Alexandra Qiu



Taylor Orr



MOST IMPROVED



MOST IMPROVED

Ananya Parakimheeta



MOST IMPROVED

Ananya Parakimheeta



Sam Heinonen



MOST INSPIRATIONAL



MOST INSPIRATIONAL

Constantine Chua



MOST INSPIRATIONAL

Constantine Chua



Naomi Hsu





**SPIRIT OF
RUNNING**

**SPIRIT OF
RUNNING**

**MEDHA
RUSTAGI**





**COACHES'
AWARD**

COACHES'
AWARD

MYRA
MISHRA





**MOST OUTSTANDING
RUNNERS**

SOME “MOR” ANALYSIS

Boys

- Kento: Lagoon Valley, Firebird, 3C, Baylands Opener, Crystal Preview, Rough Rider (6)
- Riu: Artichoke, Baylands 2, Lynbrook, SCVAL, CCS (5)

Girls

- Naomi: Lagoon Valley, Crystal Preview (2)
- Miranda: Firebird, Baylands Opener, CCS (3)
- Alex: Artichoke, Rough Rider, Baylands 2, SCVAL (4)
- Melinda: Lynbrook (1)

**WE DO LOOK FOR WHAT IS
VALUABLE BEYOND RACE RESULTS**



MOST OUTSTANDING RUNNERS

Kento Murase



Riu Yamada



MOST OUTSTANDING RUNNERS

Miranda Hsu



