

Monta Vista Cross Country 2026

Pre-Season Release: May 22, 2026 Please keep in mind this schedule will change. www.mvrunning.com

Date	Time	Activity	Location	Note
June 6		Tahoe Relay		Optional, but fun—see Sam H for info!
June 8	7:00a	First day summer running	MV Track	Summer running matters—a lot!
June		Get your annual sports physical scheduled and complete NOW!		PLEASE don't wait until the last moment. Let's make this the year everyone is cleared on Day 1!
Aug 8	7:00a	First Day of <u>Required Practice</u> Practice will be at 7am in the week before school starts	MV Track There will be 7am Saturday morning practices all season	You have a physical and be cleared to attend practice, see https://www.matadorathletics.org/athletic-registration/
Aug 17	4:10p	First Day of School/After School Practice Starts	MV Track	Practices at 4:10 pm M, Tu, & Th; 3:25 pm W, F; 7am Saturday
Aug 26	6:00p	Parent Night	Student Union	
Aug 27	4:10p	Watermelon Run/MV Time Trial. Everyone!	Stevens Canyon	Parents , note practice will finish 1 hour later.
Sept 4	6:00p	Pasta Night		Perrault Family!
Sept 5	5:00a	Lagoon Valley Invitational	Vacaville	Bus! Meet in bus circle
<i>Sept 10</i>	<i>3:30p</i>	<i>Firebird—Maybe we run this</i>	<i>Fremont HS</i>	<i>Whole team, arrange own ride</i>
Sept 18	6:00p	Pasta Night		Family volunteer to host
Sep 19		De La Salle Invitational	Concord	Bus! Meet in bus circle
TBD		Nutrition Presentation		
Sept 22	3PM	SCVAL 1 Baylands	Sunnyvale	Whole team, arrange own ride
Oct 3		Mt Carmel Invitational	San Diego	Hope to take 40 dedicated athletes! Leave Friday, back Sunday
Oct 6	3PM	SCVAL 2 Crystal Preview	Crystal	Whole team, arrange own ride
Oct 10	6am	Dawn Patrol & Candy Crush	MV	
Oct 16	All day	Rough Rider	Fresno	Bus! Meet in bus circle
Oct 20	3PM	SCVAL 3 Baylands	Sunnyvale	Whole team, arrange own ride
Oct 29	PM	Lynbrook Invitational/ FUHSD Championships	Lynbrook HS	Whole team, arrange own ride
Nov 3	PM	SCVAL Championship	Crystal	Whole team, arrange own ride
Nov 4		Senior Run	MV	
Nov 14		Central Coast Section Championships	Crystal	Varsity (must qualify)
Nov 17	6pm	Awards Banquet	Quinlan	We need parent help!
<small>Tuesday</small> Nov 28		State Championship	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 tells you to quit." -- George Sheehan

A Few Monta Vista Cross Country 2026 Season Notes

Monta Vista Cross Country is a Competitive Team, this is not a club.

We want to be gritty and to improve in many facets of our lives while having fun...and we do all of that together.

Everyone on the team competes! (Even if your main goal is fitness for another sport).

The Monta Vista Cross Country team does not cut athletes based on athletic performance, however student-athletes who don't buy into the team culture of grit, positive team dynamics, respect, and responsibility, are encouraged to find another extracurricular activity which they find more motivational.

2026 Season Coaches:

Kirk Flatow, Isaiah Smith; opening for at least one more coach.

Summer Running:

Summer Running will meet at 7:00 a.m. at the Monta Vista track, Monday through Saturday starting on Monday, June 8 (there will be a small surprise on Day 1). We will start practice at 7 a.m., to beat the heatTM, until school starts. Summer Running is mostly student led; Coach Flatow will be at practice on June 8, 9, and 10, and Coach Smith plans on being with you twice a week most weeks.

Regular Team Practice:

The first team practice will be on Saturday, August 8, at 7:00 a.m. at the Monta Vista track. We will meet at 7 a.m. every day until school starts.

When school begins on August 17, we will go to our regular practice schedule, which starts at 20 minutes after the last bell. On Saturdays, practice starts at 7:00 am. Saturday practices are optional however our most motivated and successful athletes attend Saturday practice consistently. We expect everyone to be at practice, on time, ready to go. Being late can result in being marked absent. When you are sick and do not attend school or have a medical appointment and provide a note from your doctor, you are excused from practice; if you are at school, practice is required. You can miss up to five practices before you lose PE credit (if you miss more than five practices, you may be allowed to stay on the team with the coach's permission, however you will not earn PE credit).

Parents: Costs and Budgeting

For most of us, high school is the only time in our lives we have a chance to be part of a competitive sports team. It's the only time we get to put our school's name on our chest and represent for the school, our team, and ourselves. We want to make that experience as wonderful as possible for every young person that wants to make this effort. We try to create an elite environment for all our athletes at all levels. As Angela Duckworth suggests, we try to make grit easier by situating our athletes with a supportive peer group, dedicated coaches and mentors, and a positive team community. As you can imagine, running a program like MVXC is expensive—and as you probably know, public schools do not provide the money to do that without your help.

In the Fall, we will be looking for contributions to support your athlete and our team. We will collect the contributions from families through the Monta Vista Athletic Boosters; this will make your contributions tax-deductible and allow you to apply for an employee match from your company. The preliminary budget for 2026 is \$13,000 for 50 athletes, or \$300 per athlete. The largest portion of this cost is \$8,000 for buses to the Lagoon Valley, De La Salle, and Roughrider, with the remainder for meet fees, training shirts, uniform costs, and food. I will share a detailed budget with everyone at the start of the year so all families know exactly where their money is being used—I will be completely transparent and provide our detailed budget, as I did last year. If you support your child to travel on the optional overnight trip to San Diego for the Mt. Carmel Invitational, the total budget for that trip is going to be around \$27,000 (\$12,000 of this is for the bus for three days and \$8,000 for two nights in a hotel at Solana Beach for all of us; again, I will share all the detail with you in August). The Culture of Grit endowment I funded in 2024 will cover half of those costs, so you can budget \$350-400 in addition to the regular season support above, assuming 35 of our athletes choose to make this trip, and a little less on a per-athlete basis if we meet our goal of having 40 MVXC athletes competing in San Diego.

Athletes...you could help your parents with the budget by setting aside birthday money, money from a summer job, or other windfall to help contribute to the costs of your activity.