

# What Are My Goals For The 2025 Cross Country Team?





**IMPROVEMENT**



- **Faster**
- **More endurance**
- **Able to run more mileage in a week**
  - **Stronger**
  - **Healthier**
- **Grittier**
- **Better teammate**
- **Happier**
- **Feel better about yourself**

**All of us can do these things!**

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## MVXC Cares More About Your Commitment Than About Your Talent

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- 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 and win our share of hardware.





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## How To Get Started

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- Bookmark [mvrunning.com](http://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
  - Running with the team will make this easier
- Be part of the group...relationships helps you and helps them



## When we are back at school...

# 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)



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## What is a practice like?

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- One long run per week
- One “workout” per week (usually); an uncomfortable half hour or so
- Core exercises most days
- Most days...go for a run that is 45 minutes to 90 minutes long and talk with your friends the whole time!

# Season Schedule

- Aug 8: First Practice
- Aug 17: School Starts
- Aug 27: Watermelon
- Sep 5: Lagoon Valley Classic
- Sep 19: Nike DLS Invitational
- Sep 22: SCVAL Baylands
- Oct 3: Mt. Carmel (San Diego)
- Oct 6: Crystal Preview
- Oct 16: Roughrider @ Woodward
- Oct 20: Baylands 5km
- Oct 29: Lynbrook/FUHSD Championships
- Nov 3: SCVAL Championships
- Nov 14: CCS Championships



# San Diego Trip

- First time for MVXC!
- Iconic Balboa Park
- Hope to hang with some pro runners on Saturday night
- Room for ~ 40 athletes
- Commitment matters!





# Parting thoughts

- Everyone can be a competitive distance runner
- We want to make this accessible for everyone
- This vision is compatible with being a competitive team
- You will feel like you accomplished something

# Do Hard Things Along With Other People

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- “...[if you] treasure your attention, and then use it to **do hard things, with other people, in real life**, then—and trust me on this, as a social psychologist [*cross country coach*—your life is going to be amazing. And the world is going to be a far better place because you’re in it.”
- *-Jonathan Haidt at NYU, May 15 2026*





*This summer*

**Dream some big goals**

*then*

**work really hard**

*and*

**you can change everything!**