



Parent

From Latin roots

parere, or *‘bring forth’*

parēns, *‘one who brings forth’*

Last month I got a call

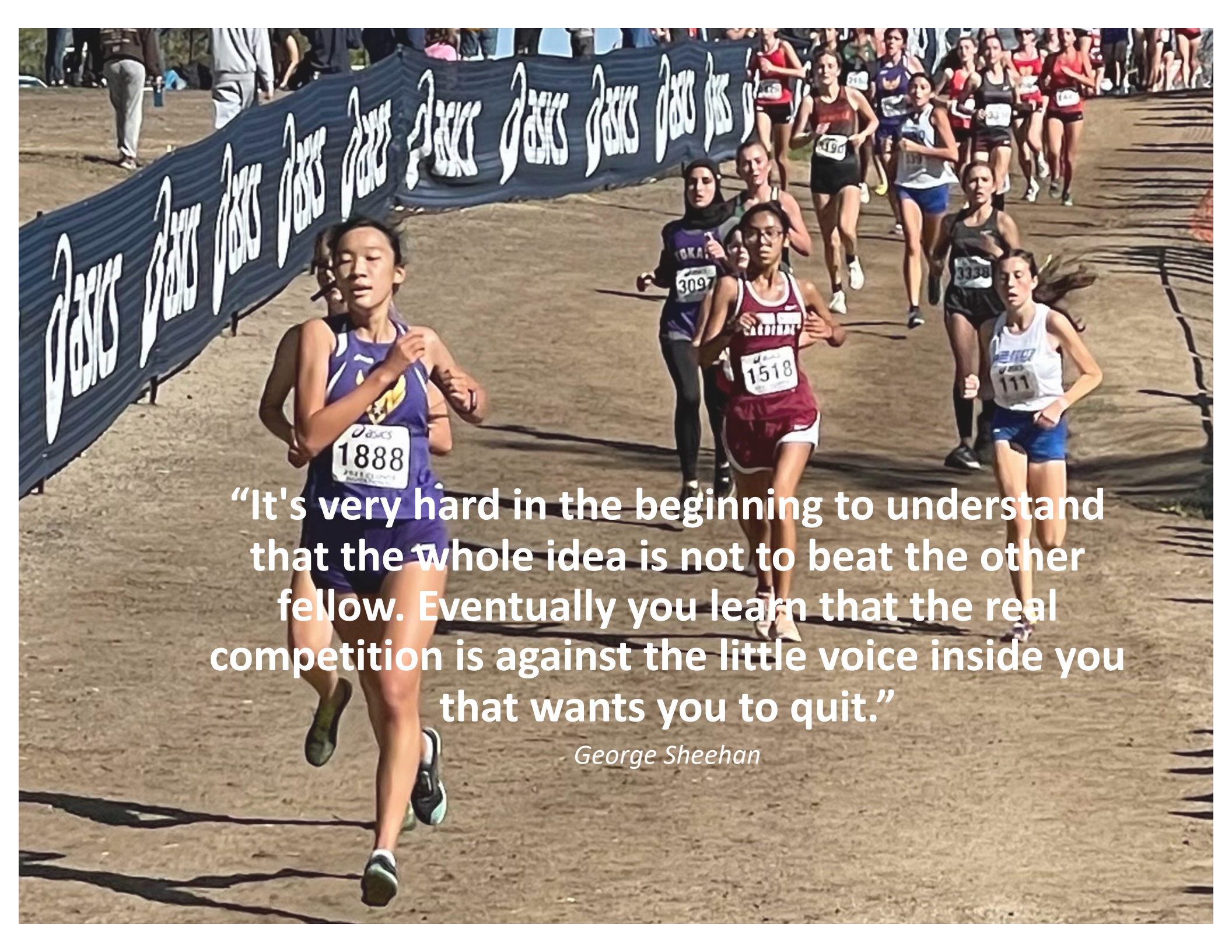
“Hey Coach, it’s me. There were huge layoffs at my company this week. I’m not sure how I feel.”



Managers hire/promote/retain people they like and trust

- Be dependable
- Be hard working
- Be curious
- Challenge yourself
- Be pleasant to work with/be a good teammate

These are traits that this cross-country team does it's best to nurture.



“It's very hard in the beginning to understand that the whole idea is not to beat the other fellow. Eventually you learn that the real competition is against the little voice inside you that wants you to quit.”

George Sheehan

Grit

Self-control and grit are more important than talent when predicting long term success.

-Angela Duckworth





**Teaching grit, self-control, and character
to ~~you~~ our kids is my calling.
Athletics is the vehicle to teach these traits.**



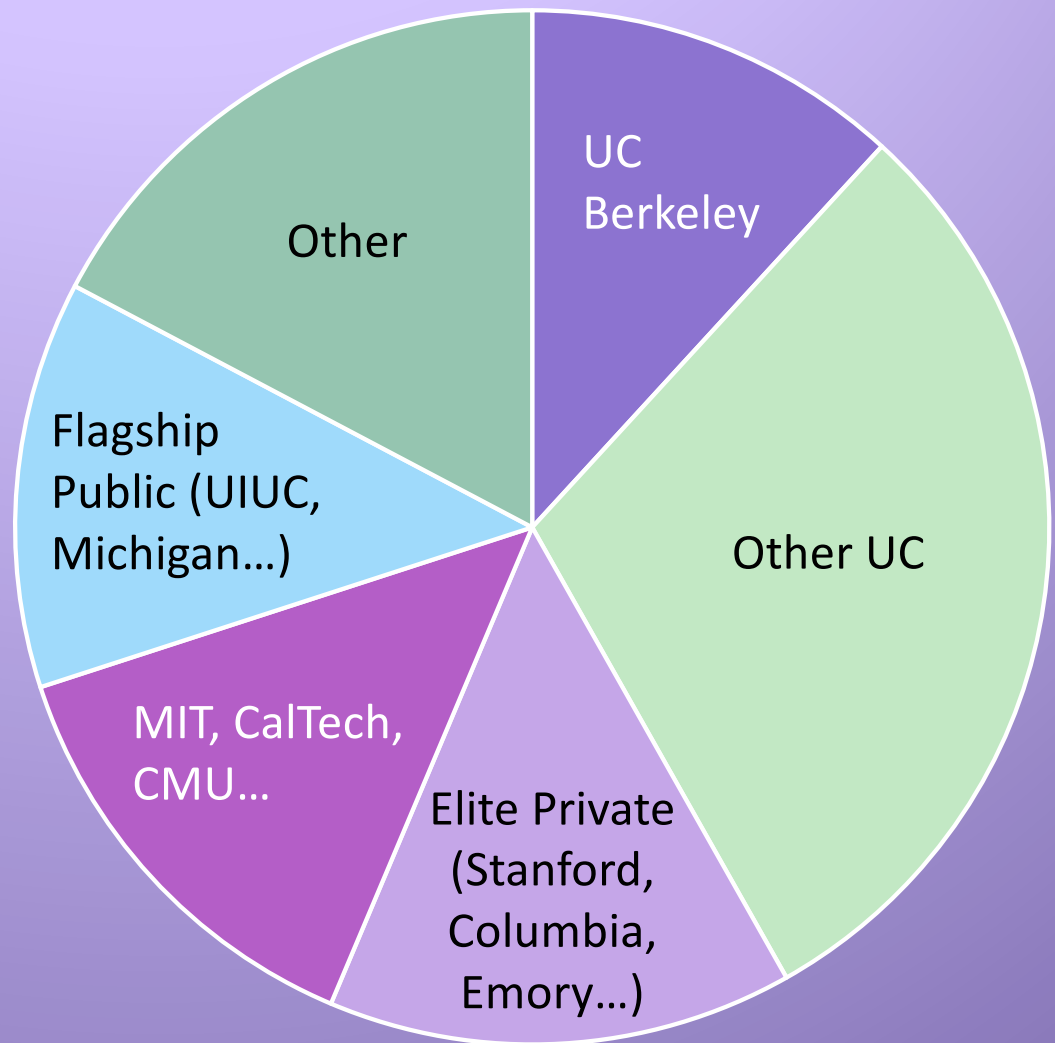
Coach Kirk Flatow



- Master of Applied Positive Psychology (MAPP) University of Pennsylvania 2024
- MBA University of Chicago 1985
- BS Santa Clara University 1981
- Senior Vice President, Licensing & Business Development, Tessera Technologies
- President, Novera Optics
- President, Broadband Access Networking Division, Harmonic Lightwaves
- Vice President, North American Sales, Flextronics
- Co-Founder, nCHIP Technologies
- Consultant, Bain & Company
- USA Track & Field Level 3 Coach
- International Association of Athletic Federations (IAAF) Level 5 Coach

Student-Athletes who were members of MVXC and MVTF (almost) every season during high school

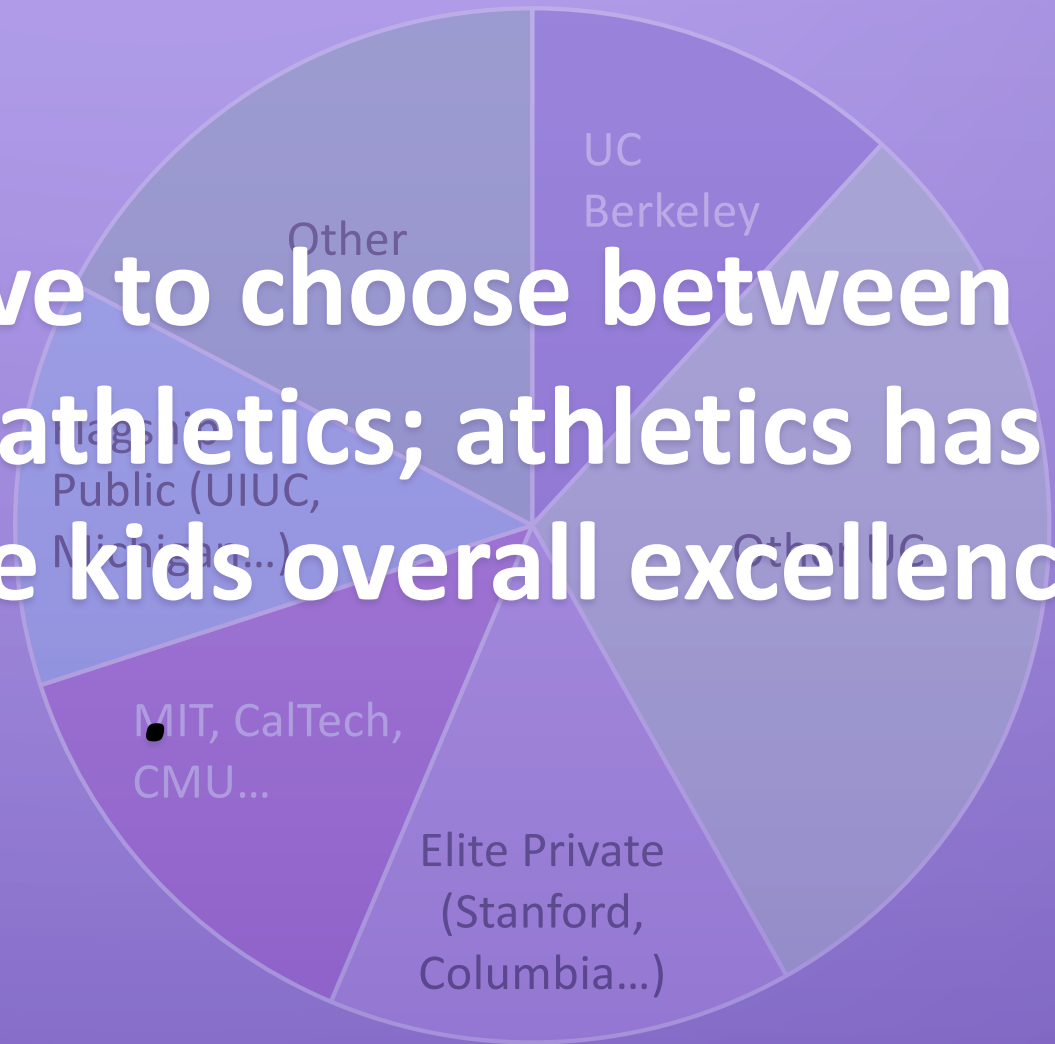
- Art Center-2
- Carnegie-Mellon-7
- CalTech-2
- CalPoly SLO-2
- Columbia
- Cornell
- Drexel
- Duquesne University
- Emory 2
- Gonzaga
- Johns Hopkins-3
- McGill
- MIT-3
- Oberlin
- Occidental
- Oregon State University
- Purdue-3
- Rochester Institute of Technology
- San Jose State-2
- Santa Clara University-2
- Stanford-3
- University of Colorado
- University of Toronto
- Tufts
- UC-Berkeley-13
- UC-Davis-3
- UC-Irvine-2
- UCLA-5
- UC-Riverside-4
- UC-San Diego-9
- UC-Santa Barbara-6
- UC-Santa Cruz-4
- University of Illinois Urbana Champaign - 4
- University of Michigan
- University of Southern California-2
- University of Texas-Austin -2
- University of Washington – 2
- Virginia Tech
- Washington University of St. Louis
- Whitman



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- Oregon State University
- Penn State-3
- Rochester Institute of Technology
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Kids do not have to choose between academics and athletics; athletics has been part of these kids overall excellence.



MVXC 2026 Coaches

- Isaiah Smith (Rose-Hulman)
- Janne Heinonen (Santa Clara, UNC)
- Samantha Louie (UC Davis, Stanford)

El Estoque: Does the coach have any goals for your team this season?

Claire C (2018): He thinks of us like his children and wants us to succeed in general. The coach has expectations for the whole team to be good people and good teammates, congratulate each other and thank the volunteers and stuff...

‘Harvard admits as many students who ‘have made a (personal) commitment to pursue something they love, believe in, and value—and (have done) so with singular energy, discipline, and plain old hard work. We don’t need those students to pursue the same activities. **Let’s take athletics as an example.** Let’s say the person [admitted to Harvard] gets hurt, or doesn’t make the team. ***What we have tended to find is that all that energy, drive, commitment—all that grit—that was developed through athletics can almost always be transferred to something else.***

--Bill Fitzsimmons, Dean of Admissions, Harvard



Some things I hope parents take away from tonight:

- Coaches agree academics have priority over athletics...
- **...yet students can do both.**
- Track and cross country are excellent vehicles to learn and demonstrate grit.
- If your child has a passion for something else...let's support that. But if they are passionate about athletics...we really have something!

An Angela Duckworth maxim:
"At some point if you are going to claim a strength or a trait, you should have objective evidence to support your claim"

Team Environment/Rules

- This is a team, it is not a club.
- Show up to team practice every day, on time, ready and able and willing to work hard
 - XC must be the highest priority extracurricular
 - Not the ONLY extracurricular...just the first priority
 - Fine print: School COC, respect, some allowance for excused absences, some other details
- Coaches try to make the environment as 'elite' as possible



What can parents do?

Mostly—Just BE OUT THERE

- The students do this for only so long
- College is soon
- They might not tell you they want you there, but...



Parents!

- Process over outcome
- Shoes
- Sleep
- Nutrition
- Injury/health
- Driving
- Costs
- Just be there!



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Injuries are often shoe related (old or poorly fitted)

New shoes every season

Fitted at a running specialty store (Running Revolution, others....)



Parents!

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**Please
DO NOT
just get
on line
and buy
shoes!**

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Would also be great to pick up a foam roller for your athlete!

Excellent tool for staying healthy, will last a long long time as long as a dog doesn't chew on it, can find one on Amazon for less than \$15



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- *“Adequate sleep is clearly underappreciated. It can do more for an athlete’s running performance than the proposed benefits of any vitamins, minerals or supplements.”*

*—Dr. Michael Fredericson,
MD (Medical Director,
Stanford Track & Field)*

Parents!

New York Times August 13, 2018

An Underappreciated Key to College Success: Sleep

Many college-bound students start out with dreadful sleep habits that only get worse

[https://www.nytimes.com/2018/08/13/well/an-](https://www.nytimes.com/2018/08/13/well/an-underappreciated-key-to-college-success-sleep.html)

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- Eat healthily!
- But above all...EAT.
- Runners need a lot of clean fuel...all runners should eat healthy foods, none should be on a 'diet'.

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My fave handheld is the Amphipod (about \$20 on Amazon)

- **Hydration!**
- Americans (and kids) are chronically dehydrated.
- Start the day with a glass of water.
- Keep sipping all day.
- Please get them a nice sized water bottle if they don't have this already (at least 20oz, and 32oz or larger is a good size)

Parents!

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MVHS is not set up to provide a lot of individual attention/rehab

- INJURIES
- **PLEASE** be responsive/supportive of injury issues
- Common injuries are related to core weakness in young people
- We do a lot at practice **however individual attention may provide lifelong benefits**

Iron and the Athlete

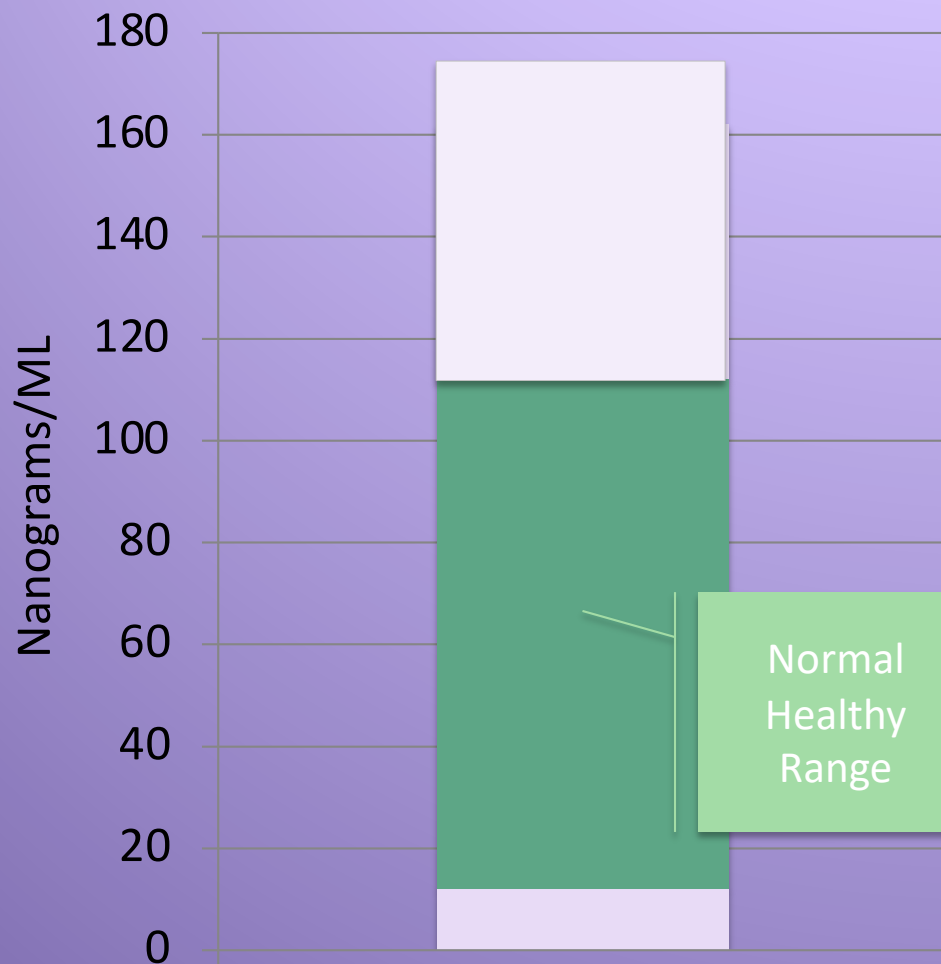
Athletes' adaptations to distance running

- Increased blood volume
- Increased number of red blood cells
 - Iron is part of the Hb (hemoglobin) structure
- Increased stored fuels in the cells
- Increased O₂ storage capability in muscles
 - Via myoglobin which contains iron
- Increased number of enzymes used for fuel metabolism
 - Iron is part of cytochrome enzyme structure
- Decreased resting pulse rate
- Red cell expected lifetime decreases for a runner.

Iron and the Athlete

Source: The CDC

Serum Ferritin Test

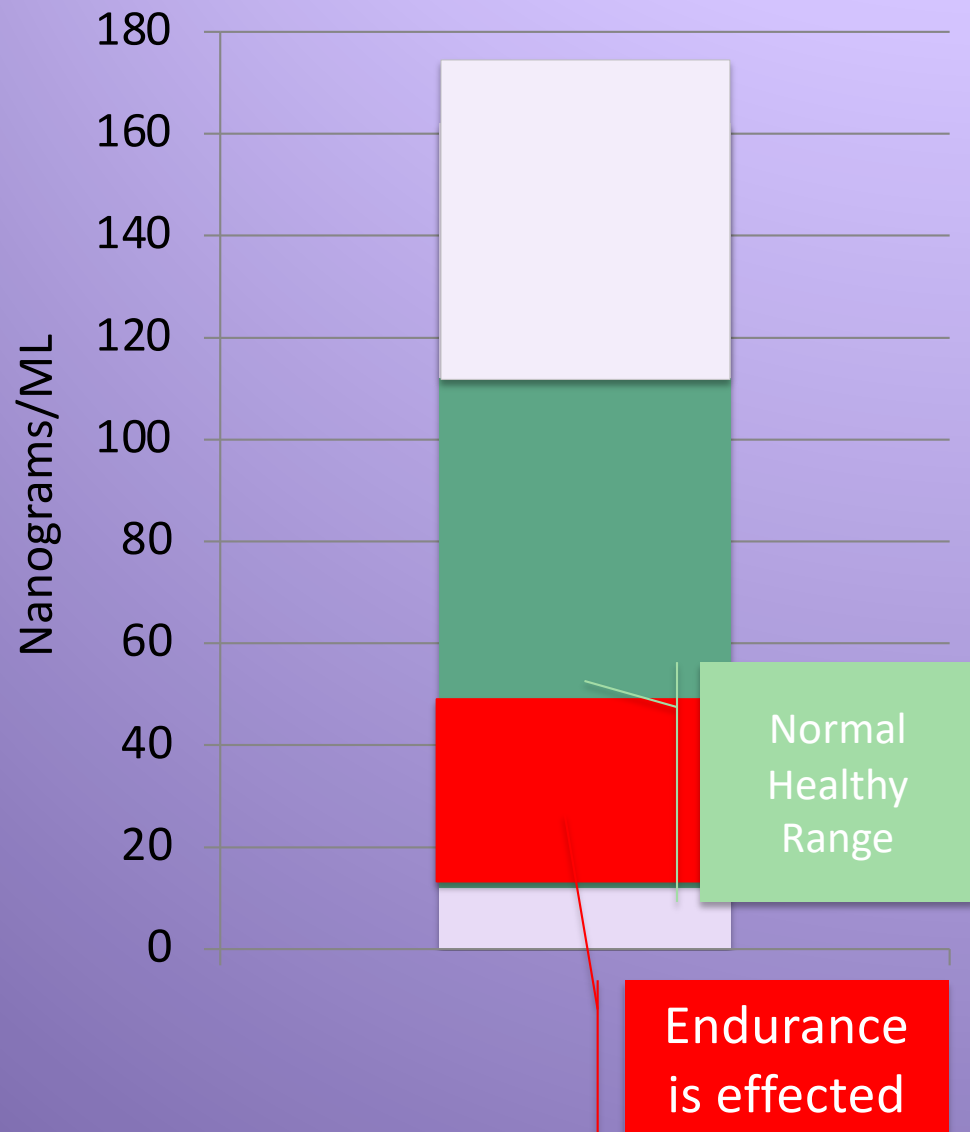


- Iron Depletion
 - This is different from iron deficiency which is a medical problem
 - Family doctors will often tell us that an athlete does not have iron deficiency so there is no problem BUT THEIR ENDURANCE TRAINING IS EFFECTED by iron depletion
- At risk groups:
 - Runners
 - Vegetarians
 - Young women
- It's a good idea to GET A COMPLETE BLOOD PANEL AND ASK FOR FERRITIN TEST ALSO
- Serum Ferritin test—way of measuring the level of stored iron in the body
 - 12-100 is normal healthy
 - <50 effects endurance/recovery
 - >50 is safe place for an athlete
 - >80% of kids who took test were <30
 - Most family doctors are unaware of the issue

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- **Uniform care**
- Costs
- Just be there!





Taking Care of Uniforms

Boathouse Uniform Jackets

- Last year we switched from ASICS to Boathouse jackets
- We loan jackets to everyone on the team
- Families have the option to purchase a custom jacket for \$150 (optional!)
- Orders for this year will close in early September; expect 8 week delivery
- **Monta Vista HS Store:**
[https://montavista.myschoolcentral.com/\(S\(fyoamz oaqptcrlcx0lgg1mwb\)\)/Index.aspx#/1859/14](https://montavista.myschoolcentral.com/(S(fyoamz oaqptcrlcx0lgg1mwb))/Index.aspx#/1859/14)



Sweatshirts

- We are also offering sweatshirts; many of the kids already have these and they are really nice on the mornings of meets or 7 am practice
- \$30 (optional!)
- Monta Vista HS Store:
[https://montavista.myschoolcentral.com/\(S\(fyoamzoaqptcrlcx0lgg1mwb\)\)/Index.aspx#/1859/14](https://montavista.myschoolcentral.com/(S(fyoamzoaqptcrlcx0lgg1mwb))/Index.aspx#/1859/14)



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2026 Schedule

download at mvrrunning.com

- 9/5 Lagoon Valley/Vacaville
- 9/19 Nike DLS/Concord
- 9/23 SCVAL 1-Baylands/Sunnyvale
- 10/3 Sundevil/San Diego (OPTIONAL)
- 10/6 SCVAL 2-Crystal/Belmont
- 10/16 Rough Rider Fresno
- 10/20 SCVAL 3-Baylands/Sunnyvale
- 10/29 FUHSD-Lynbrook
- 11/3 SCVAL Champs-Crystal
- 11/14 CCS Champs-Crystal
- 11/28 State Champs-Fresno

Date
change



Pasta Nights

- The Peraults have graciously volunteered to host before Lagoon Valley—on September 4th
- The Orrs have stepped up to host again, on September 18th before Nike-De La Salle



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Bus

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Weekday Parent Driving



We Have A Bus for the Vacaville, Concord and Fresno races

- We have arranged bus transportation for these competitions
- This is not...free. This is built into the support \$ ask.
- **We only have one bus for Vacaville; priority will go to the families that have donated to support the team's budget this year**
- **Concord and Fresno buses will depend on donations**
- Weekday meet transportation are athlete/parent organized



Team Awards Banquet

- This is such a fun event!
 - We bring in main course
 - Potluck sides and desserts
- Chris Heinonen (Sam's and Max's dad) has volunteered to coordinate
- Please see him and/or sign up if you would like to help



Sun Devil Invitational in San Diego

Discussion



Overnight trips, even the races in Vacaville or Fresno, are things I want to do to
make our program “elite” for the kids
The school and district are at best indifferent

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MVXC 2026 Budget—Base Budget

Required Meets		Athletes	Per Athlete
Lagoon Valley	\$ 400	60	\$ 6.67
Firebird	\$ -	60	\$ -
De La Salle	\$ 700	60	\$ 11.67
Roughrider	\$ 600	60	\$ 10.00
Baylands 1	\$ 150	60	\$ 2.50
Crystal	\$ 250	60	\$ 4.17
Baylands 2	\$ 150	60	\$ 2.50
SCVAL	\$ 300	60	\$ 5.00
Watermelon Run	\$ 350	60	\$ 5.83
Total Meet Related	\$ 2,900		
Uniform Fund	\$ 1,500	60	\$ 25.00
Dinner at Roughrider	\$ 650	60	\$ 10.83
Breakfasts	\$ 300	60	\$ 5.00
T-Shirts			\$ 30.00
Quinlin Hall (Banquet)	\$ 400	60	\$ 6.67
Stuff I forget about	\$ 300	60	\$ 5.00
Misc	\$ 3,150		
Busses			
Lagoon Valley	\$ 2,260	60	\$ 37.67
De La Salle	\$ 4,520	60	\$ 75.33
Fresno	\$ 6,946	60	\$ 115.77
San Diego (optional)	\$ -	60	\$ -
	\$ 13,726		
	\$ 19,776.00		\$ 359.60

- Estimating we end up with 60 athletes this is \$360 per athlete
- I can't get a second bus for Lagoon Valley, our company is booked. The first 50 families to donate will be guaranteed spots on the bus.

MVXC San Diego Trip 2026 Budget

- This trip is optional.
- I am planning based on 36 athletes
- We have room to add a few more.
- I am donating \$12,000 to make this more affordable
- We are asking for \$400 contribution per athlete attending (in addition to the team operations contribution)

Assumptions		
Athletes	36	
Adults	7	
Rooms	\$259 per night	
Rooms needed	16 1 buffer	
Meals Provided:	Breakfast: Friday, Saturday	
	Lunch: Thursday, Friday, Saturday	
	Dinner: Thursday	
Hotel Cost	\$ 8,281	\$ 518
Bus Cost	\$ 12,000	
Meet Fee	\$ 500	
Tips	\$ 300	
Lunch Friday	\$ 860	\$ 20
Dinner Friday	\$ 1,290	\$ 30
Lunch Saturday	\$ 860	\$ 20
Dinner Saturday	\$ 1,290	\$ 30
Lunch Sunday	\$ 860	\$ 20
Total	\$ 26,241	
Athletes	36	
Cost/Athlete	\$ 728.91	
Coach Flatow Donation	\$ 12,000	
Subtotal	\$ 14,241	
Request per Athlete	\$ 395.57	
	\$ 400	

MVXC had 98% Support last year! Only one family declined.



- We spend a portion of this money for things that go directly back to the kids—t-shirt, others
- I can't give tax advice but...contributions have been tax deductible

All The Funding Information/Links

- Donation towards 2026 season budget
 - There is a site in the MVHS online store
 - \$360 will cover one athlete's portion of the budget
 - Any amount is appreciated
 - Your employer may match your donation through Benevity
 - [https://montavista.myschoolcentral.com/\(S\(nsmizu2lregnoumendro3hyg\)\)/Index.aspx](https://montavista.myschoolcentral.com/(S(nsmizu2lregnoumendro3hyg))/Index.aspx)
 - Donation to support the San Diego trip
 - We will be asking for a \$400 donation to help offset the costs
 - Please do not make this donation until:
 - Your athlete has been invited, and you decide to support them on this trip
 - Please donate to the base season budget first
- Jackets and sweatshirts are also on the MVHS store under “apparel”
 - These are optional, and sold at or below our cost
 - [https://montavista.myschoolcentral.com/\(S\(fyoamzoaqptcrlcx0lgg1mwb\)\)/Index.aspx#/1859/14](https://montavista.myschoolcentral.com/(S(fyoamzoaqptcrlcx0lgg1mwb))/Index.aspx#/1859/14)
- We can also accept checks made out to **Monta Vista ASB**

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- Nutrition
- Injury/health
- Driving
- Boosters
- **Just be there!**



you've inspired and pushed
me to be the best that I
can be and to be persistent
and never give up or take
NO for an answer. You helped
Realize never to just settle
for anything, to keep on
fighting. ♥ Neha Jammu '12