

Monta Vista Track Team 2019
De Anza Invitational
Saturday, March 23, 2019

Location

De Anza College Cupertino, CA

You are responsible for ensuring transportation to the meet! Should be easy. ☺

PLAN TO ARRIVE AT LEAST ONE AND A HALF HOURS BEFORE YOUR RACE TIME!!!

You must check in NO LATER THAN 30 minutes before your race, and give yourself time to warm up. They will scratch athletes who check in late! **As soon as you arrive, go see about checking in for your event. Throwers, have your implements weighed in right away! If you want a meet t-shirt, buy this when you arrive, they will run out!**

Meet Overview

Coach John McKeeman will be our coach at the De Anza Invitational...find him, let him know you are there, get settled and check in.

This is a super-convenient meet for us and a good time to try something new and go for a PR. Cupertino, Homestead, Gunn, Woodside, Pioneer, Westmont, Fremont, Santa Clara, Wilcox and others look like they are going big...there will be good competition!

3 Things Your Coach Would Like You to Focus on at De Anza

1. **It's a great day to race:** The weather should be great and we are on a nice track. Build off the situation and try to focus on how lucky you are to have a great body, to feel well trained, to have a great uniform, to be part of a great team at one of the best high schools in the country. Say it out loud to your teammates, 'this is a great day to race!' I know it sounds corny, but having a positive attitude will help you perform your best. Even if you are nervous, saying 'this is a great day to race, I'm going to run great' will help you get in a positive mindset. (This is true for everything in life not only athletics.)
2. **Pacing and planning:** After a race or two, you should have a better idea of what you want to do out there. If you are a distance runner, start out UNDER CONTROL—aim for a negative split. This will work for you, trust me. For sprinters and jumpers, get in your pre-event routine and stick with it—routine will calm you down and it will be useful for later meets and league finals when you will want to be amped up.
3. **Set a high bar for sportsmanship:** I know you will represent Monta Vista well. Say good luck to the competitors next to you at the start! At the finish, say congratulations to those around you that pushed you—competition can bring out the best in us. Thank the officials for being there, and putting on a great race. Thank your parents for supporting your athletics—by driving you, getting you nice shoes, for being supportive.

Notes

- NO ELECTRONICS OF ANY TYPE ON THE FIELD! Expect them to be sticklers.
- Warm up area is the baseball outfield—they specifically ask us to stay off the infield and outside the dugouts.
- Get to bed early no matter what time your race is! Let's say, be in bed at 10pm.
- Get up at least 3 hours before your race start.
- Eat a good or light breakfast – I like a banana, toast, and some protein such as peanut or almond butter, orange juice. A lot of people like oatmeal with some raisins and nuts. If you are not racing until the afternoon, a slightly bigger breakfast and a snack about 3 hours before your race is a good idea. Whatever you eat, write your menu down; afterwards, if you have a good race, you might want to repeat this routine. If you don't run very well, maybe this menu is something to think about changing. Don't eat junk or sports beans or something like that; eat good food.
- Bring a snack/lunch for after your race. A mix of protein and carbs are good, such as a peanut butter and jam sandwich, or a turkey sandwich, and a piece of fruit.
- Check the weather report to figure out what clothes to bring! Dry clothes for after the race.
- You are responsible for arranging how to travel to and from the meet!

Don't forget to pack

- Your school issued uniform.
- Running shoes, spikes, extra spikes, spike wrench or throwing shoes.
- **Check and change your spikes the night before!** At a big meet it can be nerve-wracking to mess with spikes at the last minute.
- Warm up shoes and socks.
- Vaseline to lubricate spikes before screwing them into shoes.
- Extra clothing as needed—sweats, dry clothes, even underwear and socks in case of cold, rainy, or hot weather.
- **Water** and water bottle!!! And food.
- Sunscreen, hat, sunglasses.
- Garbage bags are good to keep your gear dry or can be emergency rain gear.
- Toilet paper (invitational meets always run out).
- Any medications you need.
- Homework for any downtime.
- \$\$\$\$ (emergencies, food, t-shirt...)

Entries and Schedule

There is a schedule available on line.

There are entries available on line also. Just do a search for your name to find your entries at the following site:

<http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2019/dacupppgm.htm>