

MVTF achieved quite a bit in
a short amount of time

EC League Top 10 Girls Marks 2020 3200m

3200 Meters

1.	11	Sylvana Northrop	10:59.18	PR	CA Monta Vista
2.	12	Triya Roy	11:24.94		CA Monta Vista
3.	10	Jannah Sheriff	11:46.9h	PR	CA Monta Vista
4.	9	Nikhita Saldi	11:58.64	PR	CA Monta Vista
5.	9	Avani Kalari	11:59.8h	PR	CA Monta Vista
6.	10	Elisabeth Hsu	12:12.9h	PR	CA Monta Vista
7.	10	Vivian Lau	12:15.4h		CA Monta Vista
8.	12	Oriana Jalal	12:26.50		CA Cupertino
9.	12	Samantha Wu	12:46.6h		CA Fremont
10.	9	Shrida Bhat	13:47.2h	PR	CA Fremont

[View full rankings...](#)

*A complete XC
team on the
way to CCS!*

MVTF 2020 Awards

MVTF 2020 Awards

Voted on by athletes

Attitude and talent/marks

Asked to consider actions during quarantine

Rising Star Awards

First year MVTF athletes

Contributions to team culture as well as athletically

Not only blessed athletically, help build our team

Rising Star Awards

Jonathan Chiang

"In addition to speed, he ran the hard workout days with impressive grit."

"Props to him for also making others laugh!"

Coach John

Rising Star Awards

Maya Mizrahi

"She had an ankle injury, and still came every day and pushed."

"Much speed!"

Coach John

Rising Star Awards

Nikhita Saldi

"She has a personality that resonates throughout the team, not just with the freshmen."

"This girl is crazy...but you can talk to her about anything."

"There are characters that make things memorable just by being there."

"Breaking 12 as a freshman is hard."

Coach Flatow

Rising Star Awards

Hayden Selvakumar

"He doesn't say much, but he is so focused on his event, in the jump pit and and on the track."

"I feel Hayden is someone who will push through, even if no one is there to hold him accountable."

Coach John

Rising Star Awards

Olivia Tsui

"Hardworking and fun to be around."

"So glad she joined the team this year! I can't wait to see her throw after a full season of practice"

"Who knows how good she can be? I could see her as a collegiate athlete."

Coach Flatow

Rising Star Awards

Sydney Stevens

"A race face to rival Kyle's, together they would stop WW3."

"She gives it all when she runs, fighting for every 100th of a second."

"It is Sydney's drive that fuels her speed."

Coach Flatow

Rising Star Awards

Max Ready

"Max has so much enthusiasm to learn more. He has enthusiasm and drive."

"His improvements are insane!"

Coach Flatow

Rising Star Awards

Agnes Wang

"Ripping it up, and likely to improve with her willingness to put in the work."

"Since quarantine, we check in every morning. I know she is running."

"Similar to Michael Jordan, Agnes is the most competitive person most of us will ever meet."

"Not a rising star—she is already a star!"

Coach John

Most Inspirational Awards

During a shortened, COVID-19 impacted season, the most inspirational awards may be the most meaningful awards that we pass out. What we are looking for are the people who inspired you and others on the team--not only during the weeks that the team was able to practice together, but also the people who have been working hard and have been inspiring you in the weeks since we have been in quarantine.

Most Inspirational Awards

Parky Sood

"Parky has been dedicated, in pre-season and regular season."

"Parky is the only sprinter who worked ALL off-season."

"His insane work ethic and determination to get better, amidst this COVID situation, is commendable."

Coach John

Most Inspirational Awards

Sean Chen

"Always working hard, willing to give advice, helped many of us with rolling even when he was injured."

"At meets, he is usually on the homestretch cheering on teammates."

"Because he is always smiling."

Coach John

Most Inspirational Awards

Ellie Hsu

"Ellie has kept the team doing fun things while sheltering in place."

"Ellie can be found doing extra laps while everyone else is settling down for core...she is one of the hardest working people I know, and the grit she radiates is contagious."

"She motivates me to get up early, and makes sure I don't rest too much for my reps!"

"Rising leader of the distance team; what a race at CCS last Fall."

"Center of this team, for sure."

Coach Flatow

Most Inspirational Awards

Vibha Iyengar

"Vibha practically built the girls' throwing team. I'd say that is pretty valuable."

"I'm pretty sure she has tried every event at least once!"

"Vibha makes sure that everyone puts effort into workouts and practices, even when it is difficult, with a friendly and supportive attitude."

"She makes bouncing between sprints and throws look like light work. And she never fails to put a smile on people's faces."

Coach Flatow

Most Inspirational Awards

Ananya Rajagopal

"A great leader, even during shelter-in-place."

"Encouraged the team to fight during the COVID crisis."

"Kept the team connected with on-line core workouts."

"For playing good music."

"Hardworking and dedicated as an athlete, thoughtful and supportive of her teammates."

Coach John

Most Inspirational Awards

Kyle Tsujimoto

"For not being injured."

"Always there to cheer you on during your bad days."

"His running face would inspire an army."

*"One of the best teammates I have had in any sport.
Probably one of the best people I know."*

Coach Flatow

Most Valuable Athlete Awards

Being a valuable athlete is more than just being talented. Value includes team spirit, consideration for others on the team, attitude, work ethic, and character as well as athletic talent.

Most Valuable Athlete Awards

Henry Hodgkins

"Puts in effort on the field and in the weight room."

"He puts his all into every workout and makes me want to have his same work ethic."

"Henry is the dad of the throwing team."

Coach Flatow

Most Valuable Athlete Awards

Vivian Cheng

"The team would not be the same without her."

"Not only does she work hard on the track, she worked hard to create the dare bingo board and get people involved."

"Crazy speedy, crazy amazing person, and just crazy."

Coach John

Most Valuable Athlete Awards

Andrew Richardson

"Works hard in distance and sprints and finds a balance between the two."

"Gave 100% effort to PR at the Carpe Diem Games."

"Way better at running the 800, than recruiting other people to run it."

"zoom, zoom"

Coach Flatow

Most Valuable Athlete Awards

Brooke Young

"Always out on the track doing her shin-splint drills before workouts, and brings a great attitude towards practice."

"Brooke brings the heat to races and practice, along with the enthusiastic energy that defines MVTF."

Coach John

Most Valuable Athlete Awards

Sammi Dunn

"She is always willing to try new things (yay, new throws recruit!)."

"Extremely ready to help new people. She is speedy, works hard, and is good at what she does."

"Determination to push herself to achieve."

"Legend."

Coach Flatow

Most Valuable Athlete Awards

Eric Zheng

"Has been carrying the team since his freshman year, and this year was going to be crazy for him."

"Never quits putting in the work."

Coach Flatow

Most Valuable Athlete Awards

Triya Roy

"Constantly works to improve herself. That is an established process that she follows almost instinctively in all aspects of her life."

"She would have set a new school record in the 3200."

"She contacted me this week, and we had a great talk about running and a bunch of other stuff. She motivated me."

"Running genius."

Coach Flatow

Most Valuable Athlete Awards

Sylvana Northrop

"Her performances were phenomenal, especially with a major injury months before. A 10:58 time and not even an actual race!"

"When she was effort, she put 100% effort into recovering, whether that was core or aqua-running in a freezing pool."

"Her undying positivity lifts everyone's spirits."

Coach Flatow

Most Valuable Athlete Awards

Rohun Agrawal

"Rohun is always on the grind."

"Can run sub-11 while talking the whole time."

"He is fast, but he does not stop working."

"The catalyst for higher expectations among the distance squad."

"This voter thinks he can break the school record in the 3200"

Coach Flatow

Most Valuable Athlete Awards

Bianca Young

"She was grinding at the front of the pack in every workout. She would have put down some FAST times this season!"

"Bianca made the 4x400 as fun as I thought it would be."

"On fire in workouts and in the few meets we had."

Coach John

Most Valuable Athlete Awards

Vishal Koppuru

"True leader in the off-season, great captain in season."

"Always on time to every practice with a good attitude, and super helpful to the other athletes."

"Willing to try a new event at Carpe Diem and gave the event his all!"

"Amazing grit."

"His kind attitude shines."

Coach John

Congratulations to all of our award recipients!

