

# Monta Vista Track & Field 2020 Welcomes You To Our Virtual Banquet!

We are watching a welcome video together on  
YouTube live; see the chat link to the right.

[https://www.youtube.com/watch?  
v=MwfDU5\\_C7jw&feature=youtu.be&ab\\_channel=Kha  
nnuuuur](https://www.youtube.com/watch?v=MwfDU5_C7jw&feature=youtu.be&ab_channel=Khanuuuur)

# Monta Vista Track & Field 2020

Virtual Banquet

Grab your phone and log in to

[Pollev.com/kirkflatow552](https://Pollev.com/kirkflatow552)

# West Point: The US Military Academy

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What it takes to get there:

Start your application junior year.

Nomination from a senator, representative or VP of the United States.

Fitness assessment.

Almost all cadets were varsity athletes and team captains.

Academic stars.

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20% drop out, most in the first summer.

**Who spends two years trying to get into a place  
and drops out in the first two months?**

# Beast Barracks



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5:00am	Wake up
5:30	Reveille Formation
5:30-6:55	Physical Training
6:55-7:25	Personal Maintenance
7:30-8:15	Breakfast
8:30-12:45	Training/Classes
1:00-1:45	Lunch
2:00-3:45	Training/Classes
4:00-5:30	Organized Athletics
5:30-5:55	Personal Maintenance
6:00-6:45	Dinner
7:00-9:00	Training/Classes
9:00-10:00	Commander's Time
10:00	Taps



# Angela Duckworth & Grit



# Stress & Physiological Biomarkers

Beast



Finals



# Managing Our Own Stress Levels

When you feel like nobody understands how you feel, remember that in the most fundamental sense, it is "*us against the pandemic.*" Your suffering is in some ways unique, but in other ways universal—and supporting each other is the foundation of resilience.

~Angela Duckworth



# You can control your mindset.

How we think about stress.

How we frame situations.

Where we look for help.

Take action and your mind will follow:

***“Fake it until you make it.”***—Stephanie Brown Trafton

# Can We Change Our Mindsets To Better Cope With Stressful Situations?

e.g. College Search, Application and Acceptance



# You Can Do Something For Your Teammates

5 minute act of kindness

- *Call someone.*
- *Text a photo 'remember this?'*
- *Listen to a teammate who is struggling.*
- *Drop off a muffin.*

The older you get, the more opportunities you will find to help friends, society, the world.

Do you doubt that a photo can change  
a mood?

Let me demonstrate...





# We Are In This Together

Our families.

Our team.

Our society.

Our planet.

(In an alternate reality, I'd now put my head down and be embarrassed by some polite applause)



Thank you to everyone who prepared  
for this banquet, including:

Conner Hsu (our VJ)

Kyle Tsujimoto

Vivian Cheng

Sean Chen

Andrew Cole

Rohun Agrawal

“The Sophomores”

Thank you to everyone who joined MVAB even in this shortened season.

I have a feeling we are going to need this support going forward.

# Agenda

Opening Video (Andrew Cole)

Welcome Talk (Coach Flatow)

400 ShootOut (Conner Hsu)

Awards (Coach John and Coach Flatow)

Senior College Announcements (Seniors)

Coach Appreciation

Thank You and Good Night (Coach Flatow)

Memories Video (Sophomores?)