

Monta Vista Track and Field 2012 Schedule

This schedule is subject to change! Please check regularly at www.mvrunning.com for updates, listen to announcements, and stay in touch with your coaches.

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|------------------|---|---|---------------------|
| February 6, 3:20 | First Day of Practice | | |
| TBD | Track Parent Meeting | | |
| February 20-24 | Winter Break | | Optional Practices |
| March 3 | Willow Glen Classic | I | Willow Glen HS |
| March 6 | Cupertino | R | Cupertino HS |
| March 10 | Wildcat Relays | I | Watsonville |
| March 10 | K-Bell (Alternate) | E | Westmont HS |
| March 15 | Wilcox | R | Wilcox HS |
| March 17 | St. Francis Track & Field Carnival | I | St. Francis HS |
| March 24 | Adidas Meet of Champions Distance Classic | E | Azusa |
| March 24 | Merv Smith Relays | | Stockton |
| March 27 | Los Gatos | R | Los Gatos HS |
| April 5 | Santa Clara | R | Santa Clara HS |
| April 6 | Frosh-Soph Top 8 Meet | | Cancelled? |
| April 6-7 | Stanford Invitational | E | Stanford University |
| April 6-7 | Arcadia Invitational | E | Arcadia |
| April 12 | Homestead & Fremont Tri-Meet | R | Homestead HS |
| April 14 | Serra Invitational | I | Serra HS |
| April 16-20 | Spring Break | | Optional Practices |
| April 20 | CCS Top 8 | E | SJCC |
| April 26-28 | Penn Relays | E | Philadelphia |
| April 30 | El Camino League Trials | R | Fremont HS |
| May 2 | El Camino League Finals | R | Fremont HS |
| May 11 | SCVAL Qualifier | Q | Santa Clara HS |
| | Track Team Banquet | | |
| May 19 | CCS Semi-Finals | Q | Gilroy HS |
| May 25 | CCS Finals | Q | Gilroy HS |
| June 1 | State Prelims | Q | Buchanan HS, Clovis |
| June 2 | State Finals | Q | Buchanan HS, Clovis |

R: Entire team attendance is required; even if you are injured you can come support your teammates!

Q: Qualifiers advance to these competitions; all teammates are encouraged to come and support the athletes who qualify.

I: Open invitational, anyone may enter; contact your coaches. We encourage every athlete to try at least one of these Saturday invitational meets, this may lead to a PR, and it will be a good experience for you! (If you sign up, please don't cancel—the school pays your entry fee and we don't want this fee to be unused).

E: Elite invitational, or qualification required to enter this invitational. Talk to your coach if you think you are qualified and are interested in one of these events.

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www.mvrunning.com for regular information and news

Where are we going to practice?

That is the big question. Sorry! We don't have a final answer. Our administration is still working on some combination of Kennedy, Fremont and Homestead, plus our weight room. Please stay tuned for updates.

Coaches

Here are your coaches' primary areas of responsibility...however, your coaches get along exceptionally well and plan to work cooperatively! So, what can you expect and how does this benefit you?

- Your coaches are going to share some responsibilities and knowledge...so you may have the opportunity to train with more than one coach (for example, a distance runner working on speed might work with the sprinters and sprint coach one day; sprinters may work with a jump coach on some core training).
- You can train with multiple groups; a sprinter who wants to learn how to jump can work with a jump coach.

Kirk Flatow, Head Coach

Barb Acosta, Distance (4X Olympic Trials qualifier, PhD Chemistry—"Dr. Barb")

Scott Bloomquist, Sprints and HJ (Lynbrook alum, recommended by Ray Cornell and Nick Mattis/De Anza coaches)

Ray Cornell, Hurdles (longest tenured MV track coach; best hurdler team in our league for years!)

Daniel Fong, Throwing (MV alumni)

Erica McClain, Horizontal Jumps (2008 Olympian, NCAA champion while at Stanford)

Matt Paquet, Distance (MV alumni, ran for University of Oregon club)

Expectations/Rules

Respect:

- For yourself
 - Code of Conduct, including no smoking, drugs, alcohol
- For your teammates
 - No insults
 - Language
 - Pay attention and work hard, be supportive, don't be a distraction
- For your coaches
 - Be on time
- From time of first meet to last meet, no outside or unattached competition

First Day of Practice

February 6. Bring complete paperwork (check the website for the required paperwork) and be dressed to practice. We will have a new cover sheet (downloadable) to try to solve common paperwork problems! Paperwork instructions will be on mvrunning.com shortly.