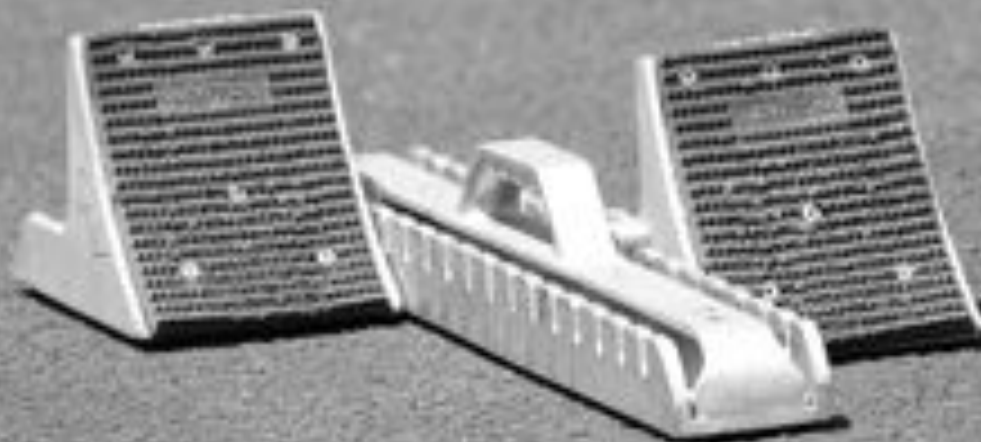





Monta Vista Track & Field
mvrunning.com

2012 Team Banquet
May 17, 2012

Track & Field



Character and Achievement

A female high jumper in a purple uniform is captured mid-air, clearing a red bar. She is wearing a purple jersey with "NORTH VIRGINIA" visible on the back and purple shorts. Her body is arched over the bar, and her arms are extended forward. The background is a clear blue sky with some blurred spectators and structures in the distance.

'the individuals who possess a drive to tirelessly work through challenges, failures, and adversity to achieve goals are uniquely positioned to reach higher achievements than others who lack similar stamina'

Why Does MIT Care About Your PR?



(And they **do** care!)

Track & Field and Future Success

The best indicator of success in college is
PERSISTENCE:
the demonstrated commitment to a long-term, challenging activity

(Great college essays!)



3 Seconds that changed Stef's life

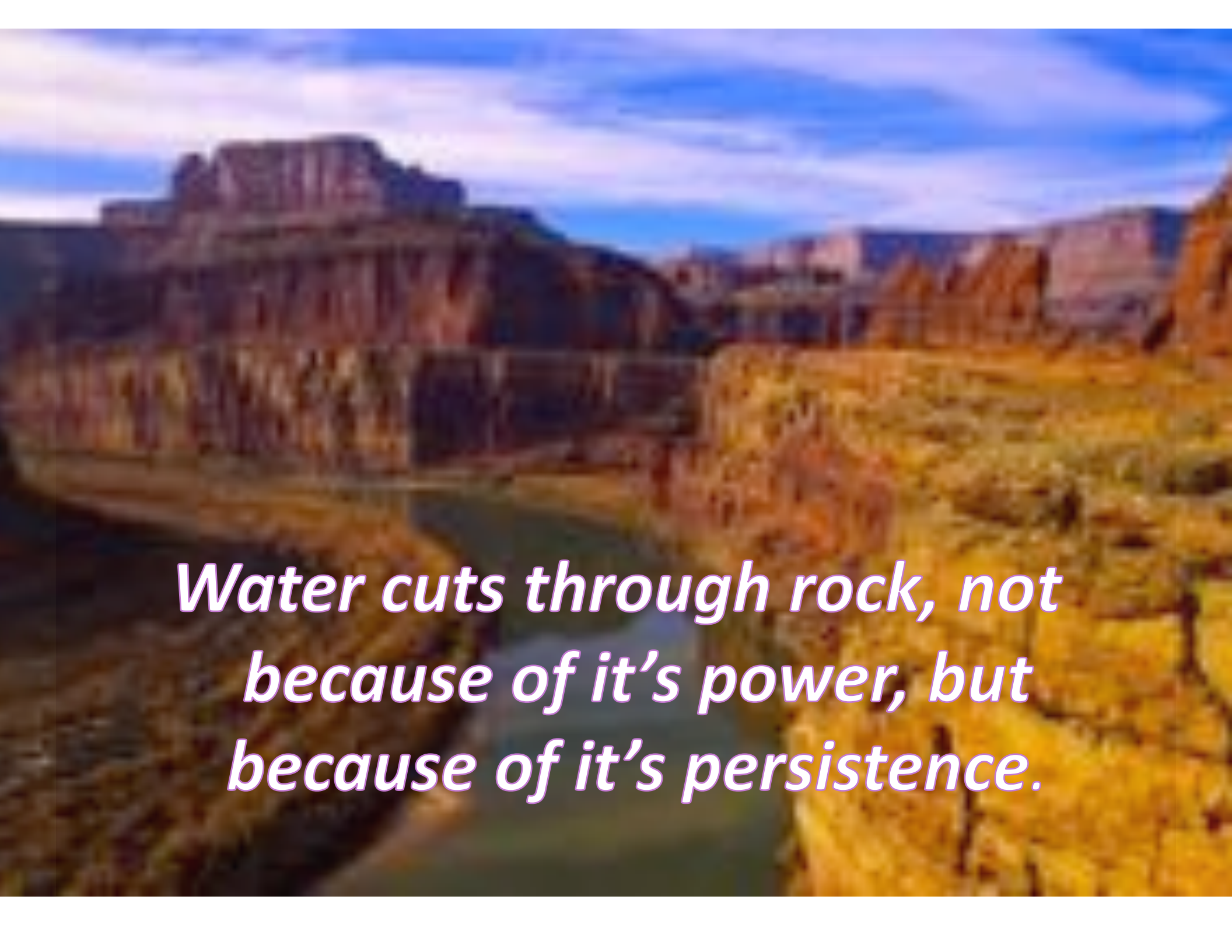


Resulted from 10 years of hard work

Kate Niehaus



- Stanford bioengineering undergrad and masters, and...
- ...captain of NCAA champion XC team...
 - Highest GPA at championship meet
- ...while raising money so handicapped kids could have a prom...
- ...and winning a Rhodes scholarship

A wide, deep canyon with a river flowing through it, surrounded by layered rock formations under a blue sky with light clouds.

Water cuts through rock, not because of its power, but because of its persistence.

Don't Be Average. Be Amazing!



PASSION —> PERSISTANCE

And on with our show...

Some thank yous

My Incredibly Tolerant Wife

- Uniforms

- Shanmukh Challa
- Sacheth Hegde
- Hannah Ho
- Sai Paladugu
- Zach Patti
- Shanmu Srinivas
- Yuya Takagi
- Vasanth Thiruvadi
- **And some damage...**

- Forms and Administration

- Being at all the meets

- Putting up with my crazy hours

Our incredible coaches

- Barb Acosta
- Scott Blomquist
- Ray Cornell
- Daniel Fong
- Erica McLain
- Matt Paquet



Visitors

Josh Cox	USA 50KM Record	T&F 2011, XC 2011
Erica McLain	2008 Olympian—triple jump	T&F 2011, Coach 2012
Bree Lambert	USA 100 mile trail champion	XC 2011
Alex Pavlovic	SJ Merc Prep writer NOW SF Giants beat writer	XC 2011
Desiree Davila	2012 USA Olympic marathon team	XC 2011
Dr. Russell Pate	Professor, director of youth activity study group, author 'Training for Young Distance Runners'	XC 2011
Edrick Floreal	Head Coach, Stanford track & field	XC 2011
Lea Tapscott	Stanford T&F, professional soccer	T&F 2012
Stephanie Trafton	2008 Olympic gold medalist—discus	T&F 2012
Kate Niehaus	Stanford T&F, NCAA champ, Rhodes scholar	T&F 2012
Dr. Steve Portenga	Sport Psychologist, USA Olympic T&F	T&F 2012

Thank You Parents!

- Driving
- Snacks
- Washing all our muddy, sweaty gear!
- **GENEROUS** contributions (almost \$1,000 in addition to Booster membership!)



Special Thanks To...

- Elizabeth and Glen Foster
- Abhijit Choudhury
- Mathangi Rajamani

This banquet is thanks to their hard work!

A Plea to Parents of XC runners...



- Get them a new pair of running shoes now, and ANOTHER at the end of the summer!
 - More than half of the kids who were hurt last year had worn/poorly fitted shoes
 - PLEASE get new shoes from a running specialty store!
- Get physicals scheduled now
 - Read the article on iron/serum ferritin in [mvrunning](#)

Awards and Recognition

Dual Meet Demons

Akshay	Christina	Karen Feng	Neha Jammu	Sanjna Bharadwaj
Thontakudi	Aguila	Kevin Bishop	Nicole Phan	Sarah Weinberg
Allison Win	Darren Yau	Kiersten Chuc	Nikhil Sinha	Sayali Khare
Ameya Khare	Donald Swen	Kirsten Do	Nima Kiyarash	Shanmu Srinivas
Anand Rao	Emilio Torres-	Lavinia Fung	Pearl Law	Shanmukh Challa
Angella Qian	Gonzalez	Liam Silveus	Phoebe Tai	Sherry Lin
Ariel Martin	Emma Seyer	Lydia Wu	Rhea Choudhury	Shivam Khanna
Arvind Rao	George Yang	Maedha Begur	Risako Tanida	Steven Lim
Bridget Gottlieb	Gokul	Manali Begur	Rochish Ambati	Surafael Yared
Bumpei Maeda	Parakulam	Meenu	Rohan	Takuto Doshiro
Caleb Wang	Guhan	Krishnasamy	Choudhury	Vasanth Thiruvadi
Calvin Chang	Venkatraman	Melissa Foster	Roy Xia	Vikrant Marathe
Casey Parsay	Hannah Ho	Michael Lu	Ruohao Liu	YoungJean Han
Catalina Huang	Ishmael	Michael Lucas	Ryan Chen	Yusuke Miyakoshi
Chloe Li	Sheriff	Miranda Chen	Ryan Chui	Zachary Patti
Chris Ma	Jacob Lui	Nandini Chitale	Sameera	
	Jenny Xu		Vemulapalli	
	John Hsiao			
	Jui Sarwate			
	Julia Chang			

Dual Meet Demons—Top 20 (and ties)

Akshay Thontakudi	Christina Aguila	Karen Feng	Neha Jammu	Sanjna Bharadwaj
Allison Win	Darren Yau	Kevin Bishop	Nicole Phan	Sarah Weinberg
Ameya Khare	Donald Swen	Kiersten Chuc	Nikhil Sinha	Sayali Khare
Anand Rao	Emilio Torres-Gonzalez	Kirsten Do	Nima Kiyarash	Shanmu Srinivas
Angella Qian	Emma Seyer	Lavinia Fung	Pearl Law	Shanmukh Challa
Ariel Martin	George Yang	Liam Silveus	Phoebe Tai	Sherry Lin
Arvind Rao	Gokul Parakulam	Lydia Wu	Rhea Choudhury	Shivam Khanna
Bridget Gottlieb	Guhan Venkatraman	Maedha Begur	Risako Tanida	Steven Lim
Bumpei Maeda	Hannah Ho	Manali Begur	Rochish Ambati	Surafael Yared
Caleb Wang	Ishmael Sheriff	Meenu Krishnasamy	Rohan Choudhury	Takuto Doshiro
Calvin Chang	Jacob Lui	Melissa Foster	Roy Xia	Vasanth Thiruvadi
Casey Parsay	Jenny Xu	Michael Lu	Ruohao Liu	Vikrant Marathe
Catalina Huang	John Hsiao	Michael Lucas	Ryan Chen	YoungJean Han
Chloe Li	Jui Sarwate	Miranda Chen	Ryan Chui	Yusuke Miyakoshi
Chris Ma	Julia Chang	Nandini Chitale	Sameera Vemulapalli	Zachary Patti

Monta Vista 2012 High Scorers

Akshay Thontakudi	Christina Aguila	Karen Feng	Neha Jammu	Sanjna Bharadwaj
Allison Win	Darren Yau	Kevin Bishop	Nicole Phan	Sarah Weinberg
Most Overall Points: Nicole Phan	Donald Fung	Kiersten Choo	Nikhil Sinha	Sayali Khare
Arland Kao	Enrico Wong	Liam Silveus	Nima Kiyarash	Shahar Ghobas
Angella Qian	Gonzalez	Lydia Wu	Pearl Luw	Shalmukh Challa
Ariel Martin	Emma Seyer	Maedha Begur	Phoebe Tai	Sherry Lin
Arvind Rao	George Yang	Manali Bagre	Rhea Choudhury	Shivam Khanna
Bridget Gottlieb	Gokul Parakkulam	Rohan Choudhury	Risako Tanida	Steven Lim
Most Varsity Boys' Points: Ryan Chui	Guhan Venkatraman	Roy Xia	Rochish Ambati	Surafael Yared
Caleb Wang	Hannah Ho	Ruohao Liu	Rohan Choudhury	Surafael Yared
Calvin Chang	Ishmael She Yee	Ryan Chen	Choudhury	Vasanth Thiruvadi
Casey Parsay	Jacob Lui	Sameera Vemulapalli	Choudhury	Vikrant Marathe
Catalina Huang	Jenny Xu		Roy Xia	YoungJean Han
Most Varsity Girls' Points: Jenny Xu	John Hsiao		Ruohao Liu	Yusuke Miyakoshi
Chris Ma	Jui Sarwate		Ryan Chen	Yusuke Miyakoshi
	Julia Chang		Ryan Chui	Yusuke Miyakoshi



League Medalists

Champions:

Sanjna Bharadwaj:
JVG High Jump

Kevin Bishop:
VB 1600 and 3200

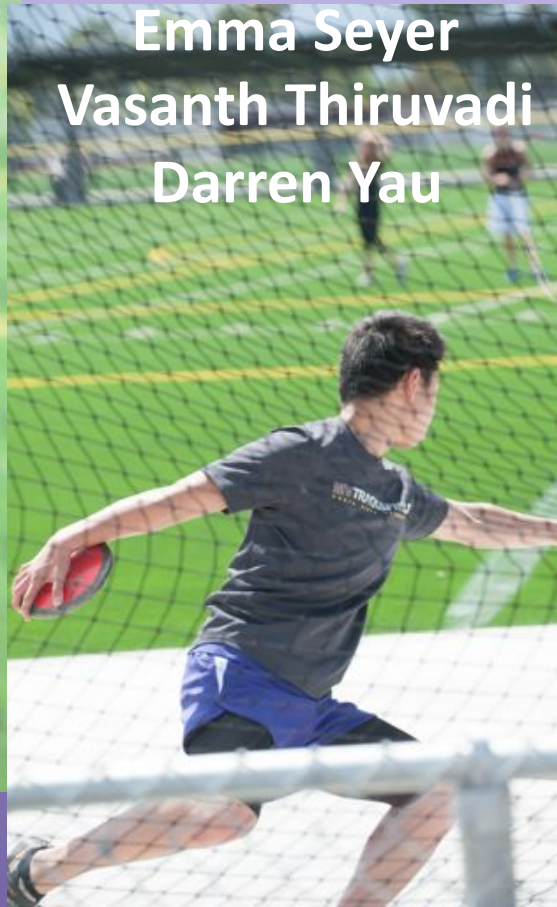
Albert Han:
FSB 65M Hurdle

Albert Han	2 nd	FSB 300 H
Anand Rao	2 nd	FSB 800
Rohan Choudhury	2 nd	FSB 1600
Arvind Rao	3 rd	VB 800
Donald Swen	3 rd	FSB 65 H
Hannah Ho	3 rd	VG HJ
Jenny Xu	3 rd	VG 3200
Julia Chang	3 rd	JVG 3200
Lavinia Fung	3 rd	JVG TJ
Nicole Phan	3 rd	JVG 100 H
Rohan Choudhury	3 rd	FSB 3200
Ryan Chui	3 rd	VB 110 H
Surafael Yared, Bumpei Maeda, Michael Lu, Arvind Rao	3 rd	VB 4x400 R
Zach Patti	3 rd	FSB 1600
Meenu Krishnasamy, Nicole Phan, Melissa Foster, Lily Sun	4 th	JVG 4x100 R
Rochish Ambati	4 th	FSB 100
Rochish Ambati	4 th	FSB 200
Sayali Khare	4 th	VG TJ
Gokul Parakulam	5 th	VB LJ
Jacob Lui	5 th	VB 300 H
John Hsiao	5 th	FSB 800
John Hsiao, Anand Rao, Shanmukh Challa, Rohan Choudhury	5 th	FSB 4x400 R
Julia Chang	5 th	JVG 1600
Pearl Law	5 th	VG 3200
Zach Patti	5 th	FSB 3200

Throw

Miranda Chen
Kiersten Chuc

Emma Seyer
Vasanth Thiruvadi
Darren Yau



Jump



Rookie of the Year Hannah Ho



Most Improved Jumper Rhea Choudhury



Most Valuable Jumper (Boy) Gokul Parakulam





Most Valuable
Jumper (Girl)

Sayali Khare

Sprint

Rookie of the Year Rochish Ambati



Hardest Worker

Nima Kiyarash



Most Valuable Sprinter (Boy) Guhan Venkataraman



Most Valuable Sprinter (Girl)

Melissa Foster



Hurdle



Rookie of the Year Albert Han



Most Improved Liam Silveus



Most Valuable Hurdler (Boy) Ryan Chui



Most Valuable Hurdler (Girl) Allison Win



Run



Distance
Most Improved
Zach Patti



Distance
Rookie of the Year
Angella Qian



Distance
Most Valuable (Boy)
Arvind Rao



Distance
Most Valuable (Girl)
Pearl Law



Most Inspirational Sanjna Bharadwaj



Most Inspirational Phoebe Tai



Most Inspirational Arvind Rao



Most Outstanding Athletes

Jenny Xu



Kevin Bishop



Thank You and Good Night
See You Next Year!



One more thing before we leave...