



**Monta Vista Cross  
Country**  
2012 Pre-Season  
Meeting

# First on the Check List: Shoes!



- Get fitted and get some new training shoes at a running specialty store!
  - *Running Revolution* in Campbell will give Monta Vista athletes a discount (plus they have made house calls): Tell them you are on the MV team
  - Other running stores may also be OK...but if the store you are in is selling tennis balls, baseball bats or bicycles, LEAVE and find a running only store
- Most athletes with running injuries also have poor shoes

**Please don't hurt yourself:  
Start summer training with a fresh pair of shoes!**

# MVXC League Season

- League Meets
  - Central Park (Santa Clara)
  - SCVAL Preview (Crystal)
  - Baylands
  - Lynbrook/FUHSD Champs
    - V Girls defend!
  - De Anza League Champs
    - JV Girls defend!
  - CCS Champs @ Toro
    - #—When we qualify



# Next On The Check List: Schedule Your Physical!

- There are always people who wait until the last second and then EVERYONE is trying to get doctor appointments— don't be 'that guy' get your parents working on this now!
- Forms are available at: <http://mvhs.fuhsd.org/crosscountry>
- Read this article, have your parents read it BEFORE your physical, and discuss this with your doctor: <http://www.mvrrunning.com/coachs/be-as-strong-as-iron/>



# New for 2012: Buses!

- We will bus out together to all the league meets!
- You still will need to be picked up by parents after the meets
- There will be a cost (~\$50 for all meets for Booster members)
  - This is not mandatory; your parents can drive you if they choose not to pay.
  - Need based 'grants' available



**Easier on our parents, more fun, more team-building!**

# Preliminary Invitational Schedule



- Earlybird Invitational (Everyone invited)
- Stanford Invitational (Varsity Only)
- Artichoke Invitational (Half Moon Bay) (Everyone invited)
- Perhaps another local invitational
- Mt. SAC
- TRACK: adidas Distance Meet of Champions, Azusa, CA March 2013

# Mt. SAC Invitational!

## Bigger and better than ever

- USA's biggest XC meet!
- Overnight trip to race in Los Angeles
- We are researching the cost of travelling by luxury bus!
- Cost per person is being worked on but should be \$200 or less
  - This trip is optional...see coach if there is financial hardship
- Who will be invited:
  - Varsity
  - Generally the fastest non-varsity runners
  - Also particularly 'tight' groups can be selected, such as the freshman girls in 2011





# adidas Distance Meet of Champions 2013

- March 2013
- Azusa, CA
- Distance runners—a good chance to PR on the track!
- 800, 1600/mile, and 3200 only meet
- This meet has been closed for years to 50 schools; Monta Vista got permission to send **12** athletes in 2013!
- Time to start training!



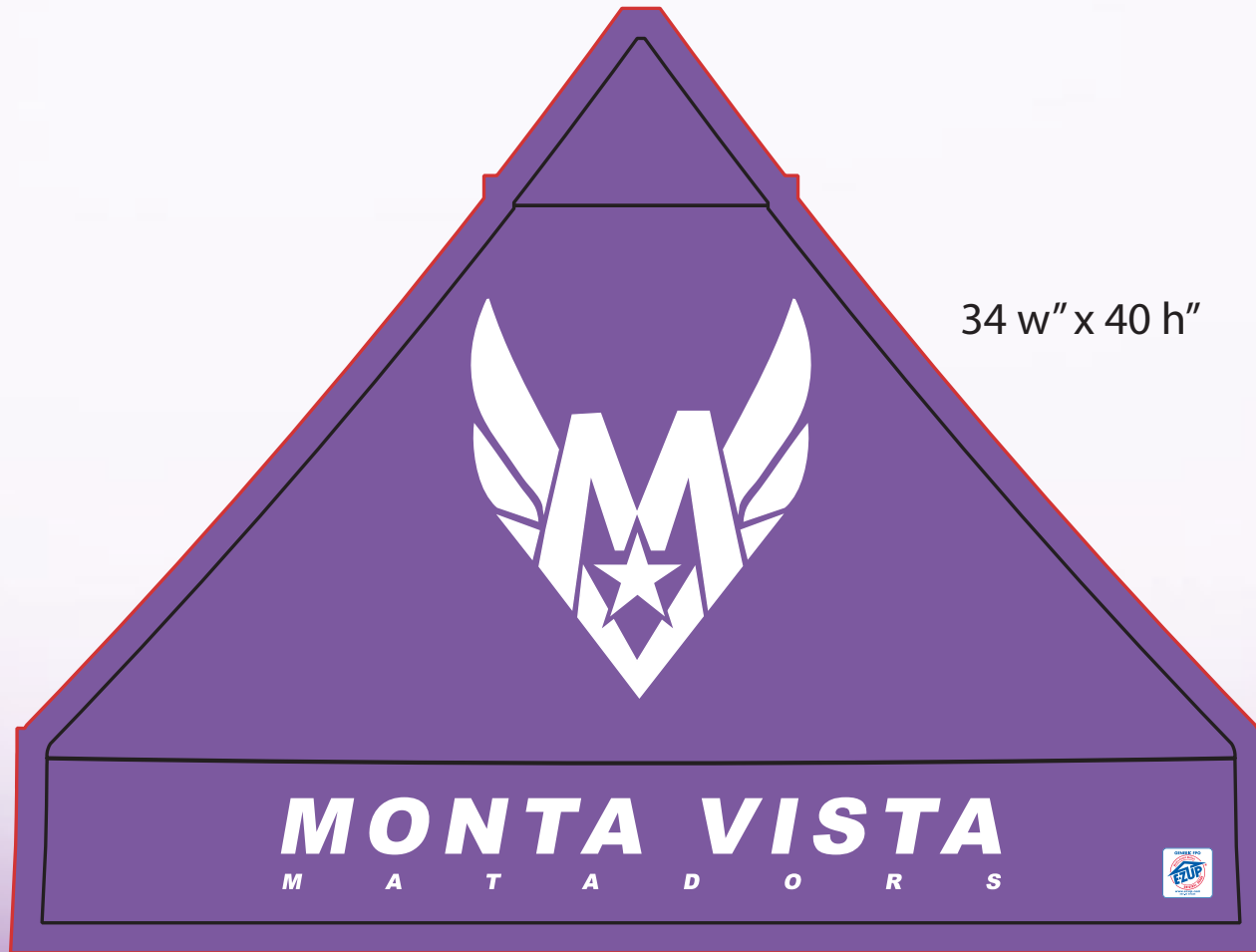
# Arcadia

- Late March 2013
- Arcadia, CA
- Think about what you need to qualify...because work starts now!



And when we go to these  
invitationals...

...we will look so cool!



34 w" x 40 h"

72 w" x 9.2 h"

# Achieving your Best is a Year Round Commitment

(Just like school!)

- Everyone wants to win on race day
  - What were they doing on that hot Friday in July?
- Improvements are incremental and are the result of sustained effort
- Consistency
- Appropriate mileage for your age/training age
  - Don't be a hero
  - Be reliable



# Summer Goals



- Just run!
- Decide how many days you can run per week consistently and commit to doing that EVERY week!
- Variety—flat, hills, different routes... does not have to be intense.
- Stretch!
- Drills, core, sit ups, push ups, pull ups...pick some things and be consistent
- Log it!
- **Run with your friends/teammates!**
- **Invite a new runner!**
- Just run!

# Team Organized Running



- Monday through Friday mornings
- Meet at 9:30am at Monta Vista in front of wrestling room
- Open to anyone
  - Returning runners
  - New XC runners of any year
  - Athletes from other sports who want to get in shape
  - Athletes from other schools who want to get in shape
- Be a part of the team!

# Mike Dudley's XC Camp

- Mike Dudley was the Los Gatos coach, now is meet director for many track and XC meets in the area.
- This camp is an option for runners looking for a structured program, and to meet new runners.
- Six week camp starting July 9 and ending August 11.
- Five days per week; M-T-Th-F at Lake Almaden at 2:30pm; Sat various locations at 8am
- We like this better than many training groups because the build up is low-intensity, focused on building a base for XC season. This is the right preparation for a good XC season.
- Cost: \$200
- **Get a group and organize a ride pool!**
- Many MV athletes did this last year (Kevin, Bridget, Ajay, Ryan, Shivam...)
- Contact: Mike Dudley [Trackdudley@aol.com](mailto:Trackdudley@aol.com)



# Cross Training for Improved Running Performance with Bree Lambert

This is an option to augment (not replace) your running program

- Bree is USA 100 Mile Trail Champion!
- Blend of functional training and core stability work, emphasizing muscle groups that enhance sport performance. Use of weights and other props for resistance. Goals:
  - More athletic
  - Overall strength and resilience
  - Better running form
  - Less injury prone
- Ask: Bridget and Sameera
- Contact: Bree Lambert, [islandbrees@gmail.com](mailto:islandbrees@gmail.com), 408.505.6858
- Gym Class:
  - Mondays and Thursdays at 1pm for 45 minutes.
  - 6 weeks/12 sessions
  - Maximum 8 athletes
  - Dates:
- Running Class:
  - Rancho San Antonio or Fremont Older, Wednesdays at 10am. 90 minutes.
  - Outdoor cross training, running form, XC technique
  - Maximum 16 athletes
- Costs for 6 week session of classes
  - Gym+Running: \$255
  - Gym only: \$195
  - Running Only: \$65
  - No make ups or partial class sessions
- Dates:
  - June 26-July 12 (no class July 4)
  - Break
  - July 24-August 9

# Chris Hallford/Exercise Progression: Core Class Option

This is an option to augment (not replace) your running program

- Chris is a muscle therapist and personal trainer to many runners
- Class focused on core strength development
  - Strength/endurance
  - Injury resistance
  - Core stability
  - Balance
- Ask: Kevin B, Ryan B, Anand, Arvind...
- Mondays and Thursdays at 1pm for 30minutes+ for 6 weeks; limit of 10 athletes.
- Cost: \$180 for 4 or more athletes (12 sessions, no make ups)
- Contact: Chris Hallford, [hallfordchris@yahoo.com](mailto:hallfordchris@yahoo.com)  
408.945.1474 [ExerciseProgression.com](http://ExerciseProgression.com)



# Summer Training Options

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Run On Your Own?	Yes!	Yes!	Yes!	Yes!	Yes!	Yes!	Rest
Team Organized Run	9:30a	9:30a	9:30a	9:30a	9:30a		
Mike Dudley Camp	2:30p	2:30p		2:30p	2:30p	8am	
Bree Lambert XT	1pm		10am	1pm			
Chris Hallford XT	1pm			1pm			
New Runner Training (info to follow)		9:00a		9:00a			

**Keep an eye on [mvrrunning.com](http://mvrrunning.com) for tips.**

**Let me know if you want some suggestions.**

# Help Our Incoming Freshmen

- Tuesdays and Thursdays at 9:00, start date TBD
- Would like two volunteers to come each day
- Teach them one thing each day:
  - How to do an A-Skip
  - The right way to do a lunge
  - What is a stride
  - Street running etiquette
- You can join the regular group at 9:30 or catch up to them.

**Let's help the class of 2016 get off to a good start!**

# 2012 Season Costs

- NO \$ are mandatory
  - Does not include shoes— shoe investment IS mandatory 😊
- Bus cost, Mt. SAC...these will be mandatory
  - There will be need-based ‘scholarships’
- Varsity: I am truly interested in an amazing 2013 XC trip if you are willing to help with fund-raising: Nike Pre-Nationals (Portland), Van Cortland (New York) or Hawaii
  - Together with SLV, my ‘brother’ your ‘cousins’

Item	Required Contribution	Optional Contribution/Activity	Optional Total	Notes
Booster Membership	\$0	\$60	\$60	\$40 goes to XC; rest to school general fund
Uniform Savings Fund/other team purchases	\$0	\$50	\$50 <sup>1</sup>	Continue to save for future uniform replacement
Bus To All Weekday Meets for Booster Members	\$0	\$50	\$50 <sup>2</sup>	One way service to 5 weekday meets
(Bus To All Weekday for Non-Booster Members)	\$0	\$110		
Mt. SAC Overnight Trip (for Booster members)	\$0	\$200	\$150-200 <sup>3</sup>	Optional for athletes who qualify
Mt. SAC Overnight Trip (for Non-Booster members)	\$0	\$260		
<b>Total Without Mt. SAC</b>	<b>Required \$0</b>		<b>\$160</b>	
<b>Total With Mt. SAC</b>	<b>Required \$0</b>		<b>\$310-360</b>	

<sup>1</sup> We have invested more than \$10,000 in uniforms last year, and the team looks great! We need to continue to build up a fund to replace these uniforms in a few years. We'd also like to continue to enhance the athlete experience with canopies, resistance training equipment, and other items.

<sup>2</sup> Parents of student-athletes who do not choose to contribute to the bus service may drive their students to the meets. Student-athletes must purchase service to all five meets (Central Park, SCVAL Preview, Baylands, Lynbrook and League Finals); athletes are expected to compete in all of these meets and we will be reserving bus service based upon the participation of the same students in every race. If there is a financial hardship, please see the coaches privately. We will still need parents to ride pool to Saturday races (probably two meets), and ride pool for varsity athletes for one to three other Saturday meets (Stanford, CCS).

<sup>3</sup> This is an optional trip that will be offered to our better student-athletes and more dedicated teammates. Mt. SAC is a great opportunity for athletes who qualify.



*The amount of **Effort** you  
put in to 2012 XC is a  
decision made between  
**YOU...**  
**and YOU!***

# Thank You

And don't forget the first item on your list:  
**NEW SHOES!**

