

Parents: Welcome to the MVXC Family!

Here is a bullet point summary of what we would like you to know at the start of the 2019 season:

- There will be an MVXC parent night on Wednesday, August 28 at 6:15pm in the student union/cafeteria.
- Please join the Monta Vista Athletic Boosters **today** <https://www.mvab.org>
- The MVXC schedule and news are available at <http://www.mvrunning.com>
- There is an option for your student-athlete to have a bus ride to four meets this year, reducing the need for a parent ride pool to only three meets--see <http://www.mvrunning.com/announcement/team-bus-option-for-four-2019-cross-country-meets/>
- Ceci Imamura (Kyle's mom) has graciously volunteered to be our team parent again this year. Please contact her at c2imamura15@gmail.com to be included on the update email distribution list. She will also be looking for volunteer help with ride pools for three meets, two pasta nights, uniform distribution/collection, and the team banquet. With many volunteers, these jobs are very manageable!

Parent Meeting

Please mark your calendar MVXC parent night on **Wednesday, August 28** at 6:15pm in the student union/cafeteria! We will be presenting details of the 2019 season, talking about our coaching and team philosophy, describing a bit of MVXC history, answering questions, and getting to know you. Please join us!

Monta Vista Athletic Boosters

MVAB is a fantastic organization that has provided support to MV athletics in general, and has been particularly supportive of Monta Vista Cross Country and also Track & Field. Every season, our team has received a large grant for team operating expenses equal to more than 60% of your membership fees. In addition, our team has received special grants to pay for stationary bicycles, hydration stations, canopies to protect our team from the sun (and look good at meets!), uniforms, travel support and other items.

MVAB is also looking for volunteer board members—we could use parents of freshmen and sophomores who want to help our school (and help MVXC by being on the board!).

This year, your child will immediately receive two dividends from your family membership. **If you join MVAB by Thursday, August 29, then your child will receive a 2019 Monta Vista training t-shirt.** That's right! We plan to use a portion of the MVAB membership funds to purchase training t-shirts for the kids—so some of your membership fee is coming right back to your family. We plan to distribute the shirts to the athletes on September 3. We are also planning to use some of the funds from MVAB to subsidize the bus travel to four of our meets, so there will be a substantial discount for the bus costs to MVAB member families (please remember that if you have two children on our team, you will need two memberships, one for each child).

Please don't delay, join Monta Vista Athletic Boosters **today** <https://www.mvab.org> (MVXC will get recognition for our memberships coming early!).

Bus Travel to Select Cross Country Races

Over the years, MVXC coaches have heard have had fairly consistent interest from parents in using buses instead of car pools to travel to our cross country races. There have always been some logistical and cost challenges involved with bus transportation; however, your coaches are listening to what you are saying. We are going to offer an option for the kids to bus to **four of the seven** required cross country races in 2019. We have held buses for the two weekday meets at Baylands in Sunnyvale on September 24 and October 22, and we have also arranged for buses for the two Saturday meets that the entire team is required to attend on September 7 in Vacaville and September 21 in Stockton. These are long drives on Saturdays, and the traffic to Sunnyvale can be horrendous and difficult for parents to deal with on a weekday, so we think that having buses will be a big help to the parents as well as being fun for the kids. There are still three meets where we will be asking the parents to ride pool; for the two meets at Crystal Springs (Monta Vista coaches are meet directors and have to arrive at the course early, so we are not able to supervise the bus rides) and at Lynbrook (which is close and a relatively easy drive and did not seem to justify the cost of a bus).

The cost per athlete for parents that would like to use the bus service will be \$110 for transportation for these four races (two races in Sunnyvale, one in Vacaville, and one in Stockton) for all families that are members of MVAB. There will be no partial services available. Having your child ride the bus is optional—parents can always drive their children to these races—however we think that the team will enjoy traveling together, and also this will be less of a burden on the parents.

If extra bus seats are available, parents can get a ride to come and watch their kids compete. We like having parents come to see how hard their kids work and race. We would ask for parents to contribute \$5 or \$10 or whatever you can to help with our costs, but if you just want a ride so you can watch your child and the team and we have space on the bus, that is OK—we want to have parents come and cheer. If any family has a financial challenge that prevents that family from joining MVAB or contributing for bus costs, please come and talk to Coach Flatow or Coach Johnson. We will discretely arrange for a scholarship to cover these costs for your family.

Here are the next steps:

1. Join MVAB **today** <https://www.mvab.org>
2. Please make out a check for \$110 made out to **MVASB** and bring to a coach.
3. On Wednesday, August 28 at the Parent Meeting we will announce whether we have enough athletes signed up to justify keeping two buses. If we cancel one of the buses, all families that have not yet signed up will have to arrange their own transportation so if you want to use the bus travel option PLEASE, PLEASE join the Boosters and send a check to the coaches before that date.

There is a more detailed post on the bus trips at

<http://www.mvrunning.com/announcement/team-bus-option-for-four-2019-cross-country-meets/>