

Monta Vista Cross Country 2019

VERSION 2 August 9: Keep in mind this schedule is subject to change. Follow www.mvrunning.com

Date	Time	Activity	Location	Note
Aug 6-9	10am to 1pm	Athletic Clearance Concussion baseline testing http://www.mvrunning.com/announcement/concussion-baseline-testing-for-2019-xc-2020-track/	Library	You must be cleared by the school to join the team and practice
Aug 12	7:00a	First Day of <u>Required</u> Practice	MV Track	You must have all physical paperwork and on-line information cleared
Aug 17	7:00a	First Saturday Practice/ Pot Luck Breakfast Run	MV Track There will be Saturday morning practices every week during the	season except on race days. These morning practices are not required but are highly recommended.
Aug 19	3:45/ 3:40p	First Day of School/After School Practice Starts	MV Track	Practices will start 20 minutes after last bell.
Aug 23		Last day for Soph, Jrs and Srs to complete paperwork and join team		Will not earn PE credit but may join the team.
Aug 28	6:15p	Parent Night	MV Cafeteria	
Aug 29	3:40p	Watermelon Run/MV Time Trial	Stevens Canyon	Parents , note practice will finish 1 hour later.
Sept 2	7:00a	Optional Morning Practice	MV Track	Highly recommended.
Sept 3	3:40p	Issue Uniforms	MV Track	
Sept 6	6pm	Pasta Night ???	Family Volunteer	
Sept 7	6am	Lagoon Valley Classic	Vacaville	Whole Team
Sept 10	3:40p	Nutrition Presentation	MV Cafeteria	Dressed to run after
Sept 17	3:40p	Team Photo Day	MV	Wear your uniform!!!
Sept 20		Pasta Night 2???	Family Volunteer	
Sept 21	6am	Pacific Tiger Invitational	Stockton	Whole Team
Sept 24	3PM	SCVAL 1 Baylands	Sunnyvale	Whole Team
Oct 8	3PM	SCVAL 2 Crystal Preview	Crystal	Whole Team
Oct 12	Leave Friday	Clovis Invitational	Fresno	~50% of our team will be invited to travel!!!
Oct 22	3PM	SCVAL 3 Baylands	Sunnyvale	Whole Team
Oct 26	Leave Friday	Mt SAC Invitational ACT is this day. Consider 9/14 or 12/14 dates instead of Oct 26 to have option to compete at Mt.SAC	Los Angeles	~50% of our team will be invited to travel!!!
Oct 31	PM	Lynbrook Invitational/ FUHSD Championships	Lynbrook HS	Whole Team
Nov 5	PM	SCVAL Championship	Crystal	Whole Team
Nov 16	PM	Central Coast Section Championships	Crystal (Belmont)	Varsity (must qualify)
Nov19	6pm	Awards Banquet	MV Cafeteria	Tuesday Night
Nov 30		State Championship Meet	Clovis	Varsity (let's qualify!)

"It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside your head that wants you to quit." -- George Sheehan

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The Fine Print: Some Important Notes About Attitude and Commitment

Monta Vista Cross Country is a Team, it is not a club

We want to have fun and learn to be gritty and improve...and we do that all together.

Your coaches and teammates care more about how committed you have chosen to be to your team and your own improvement than we care about the genetic gifts you inherited. Anyone has the ability to decide to work hard, improve, and be the best they can be. No one said this would be easy—discipline and hard work will pay off and you will see improvements. Your individual choices and actions will determine your personal results, and will have an impact on the entire team. Athletes will not be cut for athletic performance, however athletes will be cut for lack of effort or for poor attitudes. Half-hearted effort, starting the season without any training to prepare for regular running, lateness or unexcused absences, cutting out early, being a distraction and similar behavior does not help the athlete or the team. We want you to be part of an activity that you care about, and activity where you will commit your best effort! We hope that you care about cross country enough to make this your most important extracurricular this Fall, but if there is something else more important to you let's do that!

Earning PE or Elective Credit

PE credit is school credit; if you want credit for XC you should think of XC as a class. You would not blow off a class and expect to pass. In order to earn PE Credit, you have the following requirements.

- You may miss no more than 5 practices during the season. Practice starts August 12. We will take attendance every day.
 - It is an absence if you are late to practice and we have left on a run without you.
 - It is an absence if you leave before practice ends (for example, if you are leave before the core work at the end of practice, or you are not on the run with us).
 - You may miss a practice if you are sick and you do not attend school that day due to sickness. If you attend school, we expect you at practice that day.
 - You may not miss a team competition unless excused: Watermelon, Lagoon Valley, SCVAL 1, SCVAL 2, SCVAL 3, Pacific Tiger, Lynbrook Invite, SCVAL Championship. You may miss a meet if you are sick and you do not attend school that day due to sickness (or for a Saturday meet, if you do not attend school either the Friday before or the Monday after). If you are at school, come and race or support your teammates; if you are at school, we expect to see you at the meet.
- If you are injured and will not be able to run for an extended period:
 - Bring a doctor's written note explaining the injury and the rehabilitation proscribed.
 - You must still come to practice; you can exercise, help with team tasks or do homework. (You may miss practice if you have physical therapy or training scheduled for your injury during practice, and have provided coaches with contact information for your therapist).
 - You must still come to meets; you can cheer on your teammates.

If you cannot meet these attendance requirements, at the coaches' discretion we may allow you to be part of the team however you will not earn PE credit. Let us know up front if you do not intend to try to earn PE credit so we can discuss your level of commitment up front; talking up front is mature.

Excused Absences

An absence may be excused at the coaches' discretion. The request is more likely to be granted if:

1. You have a chance for a unique opportunity ("I have a chance to interview Michelle Obama".).
2. You are part of an important family event ("My grandmother having her 80th birthday party.")
3. A medical appointment (bring paperwork afterwards).
4. The request is for something unique (not test review) and valuable academically/educationally.
5. You make the request in writing more than two weeks before the event.

There will not be an excused absence for an after school class or club you sign up for, play a club sport, take a review session, you want to leave early on Friday for a weekend or similar things. You have 5 free absences to use for absences that are not coach approved, so use these days wisely! **To request an excused absence, give a coach the request in writing; this request does not guarantee approval (we don't care how far ahead you request to miss practice for a seminar on Fortnite Tactics or the opening of the next Star Wars movie—we won't grant that! ☺)**

Compete: From the Latin root words, com- [together] and petere [seek] → competere [**strive together**]