

NOTES FOR PARENTS AND ATHLETES

Monta Vista Track & Field 2021

We love track and field...yet this is going to be an exceedingly weird season. Flexibility is going to be important, but we do not want to lose the dedication that has made MVTF a strong team. It is going to be impossible to cover every detail in this note but I am going to try to highlight some principles.

- Monta Vista Track and Field is a **team**, this is not a club. Track and Field is NOT just a way to get out of the house when it is convenient, and the team is not a way to get in shape after a year of sitting in front of the computer on Zoom...and it's not an easy way to earn PE credit. Even in this short, pandemic-impacted season, our goal is to be as competitive as we can be. That means that we are all there for each other, pushing ourselves and helping our teammates. This is a TEAM! We expect all athletes to do their best to live up to their responsibilities as teammates. If you don't feel this way about your team, MVTF may not be a great fit for you. If you really like being part of a competitive, hard working, driven, supportive, responsible, enthusiastic team...you may have found a home.
- This is a VERY short season—only seven weeks long including Spring Break week. We understand that in this year effected by the pandemic, many athletes may have made other commitments. However...if you can't make track and field your highest priority extracurricular, maybe this is not the season to join the team. With only seven weeks to train—starting April 8, that is only 32 weekday practices including break week, plus 5 competitions—if you are going to miss very many practices for any reason, it will be tough to be a strong member of the team.
- We may need to limit the size of the team this year due to resource and COVID safety restrictions. We hope not to, but we may have to ask some athletes to leave track this season for reasons other than for reasons of effort, attendance, responsibility and attitude.
- **If you are an athlete still in a season 1 or 2 sport, you will join track and field the day after your current season ends...you need to email Coach Flatow and tell him you are coming before April 10 so he can keep you on the roster!**
- Athletes will need to be flexible. Coaches will not be as available as in past years. Especially for the first few weeks, we are going to be moving practice times and locations often because of field access and other issues. If track and field is not your highest priority extracurricular, being part of the track team is going to be difficult for you.
- COVID protocols are important to us. We expect athletes on the team to wear masks at all times on campus except when you are running for training or competition, we expect you to maintain 6' distance from others while on campus, we expect you to bring your own full water bottle very day. We expect you to be safe and following CDC and SCC health department guidance while not on campus. Our society is getting close to being safe but we are not all the way there yet. If you don't agree and can't follow support our efforts to keep you, your teammates, your coaches, your family and our society safe, maybe you should wait until next year to be part of the team.

Also, parents, **please** join Monta Vista Athletic Boosters in support of your athlete! Monta Vista Athletic Boosters is a great organization, run by volunteers, supporting our athletic program. Most of your membership fees will go directly to track & field, and you may donate additional funds to go directly to the track team also. MVAB membership is tax-deductible. This year, our finances have been hammered for many reasons. Please join! The donation site will be <http://www.mvab.org/membership/mvab-season-3-membership/>

~The Monta Vista Track & Field Coaches

Monta Vista Track & Field 2021 Season Schedule

V1. Schedule as of **April 5, 2021**. This schedule WILL change! Guaranteed, COVID and things will have an impact. It is every athlete's responsibility to keep track of changes and be at practice.

	Date	Activity	Notes
4pm	Apr 8 and 9	Initial practice meetings	Meet in academic quad
10:30am	April 10 Sat	First full practice	Meet at the track
8am	April 12 Mon	Practice	Meet at the track
2pm	April 13 Tue	Practice	Meet at the track
8am	April 14 W	Practice	Meet at the track
2pm	April 15 Thu	Practice	Meet at the track
2pm	April 16 Fri	Practice	Meet at the track
7am	April 17 Sat	Practice	Location TBD (probably track)
4pm	April 19 Mon	Practice	Location TBD
4pm	April 20 Tue	Practice	Meet at the track
5:30pm	April 21 W	Practice	Meet at the track
4pm	April 22 Thu	Practice	TBD
4pm	April 23 Fri	From here forward, M-F practice every day at 4pm (unless there is a competition)	Meet at the track
7am	April 24 Sat	From here forward, Saturday practice 7am (unless we have a meet on Saturday)	Meet at the track
	TBD	Parent Meeting on Zoom	
	TBD	8 th Annual 400 Shootout	
	April 27 Tuesday	Photo Day	Wear your uniform to practice
	April 30	Mt. View at Monta Vista	Dual Meet
	May 6	Monta Vista at Wilcox	Dual Meet at Wilcox HS
	May 8	Rustbuster Relays (tentative, pending approval)	
	May 14	Fremont & Santa Clara @ Monta Vista	Tri Meet
	May 20	Monta Vista @ Saratoga	Dual Meet at Saratoga HS
	May 22	Top 16 meet (pending approval)	
	May 27	Monta Vista @ Cupertino	Double-Dual Meet at Cupertino High School
	May 29	Top 16 Meet???	
	TBD	MVTF Season Banquet	

Monta Vista Track and Field 2021: A Few Important Notes

Monta Vista Track & Field is a Team, not a club

Athletes will not be cut solely for athletic performance, however athletes may be cut for lack of effort or for poor attitudes at the coaches' sole discretion. Coaches 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. Half-hearted effort (as judged by your coach; you may think you are working hard but your coach might not agree), chronic lateness or unexcused absences, cutting out early, being a distraction to anyone and similar behavior does not help the athlete or the team, no matter how fast you are. If you are not working hard and demonstrating commitment in the eyes of your coach, you will be given the opportunity to find an activity other than track and field. All Monta Vista High School rules and code of conduct apply to athletes; breaking a rule is grounds for dismissal from the team.

Earning PE Credit—Minimum Requirements

PE credit is school credit; if you want credit you should think of your sport as a class. Like a class, there are requirements including attendance. In order to earn PE Credit, there are the following requirements.

- You may miss **no more than 4 practices** during the course of the season, including practices during break week, starting with our first practice on April 8 (you must be cleared and at practice day one). We will hold 37 practices and races during this short pandemic season so we are allowing you to miss 10% of the practices—your coaches think allowing you to miss 10% of the practices due to conflicts is very generous. We will take attendance every day. Practice times and locations for different events may vary (throws, hurdles, for example) and you must be able to accommodate changes.
 - It is an absence if you are late to practice.
 - It is an absence if you leave before practice ends.
 - You should miss practice if you test positive for COVID.
 - You may not miss one of our league meets.
- If you become injured and will not be able to train:
 - Bring a doctor's written note describing the injury and the rehabilitation process the doctor directs.
 - You must still come to practice; you can do your rehab and help with team tasks. (You may miss practice if you have physical therapy scheduled for your injury during practice, and have provided coaches with written back up including contact information for your therapist).
 - You must still come to meets; you can work on the meet and cheer on your teammates.

If you cannot meet these attendance requirements, if you are still willing to work hard the coaches may, at their discretion, still keep you on the team. The coaches may decide to allow you to stay on the team, however with reduced attendance requirements, and you will not earn PE credit.

We expect that you have been planning to join the track team and so that you have been exercising and have some level of fitness. You cannot set aside your Playstation on the night before track season starts, get off the couch and show up on April 8 and expect us to help you acquire basic fitness; you must be doing some training starting from the pre-season meeting and be ready on day one of practice. We only have a seven week season! You must be ready to perform workouts with the team. Even if you attend practices, you may still be cut for lack of effort, or for attitude, at the discretion of the coach; you will not earn PE credit. There may be other requirements imposed during the season. We expect you to be respectful, have a positive attitude, work hard, and be a good teammate.

Remember that the above list is a minimum requirement and do not guarantee you earn credit. Just showing up is not enough. The coaches reserve the right to use their discretion in granting PE credit, however please understand that **the easiest way to get PE credit is to sign up and attend a PE class**—not to join the track team.

ANYONE JOINING TRACK AND FIELD LOOKING FOR PE CREDIT TO GRADUATE

Monta Vista track and field is a team, not a club. Please understand that you may be cut for breaking any team rule, and that you may also be cut from the team if the coaches decide, in their sole opinion, that you are not giving full effort or that you do not have a positive personal or team attitude. You will not be cut for lack of talent but you may be cut from the team for lack of effort or a poor attitude. You should understand and agree that while the coaches' judgment may not seem objective, you have joined this team knowing that you are expected to be on time every day, to have a positive attitude, to cheer on your teammates, to give your best effort work hard and to improve every day rain or shine, and you trust the coaches in evaluating your effort and attitude. Part of joining the team is agreeing to accept the coaches' judgment in these matters. If you don't trust the coaches' judgment, you can choose not to join the team. If you don't love track, and love working hard, an easier way to get PE credit is to join a PE class. Being on the track team is harder than PE class, ***guaranteed***.

Being in reasonable shape when the season starts is an expectation. If you are feeling sore after the first few workouts, well...that is normal. Skipping practice and workouts because you are sore is not the way to improve. If you are serious about being your best and serious about contributing to the track team, we expect you to be working out and have a base level of fitness before the season starts. If you arrive out of shape and cannot keep up with basic training, we may cut you for your own safety and health and for the integrity of practice for the dedicated athletes who have been training in the winter off-season.

You understand that if you are cut, and you needed PE credit to graduate, you will not graduate with your class.

If you think this is not reasonable, and you don't trust the coaches' judgment, then you don't have to join the track team—you can simply join a PE class. You can earn PE credit in a PE class with no risk. If you join the track team, there is no guarantee that you will earn PE credit.

**“Nobody gets to be really good at something without effort,
no matter what your aptitude is.”**

~ Angela Duckworth