

Monta Vista Cross Country 2024

VERSION 3.0 date: August 17, 2024 Please keep in mind this schedule can change. www.mvrunning.com

Date	Time	Activity	Location	Note
Aug 10	7:00a	First Day of <u>Required Practice</u> Practice will be at 7am during the week before school starts	MV Track There will be 7am Saturday morning practices all season	You must have all physical paperwork and on-line information cleared
Aug 19		First Day of School/After School Practice Starts	MV Track	Practices will start 20 minutes after last bell (4:10 M, Tu, Th; 3:25 W, F; 7am Saturday)
Aug 28		Parent Night		
Aug 22		Watermelon Run/MV Time Trial. Everyone!	Stevens Canyon	Parents , note practice will finish 1 hour later.
Aug 26-29		Issue Uniforms	MV Track	
Aug 30		Pasta Night	Tanay's Fam!	
Aug 31	5:00a	Lagoon Valley Classic	Vacaville	Whole Team
Sept 2	7:00a	Morning Practice	MV Track	Fremont Older Hills
		Team Photo Day	MV	Wear your uniform!!!
Sept 5	4:00p	Fremont Firebird Invitational	Fremont	cancelled
Sept 6	5:00p	*Hold for possible race!*		
Sept 20		Pasta Night 2	Family Volunteer	Only if a family hosts
Sept 21	5:30a	Nike De La Salle Invite	Concord	Whole Team
		Nutrition Presentation		
Sept 24	3PM	SCVAL 1 Baylands	Sunnyvale	Whole Team
Oct 5	Noon	Artichoke Invitational	Half Moon B	...and beach party!
Oct 8	3PM	SCVAL 2 Crystal Preview	Crystal	Whole Team
Oct 14	7am	Candy Crush		It's back!
Oct 22	3PM	SCVAL 3 Baylands	Sunnyvale	Whole Team ***TUESDAY***
Oct 24-26	Leave Thurs	Mt SAC Invitational ACT is this day. Consider other dates for your ACT.	Los Angeles	Optional!
Oct 31	PM	Lynbrook Invitational/ FUHSD Championships	Lynbrook HS	Whole Team
Nov 5	PM	SCVAL Championship	Crystal	Whole Team
Nov 6		Senior Run	MV	
Nov 16		Central Coast Section Championships		Varsity (must qualify)
TBD	6pm	Awards Banquet	MV Cafeteria	
Nov 30		State Championship Meet	Fresno	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*

Monta Vista Cross Country 2024 Summer Notes

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

We want to have fun while we learn to be gritty and to improve... we do all of that together.
Everyone on the team competes! (even if your main goal is fitness for another sport).

2024 Season Coaches...

Kirk Flatow, Curtis Liang, Samantha Louie, Isaiah Smith, Tyler Jackson

Practice!

The first practice will be on Saturday, August 10, at 7:00 a.m. at the Monta Vista track! We will have practice at 7 a.m., to beat the heat*, from Monday, August 12 through Saturday the 17th. When school starts on August 19, we will go to our regular practice schedule, which starts at 20 minutes after the last bell:

- On Mondays, Tuesdays, and Thursdays, practice starts at 4:10 pm.
- On Wednesdays and Fridays, practice starts at 3:25 pm.
- On Saturdays, practice starts at 7:00 am.
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We expect everyone to be at practice, ready to go at the beginning of practice. Being late can result in being marked absent. Let's get in the habit of being ready to launch on the dot at the beginning of practice! Being on time is a virtuous habit.

Competitions, school events, and holidays may modify these schedules.

Practices from Monday through Friday are all required. Saturday practices are optional but highly recommended. When you are sick and do not attend school, or have a medical appointment and provide a note from your doctor, you are excused from practice; if you are at school, practice is required. You can miss up to five practices before you lose PE credit.

info at www.mvrunning.com