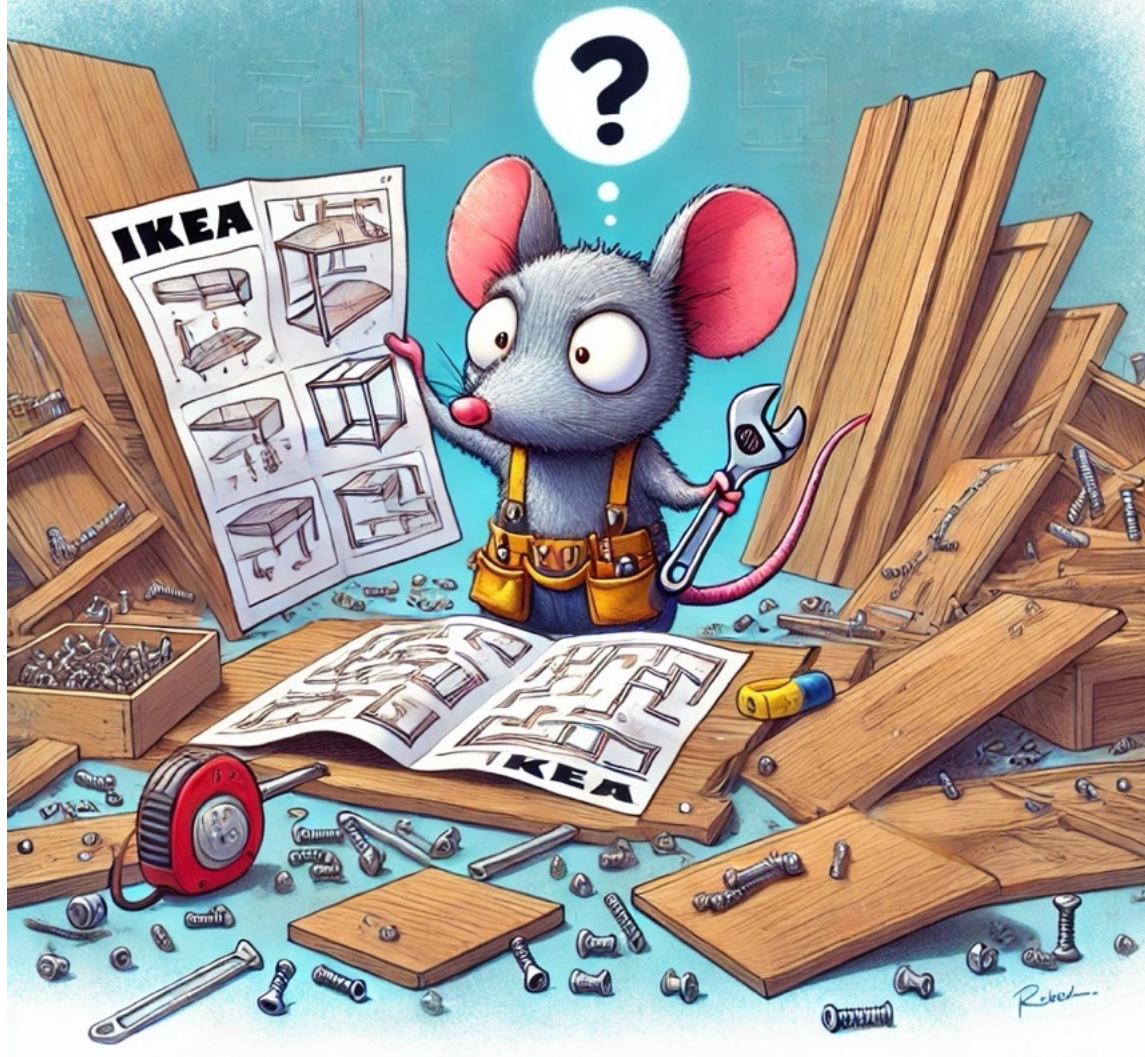




1999 and the Optical Networking Boom

Coach Flatow was a division president at Harmonic Lightwaves and he had a problem...



Fiber Optic Systems: A Giant Ikea Project

Customer service was
a tough hire.





Annemarie Crushed This Opportunity!

- Annemarie worked her tail off (pun intended)
- A month or two later I heard those magic words...



Annemarie Crushed This Opportunity!

- Annemarie worked her tail off (pun intended)
- A month or two later I heard those magic words...



You were right, Kirk!

What Happened After



- Annemarie had a steady job
- She and her infant were covered by a great healthcare program
- She bought a better car
- Annemarie went back to college, got a psychology degree, and became a counselor

Annemarie's life changed because she was working hard that night



Her work ethic was a habit

Process over Outcome



Why I Coach The Way I Do: I Want You To Ace Your Annemarie Test



Cross country and life are team sports.



Monta Vista Cross Country



2024 Awards Banquet

Go Turkey Trotting on Thanksgiving Morning! Silicon Valley Turkey Trot



The banner features the event logo at the top center: "APPLIED MATERIALS SILICON VALLEY Turkey Trot 2024 20 YEARS" with a running figure icon. To the right are links for "RACE INFO" and "COMMUNITY". Below the logo, two blue long-sleeved shirts are displayed. The back of the left shirt shows a vertical list of sponsors including ASML, Chegg, Applied Materials, TDK, KPMG, and EY. The front of the right shirt shows the event logo. On the right side, a woman in a blue shirt and sunglasses is running with her arms raised. Text overlays include "CELEBRATING 20 YEARS" and "AMERICA'S LARGEST THANKSGIVING RACE" in yellow, and "REGISTER TODAY >>>" in white.

APPLIED MATERIALS
SILICON VALLEY
Turkey Trot 2024 20 YEARS

RACE INFO COMMUNITY

CELEBRATING 20 YEARS
AMERICA'S LARGEST THANKSGIVING RACE

REGISTER TODAY >>>

Uniforms or 'Keeping' form please!

- ☞ Soham Beesetti
- ☞ Jeffrey Choy
- ☞ Constantine Chua
- ☞ Aiden C-K
- ☞ Darren Do
- ☞ Tarun Gandhi
- ☞ Derek Li
- ☞ Kento Murase
- ☞ Ritik Shenoy
- ☞ Ashwanth Sundaramoorthi
- ☞ Brandon Wang
- ☞ Aiden White
- ☞ Riu Yamada
- ☞ Isaac Yan
- ☞ Justin Yaung
- ☞ Anna Bauer
- ☞ Anika Bhandarkar
- ☞ Siran Gao
- ☞ Aletheia Ju
- ☞ Suhani Pahuja
- ☞ Manasi Prasad

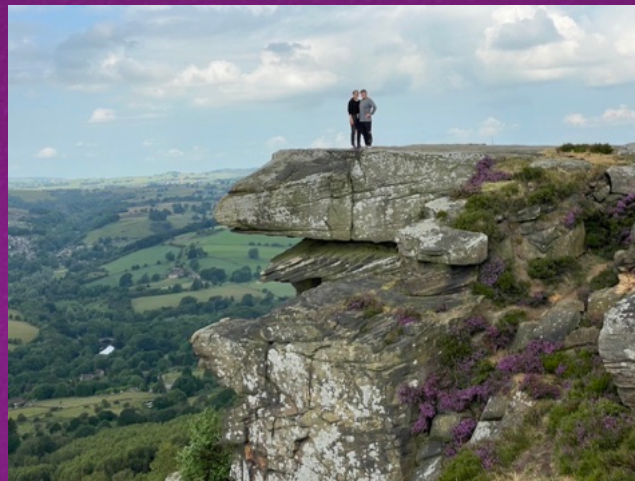


Please get your blood/iron levels tested

- ❧ I feel like this is a massive fail on my part
- ❧ 40-80% of young runners—say half—have iron levels low enough to effect their endurance and recovery
- ❧ Symptoms are often reported as 'dead legs'
- ❧ This is not usually a health issue but...
- ❧ ...I wonder how many runners think 'I'm just not good at this', or 'I'm not having much fun', when an over-the-counter supplement might have a major impact on the athlete's performance.
- ❧ <http://www.runningwritings.com/2017/04/low-ferritin-and-iron-deficiency-anemia.html>

Travel-Fell Runners

<https://www.youtube.com/watch?v=QwTp28jbTP8>



Dark Peak Fell Runners

Everyone should watch this video and...
Suhani you *need* to watch this video

<https://www.youtube.com/watch?v=QwTp28jbTP8>

Pertex Presents: Dark Peak Fell Runners



Travel-Next Year Culture of Grit Fund



Arizona
Hawaii
Oregon
Los Angeles



Gratitude

**Thank You,
Families and
Parents**

100%
Monta Vista
Athletic Booster
Membership!!!

Also more than \$2000 in company matching!

Thank you to...

Pasta Party Hosts: Parikh Family, Prasad Family

Banquet: Tanay's parents, Sam's parents, Medha's parents, Ryan's parents, Oliver's parents, Hemani's parents...probably don't have all of you...THANK YOU!

L.A. Trip Chaperones: Mr. Prasad and Mr. Heinonen

Mrs. Flatow!

Every parent who came to a meet, bought snacks, drove runners to get shoes, washed sweaty smelly disgusting gear...

Thank you to...

Coach Curtis Liang

Coach Samantha Louie

Coach Isaiah Smith

Trainer Myesha Taylor



Thank you
to...

Hemani
Kamarshi

Awards and Athlete Recognition



Team Recognition



Team Recognition

Varsity girls qualify for CCS Championships
for the 13th consecutive year!

Boys start a new streak!

Anika Bhandarkar

Miranda Hsu

Naomi Hsu

Katie Lee

Suhani Pahuja

Manasi Prasad

Vishakha Shastri

Melinda Zhao

Soham Beesetti

Constantine Chua

Tarun Gandhi

Sam Heinonen

Ryan Liu

Kento Murase

Tanay Parikh

Rishi Salvi

Ashwanth Sundaramoorthi

Riu Yamada

Ethan Yang

De Anza League All League

Anika Bhandarkar: *League Champion!*

Miranda Hsu

Tanay Parikh

2019 Repeat Grit Awards



2019 Repeat Grit Awards



Rohun Agrawal

Height: 5-7

Year: Senior

Hometown: Cupertino, Calif.

High School: Monta Vista

Major: Applied and Computational Mathematics

Computational Cameras Lab working on utilizing a bias-free convolutional neural network denoiser to solve a nonlinear inverse problem called phase retrieval...Artificial Intelligence Intern at DemandMarket...Founder of School's Artificial Intelligence Club...Code Coach at theCoderSchool.

Prior to Caltech

Cross Country All-state and All-Region honors...XC Individual League and District Champion...Three-time Inspiration...Three-time XC Culture of Grit Award...Two-time Track 3200 League Champion 2x...Tear Trinity College London

Personal

Son of Rishi and Meghna Agrawal...Has one younger brother, Riaan.

tribution per
-2022 school y

A Culture of Grit

Simple ain't easy...this is not a participation award.

First Year	Second Year	Third Year	Fourth Year
Jeffrey Choy			
Riu Yamada			
Darren Hsu			
Melinda Zhao			
Vikram Mallya			
Aaron Hung			
Medha Rustagi			
Miranda Hsu			
Myra Mishra			
Naomi Hsu			
Suhani Pahuja			
Jonah Chang			
Sam Heinonen			
Yibo Wang			

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Melinda Zhao			
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Naomi Hsu			
Suhani Pahuja			
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Riu Yamada		Manasi Prasad	
Darren Hsu		Juliana Bañes	
Melinda Zhao			
Vikram Mallya			
Aaron Hung			
Medha Rustagi			
Miranda Hsu			
Myra Mishra			
Naomi Hsu			
Suhani Pahuja			
Jonah Chang			
Sam Heinonen			
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Riu Yamada		Manasi Prasad	
Darren Hsu		Juliana Bañes	
Melinda Zhao			
Vikram Mallya			
Aaron Hung			
Medha Rustagi			
Miranda Hsu			
Myra Mishra			
Naomi Hsu			
Suhani Pahuja			
Jonah Chang			
Sam Heinonen			
Yibo Wang			

The Dawn Patrol



Soham Beesetti
Vikram Mallya
Riu Yamada
Jeffrey Choy
Hemani Kamarshi
Elina Jallili
Myra Mishra
Medha Rustagi
Juliana Bañes
Vishakha Shastri
Manasi Prasad
Katie Lee
Anika Bhandarkar
Aaron Hung
Melinda Zhao

Joy and Awe Are Group Phenomenon

Outstanding First-Year Runners

Rookies of the Year

Outstanding First-Year Runners

Rookies of the Year

Riu Yamada



Naomi Hsu



Most Improved



Most Improved

Ethan Yang



Myra Mishra



Most Inspirational



Most Inspirational

Ryan Liu



Miranda Hsu



Spirit of Running

Spirit of Running

Katherine Lee



Suhani Pahuja



Coaches' Award



Coaches' Award

Anika Bhandarkar



Most Outstanding



Most Outstanding

Tanay Parikh ——— Anika Bhandarkar



A group of young athletes, likely a track and field team, are running on a grassy field. They are wearing purple tank tops and shorts with a yellow and white logo. The background shows a residential area with houses and trees under a clear blue sky. The text is overlaid in white, bold font.

Be Great!

**We Get One Shot At Our Lives!
The World Needs You!**

PSAs

Get your blood tests!

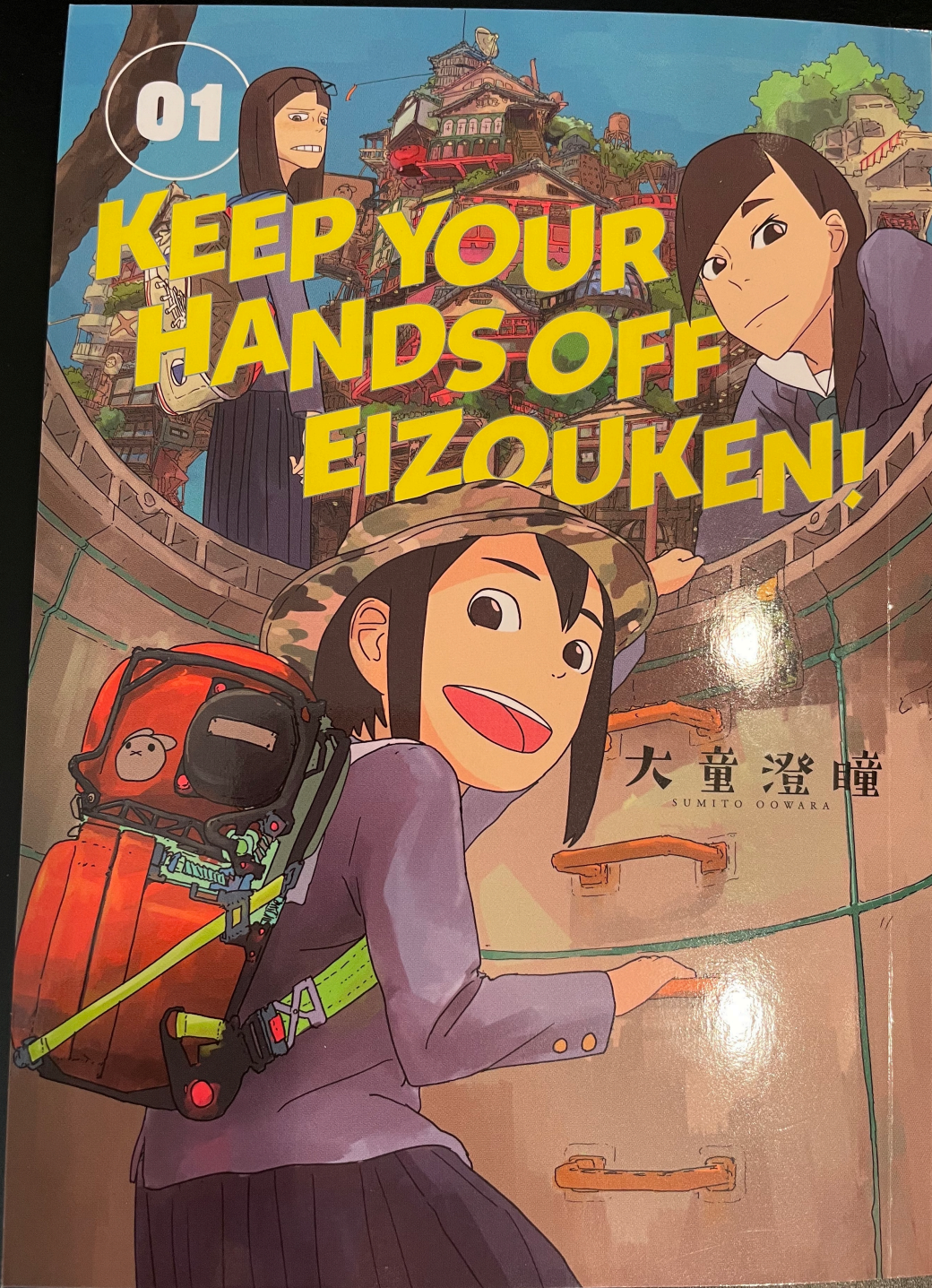
A beloved anime

Always vote

**Life is a team sport:
Challenges are better faced together**

01

KEEP YOUR HANDS OFF EIZOUKEN!



大童澄瞳
SUMITO OOWARA

Keep Your Hands Off Eizouken!



VOTE !!!





Social support and the perception of geographical slant. Schnall, et. al, Journal of Experimental Social Psychology, 2008

Life's
challenges
are easier
when we face
them
together.

Thank you to Kym Baum, my UPenn journal reader, for reminding me of this academic paper. And to Siran Gao for her meditation on whether cross is a team or an individual sport.



Team Presentations Senior Speeches

Thank You



