

Dear Monta Vista Track Family,

Welcome to the 2025 track and field season! I'm Coach David Sciplin, and I'm thrilled to embark on another exciting year with all of you. Reflecting on last season, we celebrated numerous personal records, set two new school records, had a good number of athletes qualify for SCVAL and CCS, and proudly saw two of our girls compete at the State Championships, one achieving a 4th place finish. Notably, our Girls' Varsity Team clinched the El Camino League Championship. These accomplishments were made possible by the unwavering support of our families and the dedication of our athletes.

## Upcoming Season Highlights

As we look forward to the 2025 season, here are some key events to anticipate:

- **Season Kick-off:** Our official practice begins on February 3rd, giving us a short month to prepare for our first meet, tentatively scheduled for March 5th or 6th. It's crucial for athletes to attend optional workouts once Winter Break concludes to maximize our preparation time.
- **400m Shootout:** We'll commence the season with this event, where every athlete runs a 400m lap. Awards will be presented to the top three finishers in each division. The overall best times for both boys and girls will be engraved on our history trophy.
- **9th Annual Rustbuster Invitational:** Scheduled for March 1st, Monta Vista will host this event with 12 teams already confirmed and a maximum of 14 teams eligible. We welcome volunteers to assist; please sign up through the volunteer form link.
- **Home Meet Team Meals:** Last year we started the tradition of team dinners after our home meets. That will continue this year to foster team camaraderie. We have three home meets planned this year, likely on Wednesdays. We aim to replicate last year's successful gatherings.
- **Weekend Invitationals:** The team will participate in up to seven optional weekend invitationals. These provide team members, especially newcomers, opportunities to develop their skills by competing against others within their grade level. These events often award medals, and participation is open to all athletes. The team will sponsor entry fees, typically ranging from \$5 to \$7 per event they enter. Individuals are allowed to enter up to 4 events. Note, if an athlete fails to attend after committing, we may request reimbursement to manage costs effectively.
- **Senior Banners:** Continuing from last year, seniors will have the opportunity to receive individual banners, this time at a more manageable size. Details regarding costs will be provided soon.

### **Fundraising and Support**

Our primary funding source is the money we received from family support. With 118 participants last year, our biggest expense was invitational entry fees. We also hire timers for home meets to ensure we comply with league timing requirements and starters to allow coaches to manage the meet and coach.

In addition to maintaining our equipment, we enhance training by providing items to supplement different running techniques for speed, strength and agility. We also have a pressing need to replace our hurdle carts. If you've helped during a meet and struggled with hurdles sliding off the carts, you understand the frustration. New carts are approximately \$600 each, with a need to acquire nine. Alternatively, retrofitting existing carts could be an option. If we take on this project, I would welcome any parents interested in assisting.

In order to give your children the greatest opportunity to experience what's great about track & field, we need your financial support. If your child has been involved in other MV sports, I understand the additional financial obligation this means. I'm offering the option of donating through the Monta Vista Athletic Boosters, which play a crucial role in providing equipment for all sports, or writing a check directly to the team. If you donate using a credit card or have a corporate matching gift, please give through the Monta Vista Athletic Boosters. Alternatively, checks made out to Monta Vista Track & Field ASB can be sent directly to the school. We appreciate any contribution you can make.

### **Parent Meeting / Meet the Coaches**

I plan to schedule a meeting in mid-February for parents to meet the coaching staff and discuss the program. Your involvement and support is vital to our continued success. We look forward to building on the rich tradition of Monta Vista Track & Field together.

Best regards,

Coach David Sciplin