

From: Coaches Payne & Sullivan
Re: Monta Vista Cross Country

July 27, 2009

Dear Prospective MV Cross Country Athletes & Parents:

We are excited for our 2009 Cross Country season. Below is some important information if you are interested in trying out for the 2009 MVXC team. Mandatory practices begin on Monday, **August 17th**. Please note this is **ONE WEEK before** classes begin. Practices will run from 3:30-5:30pm on Monday through Friday, and we will be meeting at the baseball field bleachers.

Tradition & Character: We are grateful for the opportunity to carry on the strong MVXC tradition, as we have won League Championships in one or more divisions for the last **eight years** in a row, and have also sent runners to the State Championships for **eight years** in a row. But just as important is the sense of great family and team spirit that pervades this team. We look forward to all the athletes enjoying their time on the team and growing and developing in many facets of their character.

New for 2009 Boys Team – Qualifying Standards & Cuts: This year, boys will need to meet a qualifying time at our Stevens Creek Park time trial to make the team (the Girls team will NOT have cuts). The time trial course is the same one we've been using for years (2.65 miles) and will be held on Friday August 28th. The standards are:

Seniors = 20:00 Juniors = 21:00 Sophomores = 22:00 Freshman = 23:00

Note to Club Soccer Players: We realize that there are many club soccer players that also want to participate in cross country for the many obvious benefits. Starting in 2009, club soccer players who are in cross country will be excused from XC practices on days they have club soccer practice, but will be expected to be at XC practice all other days. XC meets & soccer match schedules will be worked out on a case by case basis b/w the coaches and athletes.

Parent Driving Required: One very important aspect to making our program as successful and enjoyable as it has been, is the parents driving the athletes to competitions. We do not have budget for team bussing, so we rely on parents to "share the load" of transporting the runners to our meets. Parents will need to commit to driving to three (3) meets during the season. The team parent will help organize the rides to the meets. This is a crucial part of making a team as large as ours work, and as coaches, we are very thankful for your service and involvement. We also know your children are grateful when you can see them race!

Uniforms/Sweats: XC Uniforms will be available for purchase at cost this year, at a price of \$50 for boys uniforms and for girls uniforms. There will be a limited number, so they will be sold on a first-come first-served basis. For those not wanting to purchase uniforms, we will have team uniforms for use during the '09 season at no cost, to be returned at the end of the season. New team sweats will also be available for purchase at \$70.

Forms Required: Before athletes are allowed to participate in practices (August 17th), they must have the following forms turned in (please have all forms stapled together once completed):

_____ Pre-Physical Form part 1 (doctor signature required)
_____ Pre-Physical Form part 2 (doctor signature required)
_____ Physical Form (doctor signature required)
_____ Code of Conduct & Steroid Policy Form

_____ Boosters Form/Fee
_____ Parent Participation Form (*to be handed out later*)

Note: If an athlete is missing any of the forms, they will not be allowed to participate with the team until all forms are completed and turned in. These forms are on the school athletics website main page under ***“Athletes Click Here”***

Thank you for considering participation and support of the program. Please contact us regarding any questions:

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