

2019 MCHS CROSS COUNTRY 04/19



Highlights of our Program:

5 Days/Week Practices: Mon: 3:00 - 5:30, Tue-Fri: 3:30 - 5:30

Practice Locations: MCHS, Montecito Park, Spring Lake, Annadel, Howarth Park

Race distances: 2 miles, 3 miles or 5K (3.1 miles)

Training: 4-7+ miles/day or 20-35+ miles/week; training customized individually based on fitness level.

Making the Roster: Anyone can join the team through the month of August, even after try-outs for other sports are done! ...Final roster limited to first 85 that make "Fitness Standard" ...What is the Fitness Standard? It's 2 miles (8 laps) on the track. -For Boys: 14:00

(or 7:00/mile pace) and Girls: 16:30 or (8:15/mile pace). In 2016, we had 78 runners make the standard done via weekly time trials for the first 5 weeks of the season.

Making Varsity: Varsity level is determined by mile race pace over 3 miles on the local Spring Lake Course (Girls ~7:00/mile pace and Boys ~5:40/mile pace), typically our top 12-15 Runners make-up our Varsity squad, the rest are on our unlimited JV roster.



Competition: Starts early Sep through mid Nov, includes 4-6 XC Invites during season (both JV and Varsity attend invites), most meets are local, with a select roster traveling to competitions in Fresno and L.A.

Pasta Feeds: We'll have 4-5+ XC Family or "Ohana Nights", where teammate's families host a complete dinner during the season at teammate's homes (6-8PM); they're lots of fun!

Annadel Trail Workdays: Our team is leading an effort to restore the trails in Annadel State Park! -Part of being on this team will include participating in at least 2 trail workdays/year.

IMPORTANT 2019 DATES:

June 3: 6PM Group Summer Training Runs start 4-5 days/week! FREE! -Open to public, not mandatory for making the MCHS XC team: Mondays at Channel Dr. / Tue, Thu at Howarth Park / Wed at Park Trail / Also Sat 10AM runs! (locations vary/TBD); Group Summer runs go through August 10th (the week before school starts).

Tue, July 30 – Sun, Aug 4: Zephyr Cove Tahoe Running Camp (cost \$175 per camper, limited to first 75 runners)

Mon, Aug 12th: First Day of MCHS XC Team Practice!

TBD = Nov 8th or 15th: 2019 NBL (North Bay-Oak League) Championships: This is the end of 12-week season for JV athletes!

Saturday, Nov 23rd 2019 North Coast Section Championships (Varsity only)

Saturday, Nov 30th 2019 State Championships: (Varsity only) End of 15-week season for Varsity athletes!



The MCHS Boys and Girls teams have had much success over the years in our North Bay League, North Coast Section and State Championships! ...We expect 2019 to be another "banner" year, so come be a part of our winning tradition!!! -History of MCHS XC Team Championships:



Girls XC Team NBL Championships (16 years in a row and still going!):

'18,'17,'16,'15,'14,'13,'12,'11,'10,'09,'08,'07,'06,'05,'04,'03,'01

Girls XC Team NCS Championships: '13,'12,'11,'09,'08,'05,'04

Boys XC Team NBL Championships (7 years in a row!):

'18,'17,'16,'15,'14,'13,'12,'09,'07,'06,'05,'04,'03

Boys XC Team NCS Championships: '17,'15,'13,'12,'06,'05



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GO PUMAS!!!