



FALL 2022 MARIA CARRILLO CROSS COUNTRY PROGRAM HIGHLIGHTS

Date of this release 11/3/21

SEASON: 14-16 weeks (mid-Aug to mid Nov); 14 weeks for JV/16 weeks for Varsity

CROSS COUNTY RACE DISTANCES: 2 miles, 3 miles or 5K (**COACHES:** Greg Fogg, Leanne West, Marian Maassen, John Moe)



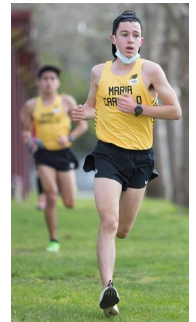
PRACTICE: 5 DAYS/WEEK: ~Begins ~30 minutes after school ends, 4-6 PM (MCHS campus, Montecito Pk, Spring Lake, Annadel)

MAKING THE TEAM: Everyone has 1st 5 weeks of season to make 3200m track time trial standard (14:00 Boys/16:30 Girls); Varsity 3 mile standard: Girls 7:00/mile, Boys 5:40/mile; typical roster is ~65-75 runners total; Top 10-14 = Varsity Girls/Boys



COMPETITION: Sep – Nov: 4 NBL meets + 4-6 Invites (both JV/Varsity compete) most meets local/select Varsity + Frosh-Soph roster traveling to Fresno/L.A.

TRAINING: All training is individually based on fitness level and goals, typically we have 12-14 different training groups and occasional tempo workouts on the MCHS track under the lights, Watermelon on ice Wednesdays and pancake runs on occasional Saturdays.



OTHER HIGHLIGHTS: Athletes can join the team through the month August, even after try-outs for other MCHS sports are done! We have 4-5 “Ohana Nights”, where teammate’s families host a complete dinner during the season (6-8PM), they are lots of fun! Every member of the team gets a **free team backpack** with their name stitched on it; we recognize our **Runner of the Week** after every race and award “PR Socks” for anyone breaking a previous best time performance.

IMPORTANT 2022 DATES:

- **June 6th:** Summer “casual” group training begins (5 days/week Mon-Tue-Wed-Fri-Sat)
- **July 25-30 31-Aug 5:** Tahoe Running Camp (5 days/5 nights camping at Zephyr Cove)
- **Aug 8th:** First day of MCHS team practice!



The MCHS Boys and Girls XC teams have had much success over the years in our North Bay League, North Coast Section and State Championships! ...We expect Fall 2022 to be another “banner” year, so why not come out and be a part of our winning tradition?

Girls XC Team NBL Championships (17 yrs in a row and still going!): '19,'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 (8 yrs in a row!): '19,'18,'17,'16,'15,'14,'13,'12,'09,'07,'06,'05,'04,'03

Boys XC Team NCS Championships: '19,'17,'15,'13,'12,'06,'05

...NEED MORE INFORMATION?

CONTACT MCHS CROSS COUNTRY HEAD COACH, GREG FOGG, (707) 291-2967 greg.fogg@comcast.net or get updates from our team website: www.mariacarrillorun.com

GO PUMAS!!





SPRING 2023 MARIA CARRILLO TRACK & FIELD PROGRAM HIGHLIGHTS

Date of this release 11/3/21



SEASON: 14-16 weeks (early February through May);14 weeks for JV/16 weeks for Varsity

TRACK & FIELD = 16 EVENTS (There is an event for every athlete) supported by 12 qualified/experienced specialty event coaches!

Sprints: 100m, 200m, 400m, 4x100, 4x400, 100H, 300H (**COACHES:** Vic Hudson, Scott DeMange, Allison Mulligan, Mark Giangiacomo)

Field Events: Shot Put, Discus, Long-Triple-High Jump, Pole Vault (**COACHES:** Tim Armstrong, Nick Diaz, Bruce Hotaling, Dawid Jaworski)

Distance: 800m, 1600m, 3200m (**COACHES:** Greg Fogg, Leanne West, Marian Maassen, John Moe)

PRACTICE: 5 DAYS/WEEK: ~Begins ~30 minutes after school ends, 4-6 PM (MCHS campus, MCHS track, MCHS weight room and Parks)

MAKING THE TEAM: Everyone makes the team/NO CUTS!!! ...Last few years our roster has been ~140-160 athletes!

COMPETITION: Mar – May: Includes 4 NBL meets + 6-7 Invites, most meets local/select roster traveling to Bay Area/L.A.

IMPORTANT SPRING 2022 DATES:

- **Fall-Winter Conditioning:** Schedule TBD, meets 3-4 days/wk 4-6PM
- **Feb 7th:** First day of MCHS team practice!

The MCHS Boys and Girls Track & Field teams have had much success over the years in our North Bay League, North Coast Section Championships! ...We expect Spring 2022 to be another “banner” year, so why not come out and be a part of our winning tradition?

Girls Track & Field Team NBL Championships: '18,'17,'16,'14,'12,'11,'10,'08,'07,'06,'05,'04,'03,'02,'01,'00,'99

Girls Track & Field Team Redwood Empire NCS Championships: '18,'17,'10,'08,'07,'06,'05,'04,'02,'01,'00,'99,'98

Boys Track & Field Team NBL Championships: '19,'18,'17,'16,'15,'14,'13,'12,'10,'06,'02

Boys Track & Field Team Redwood Empire NCS Championships: '19,'18,'17,'15,'13,'02



**NEED MORE INFORMATION? CONTACT
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