

CRYSTAL PREVIEW

SCVAL Meet 2/Tuesday, October 3

Schedule:

2:30 PM All coaches and all athletes report to area in front of timer's building to discuss Crystal Springs rules and regulations. This meeting is a requirement for each league at the first meet of the season. Race Director to present.

3:15 PM Boys' Reserve Race (all athletes that do not fit into another race)

3:40 PM Frosh Boys' Race (maximum 10 athletes per school)

4:05 PM JV Girls (Unlimited number of runners from each school)

4:35 PM Sophomore Boys (maximum 10 athletes per school)

5:00 PM Varsity Boys (maximum 10 athletes per school)

5:20 PM Varsity Girls (maximum 10 athletes per school)

Entries on Athletic.net:

As last year we will use athletic.net to enter all of your athletes into each of the SCVAL Crystal Preview meet. The deadline to enter your rosters into is 6:00PM two days prior to the meet. Please if you have athletes not running, DO NOT enter them into this meet (this wastes bibs). Enter only your athletes who will be running.

Important Notes For Coaches:

- Please remind your athletes when they finish to:
- Keep moving through the chute quickly with zero drama!
- Pull off the bottom tab of bib with bar code and hand to the volunteers.
- Trash bags will be given to each team's coach at check-in. Each team is responsible for clean-up of respective team's area.
 - **DO NOT dump any trash in Hallmark Park. All trash must be packed out and brought home or put in the dumpster. DO NOT let your kids or parents dump trash in Hallmark Park as they leave the course.**
- **All recycling must be brought home and recycled.**
 - Bob Rush will go through the dumpster and look for cans and plastic bottles. Seriously, pack out your recycling, it's good for the earth and for Bob!
- Proof of participation cards and first aid kits to be shown by each team at check-in before you receive your bibs.
 - You must have medical kits and **HARD COPY** medical/insurance releases for all athletes before you pick up your teams' bibs. **NO EXCEPTIONS**, without hard copy of your medical releases your

kids are not running. A phone with access to on-line records is not acceptable by Crystal Springs course management, there is nothing that SCVAL or the SCVAL meet director can do about this.

- The cost for each school is expected to be \$125.00
 - Checks should be made out to Monta Vista ASB and mailed to Monta Vista or given to the meet director.
 - Please note that although this is a Monta Vista account, no money is transferred to Monta Vista. Any money received will be used for an SCVAL meet or returned to schools if there is any excess.
- Make sure kids and parents know:
 - No dogs.
 - No throwing of anything (Frisbees, rocks, footballs...)
 - No bicycles.
 - No warming up on the course after 3:15pm.
 - Stay off yards on entering and exiting the park, polite to neighbors, etc. I always think we are pretty good here but I guess if I were a neighbor and kids walked across my yard I'd be upset--I can't imagine it happens much but let's remind the kids.
- Remind your parents NOT to call 911, contact the emergency contact person or the EMT/Peter Tapia on site.
- Review the Crystal Course Handbook!
- All teams must have medical kits and **HARD COPY** medical/insurance releases for all athletes before you pick up your teams' bibs. **NO EXCEPTIONS**, without hard copy of your medical releases your kids are not running. A phone with access to on-line records is not acceptable by Crystal Springs course management, there is nothing that SCVAL or the SCVAL meet director can do about this.
 - As a group, coaches decided at the 2017 SCVAL pre-season meeting that each team would leave a copy of their package of medical cards/forms with meet management at check in. These copies will be left in the timing shed and coaches can pick this up at the end of the meet. This is so there is no difficulty in finding the medical releases and information in the event of an emergency.

Crystal Preview Job Assignments 2017:

Job assignments are subject to change by meet director at any time prior to the meet.

Each school has the following responsibilities for this meet:

Safety Coordinator--Monta Vista

Check In--Milpitas

Starter--Santa Clara

Street Mgmt.--Homestead, Cupertino (1/2 hr. before, 1/2 hr. after)

Timers Assistant --Saratoga, Fremont

Finish Judge--Gunn

Tags--Gunn, Palo Alto

Results Poster--Wilcox

Chute Mgmt.--Wilcox, Lynbrook, Los Gatos, Los Altos, Mt. View (2 people each, can rotate)

Sweep course—Milpitas

Finish Coach: I'd like to have a coach in the finish area for each race to oversee the finish. At the preview meet in the past, one of the common problems is that the finish chute gets overwhelmed by numbers and no parent is confident enough to know how to use multiple chutes, and take charge. In the past we have lost some finisher times. I'd like to try having a coach be there to troubleshoot. This can be an assistant...the key thing is someone who knows what they are doing at the finish line and will take charge if needed.

Reserve Boys: Brad-Los Gatos

Frosh Boys: Brad-Los Gatos

JV Girls: Paul-Los Gatos

Soph Boys: Brad-Los Gatos

Varsity Boys: Brad-Los Gatos

Varsity Girls: Paul-Los Gatos

Thank you,

Meet Director - Kirk Flatow

INVOICE FOR CRYSTAL PREVIEW: SCVAL XC LEAGUE RACE

\$125

Please make check payable to MONTA VISTA ASB

Please mail check to:

Kirk Flatow (Coach)
Monta Vista High School
21840 McClellan Road
Cupertino, CA 95014