

scvalpre.txt

Subject: SCVAL XC Coaches meeting recap, meet host sign ups  
Date: Friday, December 11, 2020 1:05 PM

Hello SCVAL Coaches,

Just a follow up from our meeting on Tuesday. It was great to connect with everyone again and it sounds like we are all willing to try new things in order to get the athletes out there competing in some way. It certainly won't be a normal season but we will do what we can.

For anyone who missed the meeting, this is what we discussed:

1. We voted to set the minimum number of official practice days required before the first meet at 6 days. This is the absolute minimum but we hope to allow 2 or more weeks if the season can start fairly early in the new year. In the event that the season can't start until late February, this will enable us to at least get in some competitions. Likely your school will allow conditioning cohorts before the official season begins so students will have time to gain some fitness.
2. Please ask your athletes to get cleared ASAP. We do not know when the season will begin but we may not get much advance notice. The situation is constantly changing so we should all be prepared to start as soon as the word is given. I believe some of my athletes have been able to do virtual physicals.
3. Different schools may ease restrictions on training cohorts and clear teams to compete at different times. Therefore the league has waived the requirement that teams must compete in all league competitions. Competitions will go ahead as long as there are at least two teams able to compete.
4. We need to make alternate plans for race courses since Baylands and Crystal may not be an option depending on county restrictions, rain etc. We would like as many schools as possible to assess whether they could host a meet on their school campus. Please add your school's information to the spreadsheet below if you would be able to host a meet. Coaches from other schools will help you with set up, course monitoring etc. This does not commit you to hosting, it will just give us an idea of our options if we are unable to hold meets in the usual parks. Feel free to add additional columns to the spreadsheet if I'm missing anything.

SCVAL XC Courses spreadsheet

<[https://docs.google.com/spreadsheets/d/1IJFR\\_S9Pl39Voao4AZY3Dp-DjBz6qRYSCs0hEN15Q3c/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1IJFR_S9Pl39Voao4AZY3Dp-DjBz6qRYSCs0hEN15Q3c/edit?usp=sharing)>

5. We will need to think outside the box in order to give athletes the chance to compete. These are some ideas we discussed but we will make more specific plans once we have a start date.

- competing only within our De Anza and El Camino divisions to reduce numbers
- dual meets and non-traditional relays at different locations
- Saturday races to spread out events will help keep crowd size smaller. (There are unlikely to be weekend invitationals so we won't have the usual conflicts)

Stay healthy everyone and hope to see you all in person soon!

Steph MacKenzie  
Los Altos XC/TF  
SCVAL El Camino Rep

<b>Host School</b>	<b>Coaches</b>	<b>Coach email</b>	<b>Course distance</b>	<b>Tuesday race (Yes/No)</b>	<b>Saturday race (Yes/No)</b>	<b>Other details</b>
Los Altos	Steph MacKenzie Keegan Duesterhaus	stephmack75@gmail.com keegan@duesterhaus.net	2-3 miles	Yes	Yes	- flat course using track and soccer/baseball fields, long paved section
Lynbrook	Jake White, Bernie Ramos and Luca Signore	jakeantoin@yahoo.com	2.1 but could make longer	yes	probably yes but have to check with school	flat course
Gunn	Jonathan Hubbs	coachhubbs@gmail.com	2.19 miles	Yes	Yes	