

# CRYSTAL PREVIEW 2023

## SCVAL Meet 2/Tuesday, October 3, 2023

**A FIRST AID KIT, AND HARD COPY CONSENT FORMS FOR ALL ATHLETES ON YOUR TEAM, ARE REQUIRED BEFORE GETTING YOUR BIBS AND RACING.**

**Entries:** Schools do not need to make any entries on athletic.net prior to the races. As long as your athlete has a chip and bib issued by Hank Lawson, you may enter any athlete in any race on race day, subject to the limits listed below. The only additional information the timer may need from you is:

- If you have an athlete that does not have a bib/chip, issue one of your spare bibs and chips to that athlete. Then provide the timer with the bib number, athlete name, athlete gender, and athlete grade.
- If you have more than 10 athletes in the Varsity 2 boys' race, place the overflow athletes in the second wave of that race. Provide the timer with the bib numbers and name of all athletes in the second wave so they are properly timed.

### **Schedule:**

3:15 PM League Meeting. All coaches and all athletes will report to the area in front of the timer's building for a presentation on Crystal Springs rules and regulations. **This meeting is a requirement for each league at the first meet of the season.** Race Director to present.

3:30 PM Boys Varsity 2: This race is for all boys in any grade not included in one of the other races. If a school has more than 10 boys running in this race, the athletes in excess of 10 will start in a second wave one minute behind the first wave. Coaches must give a list of the athletes in the second wave, name and bib number, to Hank Lawson so the second wave may be properly timed.

4:00 PM F/S Boys: This race is for frosh-soph boys only. If there are more than 10 boys in any one school, the overflow should be entered in the Varsity 2 boys' race.

4:30 PM Varsity 2 Girls: All girls not running varsity.

5:00 PM Varsity Boys: Maximum ten athletes per school.

5:30 PM Varsity Girls: Maximum ten athletes per school.

### **Changes to course rules and administration:**

Coaches, please read the new Race Directors and Coaches Handbook 2023 for Crystal Springs. In particular, pay attention to the fines that will be imposed upon schools for certain rule violations, including:

- Double parking of cars or busses to drop off athletes (even for an instant)
- Athletes departing and waiting for rides on the street without coach supervision
- Trash left on the course
- Trash left in the Hallmark Park containers or the street
- Trash left in the recycling container, or recycling left in the trash container

We had a drone violation last year. Crystal is on a designated raptor reserve and drones are prohibited by the district that owns the land, irrespective of safety issues having a teenager flying a drone over 600 athletes plus spectators. Please ensure that your team and parents does not fly a drone this year.

There are also requirements to designate an Adult Safety Coordinator and a Course Rules Director.

Directions for drop off for busses and for cars, and athlete behavior, is very specific so please, please be sure that your athletes and drivers are aware.

School job assignments have been modified so that we can pay attention to these areas of focus, avoid any fines and support our continued use of the Crystal Springs course.

### **Crystal Preview Job Assignments 2023:**

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

#### ***Meet Director***

- **Gunn**

#### ***Adult Safety Coordinator***

- **Gunn**
- Observe competition and inform trainer, affected coach and race director if they may have an athlete in medical trouble.
- Support EMT during the meet (coordinate sweeper, talk to parents, track insurance cards, etc)

#### ***Course Rules Director Los Altos***

- Observe the race area and report to the Race Director any rules violations for action such as dogs, bikes, drones, rock throwing, football, or soccer like games. Schools associated with these violations shall be subject to fines and disciplinary actions.

#### ***Check In***

- **Wilcox**
- Check for hard copy of insurance cards
- Verify that medical kit is present and complete
- Have coaches sign CSM register page
- Pass out bibs

#### ***Starter***

- **Santa Clara**
- Includes getting the stopwatch with elapsed time from gun to the starter

#### ***Street Management: Before The Race (can stop 30 minutes before first race)***

- **Monta Vista** (in front of park entrance)
- **Saratoga** (in front of the second, paved entrance further down Hallmark)
- **Please focus on only two things:**
  - If a bus tries to double park to unload, ask them to move further down until they can pull completely to the curb.

- Athlete behavior, encourage them to get off the sidewalks and road and move to the course as quickly and as considerately as possible.
- Regarding parents making the inconsiderate decision to double park and let their kids off in the road while blocking traffic, use your judgement, but I don't want you to engage and get into a confrontation. If you can let us know if one school is being particularly flagrant, please report back so we can ask that coach to make this a point of emphasis with their families, **but please don't do anything that would involve you in a confrontation that could be uncomfortable.**

***Street Management: After The Race***

- **Fremont** (in front of park entrance)
- **Homestead** (in front of the second, paved entrance further down Hallmark)
- **Focus** see above.

***Cross Over Spectator Management at 1.1 mile point-- Ropes***

- **Lynbrook**
- I have ropes for you.

***Finish Area -- Flushing***

- Recommend **two** people per school.
- Please arrive on time!!! Your meet director stresses out.
- Help direct kids out of the finish area and assist them if necessary.
- Keep spectators and coaches out of the finish area
- As needed, get medical attention for athletes
- People doing this job should be coaches or forceful, vocal parents—not people just watching and talking softly!
- Boys Varsity 2, Frosh-Soph Boys, and Varsity 2 Girls races: **Mt. View, Milpitas,**
- Varsity Boys and Varsity Girls races: **Cupertino, Palo Alto, McDonald**

***Judge Last 100m or so of the course***

- **Hal Daner (Gunn) if available**
- Having Hal in the finish area helps the meet director relax a bit!
- Make calls for interference, note other issues and let meet director know of any problems

**Sweep** Last 1200m of course after each race with walkie-talkie, send all clear to EMT/Adult Medical Coordinator. Having a bicycle is a good idea to cover more of the course efficiently.  
**Los Gatos**

## Important Notes For Coaches:

- **Neighborhood support, and minimizing annoyance to the neighborhood**, is critical for us to continue to be able to use Crystal Springs. Emphasize to your drivers and athletes:
  - Double parking 'just for a second to drop off my kid' is **unacceptable**. All drivers should continue until they find a place where they can pull to a curb and park without having any impact on traffic.
  - Do not block any driveways at any time.
  - Walk on the sidewalks, not grass, not the middle of the street.
  - Wait for your ride in Hallmark Park, not in crowds on the sidewalk or street.
  - If Belmont Police or any parking guide gives a request, please comply without arguing.
  - Be friendly to the people who live on Hallmark Drive...say good afternoon, tell them how happy you are to be there...don't get in their way as they get home from work or leave to go to the grocery store or whatever.
- Notes about trash disposal below are important. **Pack it in, pack it out is the best strategy**. Crystal is a wonderful resource and taking care of this course is important. **Each school will be charged a substantial fine for trash left in the wrong receptacle or in Hallmark Park**—and frequently the trash can be traced to a specific school because of a bib or something else left by an athlete. So please emphasize with your team and your parents that every bit of trash is cleaned up and properly disposed of—and particularly not left in the trash bins at Hallmark Park.
- Please remind your athletes when they finish they should quickly exit the finish line area with minimal drama! Keep jogging after the finish and leave the finish area. They can then collapse!
- Trash bags will be given to each team's coach at check-in. Each team is responsible for clean up of the 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.**
- Keep the course clean! Certainly we expect each team to clean up their area, **but cleaning up any trash over the entire course is an even better idea**. It is a privilege to have this course to compete upon. Let's all take care of Crystal Springs!
- **All recycling should be brought home and recycled.**
  - There is a recycling bin but it is easier on everyone to pack out our recycling.
  - We will go through the dumpster after the race and look for cans and plastic bottles. Course management is doing the right thing to ensure the best treatment of the course and our planet. Seriously, pack out your recycling, it's good for the earth, good for the course, good for our league and good for Bob!
- **Hard copy** of medical 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 at Crystal. 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. No phone calls from a principal, A.D., etc. will be acceptable.

- o 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.
- **The cost for each school** is (still figuring this out since many people paid for things)..
  - o Checks should be made out to **Gunn Athletic Department** and mailed to Gunn High School 780 Arastradero Road, Palo Alto, CA 94306 or given to the meet director.
  - o Please note that although this is a Gunn account, no money is transferred to Gunn XC. Any money received will be used for an SCVAL meet. If there are any excess funds, they will be used for an SCVAL XC meet or used to reduce the cost of a meet in the following year.
- Make sure kids and parents know:
  - o No dogs.
  - o No throwing of anything (rocks, Frisbees, freshmen, footballs...)
  - o No bicycles.
  - o No warming up on the course after the first race starts.
  - o While waiting for a ride home, please wait in Hallmark Park and look for your ride, please do not wait in the street or sidewalk.
  - o 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 themselves, parents should contact the emergency contact person or the EMT/trainers on site first.**
- **Review the [Crystal Course Handbook](#)!**

Intro email for Crystal Preview meet

Hi Coaches,

I have created a shared google folder where all relevant information is being stored about the two meets at Crystal Springs. Each time something is added, I will let you know, and you can find everything in this same location. There is a quick link to it (it is case sensitive): [bit.ly/XC\\_SCVAL](https://bit.ly/XC_SCVAL). There is a sub-folder for the preview meet, so all stuff that only applies to that meet are in there, the main folder has shared information for both CS meets and all files for the final meet. I will be sending the share for this folder after sending this email. It will be view only and you should not share with your teams, but copy what you want.

90+% of the information is from Kirk with dates and a few details updated for this year.

**Here are the files to look at for the preview meet:**

**In the main SCVAL folder that apply to both meets:**

**NEW!!! Pilot Bus program:** This has information about the new bus rules. Please share with your bus drivers!!! **This is new drop off rules, you cannot drop off in the old spot!!**

**2023 SVCOA Crystal Springs ...Handbook:** Please read and know all the rules.

**SCVAL Budget:** I'm hoping people can help fill in the budget with what they have paid for and who paid. I have filled in what I know. Please share any information details with me.

Other files in this folder do not apply to this meet.

**In the preview sub-folder for Oct 3 meet:**

**Crystal Preview Instructions:** This file is almost exactly the same as last year with the exception that Gunn is listed as the meet director and Monta Vista had Gunn's job from last year. Everyone else should be doing their same job.

**First crystal meet instructions for athletes:** Please make sure your athletes know all these rules!!!

I hope this is helpful, I always have a hard time finding things in my email, so you can always go to this [bit.ly/XC\\_SCVAL](https://bit.ly/XC_SCVAL) and find the information. All email communication will be stored in a file in this folder.

Karen Saxena

Gunn XC Coach

[heypalermo@aol.com](mailto:heypalermo@aol.com)

650-740-3872

When you enter and leave the park, PLEASE be considerate of neighbors. Stay off the lawns, and if do see a resident it would be nice to say ‘good afternoon’ and maybe thank them for supporting the cross country course. Don’t leave one by one and hang out on the street, leave with your team and go directly to your bus or car.

Some things I would hope you already know: Don’t throw anything, rocks, Frisbees, footballs, or freshmen. Don’t throw anything!

Don’t interfere with runners by crossing in front of them, waving flags, pacing, etc. Sportmanship!

No bicycles in the area at all with the exception of officials. Lock bicycles in Hallmark Park.

No pets. No drones.

As soon as the first race starts, there are no further warm ups on the course. Also, you may not warm up on Hallmark Drive. There is plenty of room to warm up off-course.

When you finish the race, exit the finish area.

If there are any medical issues, parents and coaches, please do not call 911. Instead, contact the EMT that is on-site. The EMT has a direct line to local emergency response while 911 will go up to Fairfield or someplace. Our local contact will give us much faster response time.

The course and surrounding areas must be completely cleaned. If you see a piece of trash or recycling, please pick it up whether this is from your team or not—let’s leave the course cleaner than we found the course.

There are two bins on the course. One is for trash and one is for recycling. Please deposit trash and recycling correctly. This is not just a bunch of old people trying to make you follow rules—remember, kids, you are going to be using this planet much longer than the adults! We should thank Bob Rush, the creator of this course and the energy behind keeping the course in shape, for caring enough about the environment to make sure that there is recycling facilities here. Mr. Rush’s efforts are making the planet better for YOU.

Do not leave any trash in Hallmark Park (the little Park that you walk through on the way to the street). This is a small city park and the trash cans can easily be overwhelmed by the trash produced by 1200 high school kids. If you have carried a bag of trash that far...bring it to your car, bring it home and throw it out at home, please!

Crystal Springs really is a treasure. This is one of the best high school cross country courses in the United States. Let’s all do our best and do our part to support Crystal Springs by behaving well and cleaning up as we leave. Also, the course is incredibly well maintained by one of the most dedicated individuals around and the inspiration behind the creation of Crystal Springs. Let’s all give a big round of applause to Bob Rush!