April, 2017

Vista Nation XC Families,

Hard to believe that another XC season is fast approaching! As the summer draws near I want to make sure everyone is in the loop on what to expect this upcoming cross country season. As always we have lots of fun events, and new challenges ahead for the 2017 season.

Our official start date for summer training will be Monday, June 5th at the Mountain Vista High School track beginning at 7 a.m. This summer we will be meeting five days a week around the Highlands Ranch area training together, eating breakfast, and having fun as a TEAM! We will also ask to see if runners want to continue to meet on Saturday’s like we did in the winter to train together. Saturday runs will be at trails that we do not normally visit, and we may decide to take the occasional trip to the mountains to run.

**Fall Break/Continental League Championships**

Like last year, the 2017 Continental League Cross Country Championships will be held during the week of our fall break. Although we do not have an exact date on the calendar, most likely Leagues will be held sometime between October 11th and the 14th.

In the past, this has been the last meet of the season for the majority of our runners, and the meet we place the most emphasis on every season as a full Vista Nation TEAM. Our goal is always to attempt a sweep of the Open, JV, and Varsity races at Leagues for both the boys and girls. Fall break being at the same time as Leagues, creates a challenge for both us and all other League schools.

The coaches are asking for a commitment from each family on the TEAM to stay in town during the week of fall break. We would like to see every member of Vista Nation XC in town for practice so that we are prepared to compete at our best at the Continental League Championships. We will not sit anyone out of the meet for missing days leading up to Leagues, however, our line-ups will be determined by who is at practice that week.

The weeks following the League meet are the 5A Region 5 State Qualifying Championships, and the CO 5A State XC Championships. In order to be considered for these meets, athletes participating will have to stay in town during fall break. **Athletes that are not in town over fall break will not be considered for the Regional, or State Championship line-ups.**

**Nike Cross Regional Championships in Arizona**

In November, we will once again be traveling to the Nike Cross Regional Southwest Championships in Phoenix, AZ the weekend of November 16th-18th, and racing as Vista Nation XC Club. This is an opportunity for our entire TEAM to race on what is arguably the fastest HS 5K XC course in America. It is also our opportunity to qualify for the Nike Cross Country National Championships in Portland on December 2nd. Every member of our team is eligible to attend the NXR trip as a part of the Vista Nation XC Club if the following requirements are met:

* Consistently train everyday over the summer
* Athletes stay in town to train/race the week of fall break (Oct 6th-15th)
* Athletes continue to train and attend practice each day after the League meet until the NXR SW Regional on November 18th
* Athletes follow all team policies related to academics, sportsmanship, etc. during the season
* To be eligible for the Championship race athletes will need to commit in advance to being at all practices the week of Thanksgiving if we qualify for Nike Cross Nationals

**Nike Cross Nationals and Thanksgiving Break**

Another new challenge for us this year will be Thanksgiving break. For the first time the school district is giving us the entire week off. This is a great break from the stresses of school, and time to be able to spend with our families. This will also be the time we are hopefully finishing our final preparations to race our best at the national championship. If we are fortunate enough to make it back to Portland this fall to race at NXN we are asking all athletes that qualify to be at practice each morning during that week. We will not meet as a team the day of Thanksgiving.

**Important Summer XC Dates**

Other important dates to keep on the schedule for the summer are as follows.

* June 5th: First day of Summer XC camp, 7 a.m. @ MVHS
* June 13th: Boys Goal Setting BBQ @ 5-8 p.m. at Coach Dalby’s house
* June 14th: Girls Goal Setting BBQ @ 5-8 p.m. at Coach Dalby’s house
* July 4th: HRCA Independence Day 5K (register on your own)
* July 19th-21st: Team Camping Trip to Golden Gate Canyon State Park
* August 14th: Official Practice Begins
* August 25th: Vista Nation XC 2-Mile Invitational

The coaching staff is looking forward to another great season of Vista Nation XC!

Sincerely,

Coach Dalby and Coach Selle

\*\*\*The tentative 2017 Fall meet schedule is now posted on our calendar at www.vistanationxc.com.\*\*\*