

April, 2018

Vista Nation XC Families,

As the school year winds down, another Vista Nation XC season is fast approaching, so the coaching staff wants 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 planned for the 2018 season.

Our official start date for summer training is Monday, June 4th at the Mountain Vista High School track beginning at 7 a.m. We will meet five days a week throughout the summer around the Highlands Ranch area to train together, eat breakfast, and have fun as a TEAM! We will also be meeting on the occasional Saturday to run on trails that we do not normally get the chance to visit, because they are a little further away from Highlands Ranch

Homecoming Dance/Dave Sanders (Columbine) Invitational

This year's homecoming dance is scheduled for Friday, September 21st. This is also the date of the Columbine Dave Sanders Invitational. The coaches are focusing on Columbine as being an important mid-season competition for our entire TEAM this season, and a race we plan on having everyone compete in. Here is the tentative schedule for Dave Sanders so that athletes can coordinate Homecoming plans around the meet:

Dave Sanders (Tentative) Time Schedule

3:00 Varsity Boys - Run 10, Score 5
3:40 JV Open Boys - Run 10, Score 5
4:30 Varsity Girls - Run 10, Score 5
5:10 JV Girls - Run 10, Score 5
5:40 Open Boys - Run Unlimited, Score 5
5:50 Open Girls - Run Unlimited, Score 5
6:20 Presentation of Awards

Fall Break/Continental League Championships

Like the previous few years, the 2018 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 10th and the 13th.

In the past, this has been the last meet of the season for the majority of our runners, and the meet that we place the most emphasis on every season as a full Vista Nation TEAM. Our goal at Leagues each season is to attempt a sweep of the Open, JV, and Varsity races 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 15th-17th, 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 1st. 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 every day over the summer
- Athletes stay in town to train/race the week of fall break (Oct 6th-14th)
- Athletes continue to train and attend practice each day after the League meet until the NXRSW Regional on November 17th
- 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 challenge for us this season will be Thanksgiving break. As was the case last year, 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 again this fall to race at NXN, we are asking all athletes that qualify to be at practice each morning during the week of Thanksgiving.

Important Summer XC Dates

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

- June 4th: First day of Summer XC camp, 7 a.m. @ MVHS
- June 12th: Boys Goal Setting BBQ @ 5-8 p.m. at Coach Dalby's house
- June 13th: Girls Goal Setting BBQ @ 5-8 p.m. at Coach Dalby's house
- July 4th: HRCA Independence Day 5K (register on your own)
- July 25th-27th : Team Camping Trip to Golden Gate Canyon State Park
- August 16th: Official Practice Begins
- August 24th: 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