

May, 2019

Vista Nation XC Families,

The start of another cross country season is just around the corner. The coaching staff is excited to see what is in store for us this year and has been busy organizing plans for the summer. With hard work and commitment during June, July, and August the 2019 TEAM can add to Vista Nation's storied history of success. That history includes 7 Colorado State Championships, 4 NXR Southwest Championships, 6 trips to Nike Cross Nationals, and 14 Continental League Championships. We are excited to see what the legacy of the 2019 TEAM will be!

Our official start date for summer training is Monday, June 10th 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 hold occasional Saturday runs for athletes interested in visiting trails outside of the Highlands Ranch community. Other important information for the summer and fall season can be found below. Please take a look so that you are up-to-speed on all things Vista Nation XC for the 2019 season.

Battle Mountain Husky Invitational

On August 31st the entire TEAM is traveling to Avon, CO to compete at the Battle Mountain Husky Invitational. This is a new meet for us this year and a chance for us to compete against one of the nation's top programs. The TEAM will travel via charter busses to the meet, and as a result there may be a small fee associated to cover the cost of the trip. Busses will leave MVHS the morning of August 31st prior to the race, and return that evening.

Fall Break and Regional Championships

The 2019 Regional Championships will be held during the week of our fall break. This is the meet that qualifies us for the Colorado State Championships, and we are allowed to run 9 boys and 9 girls at the Regional. Although we do not have an exact date on the calendar yet, we do know that Regionals will be held between the dates of October 17th and the 19th.

Because of the importance of the Regional meet the coaching staff is asking that athletes participating commit in advance to being at all weekend and weekday practices during fall break. Athletes that are not in town over fall break will not be considered for the Regional, or State Championship line-ups.

The tradeoff for staying in town, however, during fall break is the Arizona trip to the Nike Cross Regional Southwest meet in November. Any Varsity, JV, or Open athlete who stays in town during fall break to train will be invited to be on the Arizona trip. It does not matter the athlete's age, or even if they race at regionals or state. If you commit to being at fall break practices, then you can join us for our favorite trip of the season. Additional information about NXRSW can be found on the next page.

Nike Cross Regional Championships in Arizona

In November, we will once again be traveling to the Nike Cross Regional Southwest Championships in Casa Grande, AZ the weekend of November 21st-23rd. This is an opportunity for our entire TEAM to race on what is arguably the fastest high school 5K XC course in America. It is also our opportunity to qualify for the Nike Cross Country National Championships in Portland on December 7th. The cost of the trip has been approximately \$500 per athlete in the past. 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 and race during of fall break (Oct 12th-20th).
- Athletes continue to train and attend practice each day after the League meet until the NXRSW Regional in November.
- Athletes follow all team policies related to academics, sportsmanship, etc. during the season.
- To be eligible for the Championship race (7 boys and 7 girls) 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 the previous two seasons, 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 with our top 7 boys and 7 girls. 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 break.

Important Summer XC Dates

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

- June 10th: First day of Summer XC camp, 7 a.m. @ MVHS
- June 18th: Boys Goal Setting BBQ @ 5-8 p.m. at Coach Dalby's house
- June 20th: Girls Goal Setting BBQ @ 5-8 p.m. at Coach Dalby's house
- July 4th: HRCA Independence Day 5K (register on your own)
- July (late July): Team Camping Trip to Golden Gate Canyon State Park
- August 5th: Official Practice Begins
- August 23rd: 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