

Vista Cross Country Athletes and Parents,

This summer will mark the 9th year of our summer XC conditioning program! As usual, we will be meeting five days a week around Highlands Ranch and getting our runs in together as a TEAM. One new change to this year's program is that every athlete on the TEAM will be given an individual training plan to follow each week. This should help to ensure that the needs of every individual on our XC squad are met.

Fall Break/Continental League Championships

There will be a change in our schedule this fall. The 2015 Continental League Cross Country Championships will be held during the week of our fall break. Although we do not have an exact date yet, most likely Leagues will be on October 14th, 15th, or 16th.

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

We are asking for a greater commitment from each family on the TEAM next year during the week of fall break. We would like to see every member of Vista Nation XC stay in town for practice during fall break in-order to be prepared for the Continental League Championships so that we are prepared to sweep all 6 races again. 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 eligible for these meets, athletes participating will have to stay in town during break. **Athletes that are not in town over fall break will not be considered for the Regional, State or the Nike Cross Regional Southwest Championships.**

Nike Cross Regional Championships in Arizona

In November, we will once again be traveling to the Nike Cross Regionals Southwest Championships in Phoenix, AZ the weekend of November 20th-21st with up to 30 of our athletes. This is an opportunity for our TEAM to race on what is arguably the fastest HS 5K XC course in America. In order to be eligible for the trip, athletes will have to meet the following requirements:

- Athletes stay in town the week of fall break (Oct 9th-18th)
- Athletes continue to train and attend practice each day after the League meet until the NXR SW Regional on November 21st (we will work with athletes that are in winter sports during this time)
- Athletes log their mileage daily (form will be provided by coaches), or keep a training diary starting the first week of June until the NXN meet
- Athletes follow all team policies related to academics, sportsmanship, etc. during the season

Woodbridge Invitational in California

In addition to the NXR SW trip to Arizona, we are also considering taking another out of state trip the weekend of September 18th and 19th to compete at the Woodbridge Invitational in the Long Beach, CA metro area. Our plan is to take our top 7 boys, and 7 girls to the Woodbridge meet that weekend. Athletes will have until the weekend of September 12th to earn their plane ticket to California. If an athlete chooses not to come on the trip, we will pass the spot down to one of our Junior Varsity athletes.

Important Summer XC Dates

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

- June 1st: First day of Summer XC, 7 a.m. @ MVHS
- June 2nd: Upperclassmen breakfast at 8:30 a.m. after practice
- June 3rd: Boys Goal Setting BBQ @ 5 p.m. Location TBD
- June 4th: Girls Goal Setting BBQ @ 5 p.m. Location TBD
- July 4th: HRCA Independence Day 5K
- July 15th-17th: Team Camping Trip Location TBD (tentatively in Golden)
- August 10th: Official Practice Begins
- August 28th: First Meet, MVHS 3K @ MVHS

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

Sincerely,
Coach Dalby and Coach Selle