

Cross Country Boosters Track & Field Boosters



Rancho Buena Vista High School Cross Country

Commitment to Excellence "Circle of Life"

Welcome to the 2009 RBV Cross Country Team. Please read over the information below. The purpose of this letter is to see if you are **willing to become a member of Loughorn Cross Country**

1. Requirements for enrolling into RBV Cross Country!!

There will be a time trial for all interested participants in RBV Cross Country during the first official week of School. During the first official week of school all interested participants in RBV cross country will be put through a very difficult week of hard running to include, Spectator hill repetitions, fast road runs a timed mile and road runs between 5-8 miles. This is what is expected in order to remain in RBV Cross Country.

Time Trial limits for first week of school

- A) Boys-Varsity-Able to run under 5:00 minute mile grades 9-12th
- B) Boys-JV- Able to run under 6:00 minute mile (grades 9-11th-note seniors must run at the varsity level-not allowed to compete at the JV level therefore Seniors will be held to the Varsity standard of 5:00 and 6:00 min respectively)
- C) Boys Frosh-Able to run under 7:00 minute mile
- D) Girls Varsity-Able to run under a 6:00 minute mile
- E) Girls JV-Able to run under a 7:25 minute mile
- F) **Failure to meet these standards will result in student-athlete being moved into Regular P.E. (NOT ATHLETIC PE) Please note the RBV Cross Country is not a place for those student-athletes that simply want to get in shape and not compete in all cross country meets.**

2. **All potential members must have a school physical and signed athletic handbook on file with the Athletic Director by August 24th. Those student-athletes that do not have a physical and Handbook signature page on file with the Athletic Director by this date will have their schedules changed out of cross country into regular PE.** To obtain both forms simple to to **<http://rbvhs.yusd.kf2.ca.us/athletics.htm>**. Scroll to the bottom of the web page and click on the two icons. Download each form and return. The athletic handbook form only needs the last page (signature page) returned. Feel free to return it by mail to Coach Lux 2931 Panorama Crest, Escondido, Ca 92029. Or you can mail it to Dave Whiddon-Athletic Director RBVHS 1601 Loughorn Dr, Vista Ca 92084

3. **Transportation Fee of \$60.00** must be paid to Finance office by the first day of school. *Failure to do this will result in a schedule change out of cross-country and into regular PE.*

4. **All Potential Member will need to buy a uniform.** The uniform takes five weeks to get. If you want a uniform for the upcoming season you **must pre-order and pay by July 1st**. The cost of a uniform is \$60.00. Send check (payable to RBV) to Coach Lux-2931 Panorama Crest, Escondido, Ca 92029. The reason for my home address is to insure that I receive it in time. Be sure to order your proper size. The information below is a guide to help you choose your size. Keep in mind that once you order your size there are no exchanges.

Girls:

Height= 5'0"-5'5" Weight 90-100 pounds Small Jersey Small Shorts
Height=5'0"-5'5"-Weight=100 -115 pounds Medium Jersey and Small Shorts
Height=5'5"-5'8" Weight=115-130 pounds Medium Jersey and Medium Shorts

Boys

Height=5'0"-5'5" Weight 100-120 pounds Small Jersey Small Shorts
Height 5'5"-5'9"- Weight 120-130 pounds Med Jersey Medium or Small Shorts

Feel free to call coach Lux if you are not able to determine your size. 760-803-4633

5. **Summer training for experienced runners.** (*Summer training is volunteer and is run by Varsity Team Captains. Coaches will not be in attendance*) Monday thru Friday 8:00a.m. at the Duck pond. Across the street from RBV (corner of Shadow ridge and Antigua. This is a must for any runner that plans on making the varsity team. Recommended summer miles-Varsity Boys and Girls-500 miles from June 1st-Sept 1st. (40 miles per week) JV athletes-20 miles per week
6. **First official Practice Monday August 17th 8:00 a.m. RBV Track (non school day) Mile Time Trail during the first school attendance week-August 24th-29th**

Preorder form for Cross Country Uniform. Please fill out and detach this form. Mail it to

Coach Lux
2931 Panorama Crest, Escondido, Ca 92029 or e-mail form to
TLUX406@aol.com

Name _____ --Jersey Size(Sm,Med,Lg) _____

Short Size(Sm,Med,Lg) _____

Back Pack Yes/No (Circle one and include with your check) RBV Black

Adidas Cross Country Uniform Back Pack,Optional-\$35.00

Make check payable to RBV and Mail to 2931 Panorama Crest, Escondido Ca 92029

RBV Cross Country Captain 2009 Season

This is what a captain will represent! Lead by example. As you consider candidates for RBV captains you must consider each of the six areas below. If a captain is not **STRONG** in **EACH** area then they should not be considered. It is important that you consider if your choice for captain has a past history of each of the areas below. This is vital because a captain is not a popularity choice but one that leads by example.

1. **Captains must be a member of the top 7 the entire season.** This includes the state meet. Therefore, when considering a captain you must ask yourself, "Will my choice be a member of the top 7 at all times?" an athlete on the bubble (7th /8th) may not be the best choice.
2. **Effort in training.** This goes hand in hand with item #1 above. A captain must be willing to keep a daily log (both on Flo-Tracker and their personal training log) and encourage others to do so as well. A captain will attend summer training on a regular basis. A captain will not *disappear* for long periods of time. A captain will keep their training on Flo-Tracker for all to see. If a captain is on vacation, they will continue to train daily and put their mileage on Flo-Tracker. **LEAD BY EXAMPLE!!!**
3. **More concerned with team than themselves.** What this means is simple. Put the concerns of the team ahead of their personal concerns. For example, a captain would never miss a major meet or invitational for personal reasons. A captain has planned their season so that *Team Comes First*.
4. **Supportive.** A captain will always be supportive of the team, Example- if a captain has a bad race, and they will be positive towards their teammates and never focus on their own concerns.
5. **Strong with adults.** What this means is a captain is not afraid to discuss issues with the coaches. A captain will not be afraid to speak with parents if there is an issue regarding the team. A captain will always defend the goals of the team to any adults or coaches. Remember that team goals may not be the same as personal goals.
6. **Be the voice of reason.** This includes making the right decision when others do not. Example-Overnight trips (Vegas, Stanford, Mt. SAC, state meet), following team rules at all times. This means curfew violations, off limit areas (Vegas etc.) Example- When teammates begin to question their progress, treatment by others, a captain will step in and offer a "voice of reason." What are the team goals? *Are you thinking of yourself, or the greater good of the team?*

So you think you should be a captain? It is not a popularity contest! It is not easy! But it is a true test of **YOUR CHARACTER** and you will be a better person for it. **So as you consider a captain, use the simple checklist.** If a candidate is lacking in one area, then they should not be considered a captain. Please use the quick checklist below as you consider a candidate. **You will turn this in as your vote. Fill out boxes below.**

Core Values

Success does not depend on how many miles you run, how fast you are or how popular you are.

Success will always come to those that have **STRONG CORE VALUES!** Success will follow those that have strong core values. Without Strong Core Values failure will always occur during times of stress or difficulty

Three Core Values to Obtain at a consistent level.

1. Do the Right Thing-Always
2. Do Your Best
3. Treat others, as you want to be treated.

1. Do the right thing-What this means is making the right choice always. Regardless of who is watching, always make the right choice. Example would be making a choice based on your core values. If others disagree with your choice you do not change it. This choice is based on who you are and what you stand for. ***Making the right choice never has to be justified or argued.*** Making the right choice stands alone and will never be questioned as to why. Making the right choice is a measure of your integrity and character and will reflect this to all.

2. Do Your Best- What this means is always giving your best effort. The result may not always be at a top level but the ***effort can always be one of excellence.*** No matter what the situation is or the challenge that is faced, **giving your best effort is the one thing that you can count on every time.**

3. Treat Others as You want to be Treated-No matter what the situation is or who it involves never forget this. What this will translate into is a team effort. ***Establish this core value*** and you will always be successful. It is easy to give up on yourself but very difficult to give up on a friend or teammate. Consider the fallen soldier in battle. And his comrades refusing to leave him behind. The core value of treating others as you want to be treated results in the life being saved because the interest was in the fallen soldier and not their own safety.

Think of this: A student does not fail in a class because they lack intelligence. They lack core values. Show me a student that does not address the three values above and I will show you failure.

A cross-country runner does not *fold under pressure because they are suddenly out of shape.* They lack core values, which eats away at the ability to focus.

A bright young person does not suddenly get on drugs because they are seeking something missing in their lives. They lack core values. Take any situation in life and success or failure will depend on the strength of core values/

Achieving any goal in life will be determined on your core values. Successful people have strong Core Values. Failure is not a result of a bad person but always the result of a lack of Strong Core Values. Strengthen your Core and you always strengthen your chances of Success.

Winning or losing a CIF Championship is not determined on race day. It is and always will be a result of a commitment to CORE. Getting out the door to do a workout is never easy. Reflect to your core values especially core Value #2. Thinking of doing your best every time will get you out the door for a workout. Ask the question, "Am I doing my best to get in shape?" *If you truly take a moment to ask this question then I think you will get out the door and complete the workout.* This will be one brick in the wall towards achieving the goal of a CIF Championship.

Each and every morning ask yourself one question. **"What will I do today to achieve the team goal of a CIF Championship?"** If you truly ask this question of yourself, EVERYDAY, then you will be doing your part. It is like each of you is putting a brick in a wall. The wall represents a CIF Championship. How many bricks are *you going* to put in the wall? At the end of the season can you *put your name on this wall* (Wall=CIF Champions)? As you retire each evening ask yourself "did I do anything today to build this wall?"

POST THIS ON YOUR WALL IN YOUR ROOM. LOOK AT THE EVERYDAY AND THE RESULTS IN LIFE WILL AMAZE YOU!!

2009 Rancho Buena Vista High School Cross Country Schedule

| Date | Meet | Site | Time |
|------------|-----------------------|----------------------|-----------|
| Sept. 4th | WolfPack Invite. | West Hills High | 4:00 p.m. |
| Sept. 12th | Las Vegas Invite | Henderson | 8:00 a.m. |
| Sept 19th | Woodbridge Invite | Woodbridge HS-Irvine | 5:00 p.m. |
| Sept 26th | Stanford Invite | Stanford | 1:00 p.m. |
| Oct 2nd | Carlsbad | Carlsbad | 3:00 p.m. |
| Oct 9th | Poway | RBV | 3:00 p.m. |
| Oct 24th | Mt Sac Invite | Walnut | 8:00 a.m. |
| Oct 30th | El Camino | RBV | 3:00 p.m. |
| Nov 6th | RB/Vista | Vista | 3:00 p.m. |
| Nov 14th | Palomar League Finals | Guajome Park | 8:00a.m. |
| Nov 21st | CIF Finals | Morley Field | TBA |
| Nov 28th | State Championships | Woodward Park-Fresno | TBA |

Top seven-ten Varsity only-Cost\$300.00

Top seven Varsity only-Cost\$250.00

Coaches

Tom Lux TLUX406@aol.com
Erica Glennon

Las Vegas and Stanford Trips. Athletes must prepay trip by June 15th If you think that you will make the traveling team then make check payable to Erica Glennon. Please personally give the check to Erica Glennon or mail it to here home address- 1834 Stewart St, Oceanside Ca 92054 If you do not make the team your money will be refunded. The cost of the trip is for the airfare and hotel only.

The RBV Mindset Have you prepared?

Picture yourself sitting in the stands last Sat at the CIF Finals

Picture yourself watching the final one and $\frac{1}{2}$ laps of the 3200 final

Picture watching Adrian Raffee passing Collin Jarvis and now he is leading the race

As you see this occur is there any doubt that Collin will not win the race?

Now rewind back to that day in October that Collin fell off the skateboard.

Between that fateful day and now:

Do you think Collin ever stopped training?

Do you think Collin ever had to be forced to train?

Can you imagine Collin not being motivated to be the best he could be?

Can you imagine Collin not believing in himself?

Fast forward to Morley Field next November at the CIF Cross Country Championships. Now picture your parents, Coach Lux, Coach Glennon standing on the sideline watching you.

What are your parents, Coach Lux, Coach Glennon thoughts going to be about each of you?

Will there be any doubt in their minds that you are going to have your best day.

Now ask yourself this question. "Are you going to be the best that you can be in November?"

And finally, "what are you going to do, to be the best that you can be, between today and November."