

2019 Parent Meeting

Cal
TRACK & FIELD

Coaching Staff

Sprints (100, 200, 400, 4x100, 4x400)

- Mark Karbo – Varsity
- Tracy Lillig – Frosh-Soph
- Jessica Schembri – Rec Group

Distance Events (800, 1600, 3200)

- Efferem Poynter

Coaching Staff

Hurdles

- Tracy Lillig

Throws (Shot Put, Discus)

- Dan Lister
- Jenn Montemayor

High Jump

- James Frazier

Coaching Staff

Long/Triple Jump

- Garrett Tsang
- Jeff Prothro

Pole Vault

- Mike King
- Justin Miller

Practices

- Monday-Friday beginning @ 3:25
- Practices usually end 5:00-5:30
- Weight workouts Mon/Wed/Fri 5:00-6:00
- February & March - wear sweats & stay warm!
- We practice on rainy days and holidays

What Every Athlete Needs

- Appropriate training and competition shoes
- Team uniform
 - Standard or Form Fit
- 2019 Meet Shirt
- Sweats (team issue preferred)

Training/Competition Shoes

- Training shoes (\$75-\$150)
 - Runners should go to a shoe store such as Fleet Feet or Forward Motion to get advice
 - Should be replaced every year
- Competition shoes for beginners (around \$65)
 - Nike Zoom Rival MD: 100-800, LJ, TJ, PV, HJ, hurdles
 - Nike Zoom Rival D: 800-3200
 - Nike Zoom Rival SD: SP, DT
- eastbay.com, roadrunnersports.com, footlocker.com
- Forward Motion spike weekend this Sat. – Mon.

Choosing Events

- Everyone may have up to four events in a meet
- Athletes are encouraged to try different events to find ones that are the right fit
- Coaches will help to guide athletes to the areas right for them and the team
- Athletes may be asked to change/add events to help the team

Meets

- This year we have 5 home meets and 2 away meets
- Dual/Tri meets last 3 - 4 hours
- All athletes are expected to stay for the entire meet to support their teammates
- Transportation for weekday away meets
 - Athletes must ride there and back on the team bus or with their own parent, they may not ride with other parents
 - Parents are expected to be at Cal High when the buses return
 - Traveling squad
- Invitationals

Meets



CALIFORNIA HIGH SCHOOL 2019 TRACK & FIELD SCHEDULE

DATE	VS.	AT	TIME	Dismissal
Thurs., Feb. 21	O'Dowd/West/Drake/Kimball (s)	California	4:00	N/A
Thurs., Feb. 28	Granada/Livermore (s)	California	4:00	N/A
Sat., March 2	Dan Gabor Distance/Sprint Festival**	Amador Valley	TBA	N/A
Thurs., March 7	Foothill*	California	4:00	N/A
Sat., March 9	Wolfpack Relays**	Merrill West HS	TBA	N/A
Wed., March 13	Dougherty Valley/MV*	Dougherty Valley	4:00	2:15
Sat., March 16	Dublin Distance Fiesta**	Dublin	TBA	N/A
Sat., March 16	Maurice Greene Invitational**	Oaks Christian HS	TBA	TBA
Thurs., March 21	Monte Vista/DLS/Carondelet*	Monte Vista	4:00	2:00
Sat., March 23	Bay Area Relays**	Foothill	TBA	N/A
Sat., March 30	West Coast Relays**	Buchanan HS	TBA	TBA
Fri./Sat., April 5/6	Arcadia Invitational**	Arcadia HS	TBA	TBA
Thurs., April 11	SRV/Monte Vista*	California	4:00	N/A
Sat., April 13	Granada Distance/Sprint Festival**	Granada	TBA	N/A
Wed., April 17	Grizzly Cup/Senior Day	California	4:00	N/A
Sat., April 20	Nor Cal F/S Championships**	Dublin	TBA	N/A
Sat., April 20	Sacramento MOC**	American River CC	TBA	N/A
Sat., April 27	EBAL Trials	Dougherty Valley	9:00	N/A
Sat., May 4	EBAL Finals	Dougherty Valley	9:00	N/A
Sat., May 11	Tri-Valley Area Meet	Dublin	TBA	N/A
Fri./Sat., May 17/18	NCS Meet of Champions	DVC	TBA	TBA
Fri./Sat., May 24/25	CIF State Meet	Buchanan HS	TBA	TBA

s = scrimmage

* = league dual meet

** = select team members only

Meets

- What to bring
 - Uniform
 - Warm-ups
 - Homework
 - Snacks
- What not to bring
 - Valuables that may be lost or stolen

Apparel Sales

Apparel sales will be at Coach Karbo's house

428 Bridle Court off of Old Ranch Road

- Saturday, Feb. 16th 9:00 – 12:00
- Sunday, Feb. 17th 9:00 – 12:00
- Saturday, Feb. 23th 9:00 – 12:00
- Items and prices displayed and on website
- \$25 delivery fee for items, if preferred

XC Stats

- Allows athletes and coaches to track and measure performance over the course of the year and from previous years
- Also allows easier communication with athletes and parents via e-mail
- Athletes register at xcstats.com – instructions are on team website

Team Donation

- \$300 requested per athlete
- We rely on participation donations to avoid operating at a loss
- Donations may be made online through the Cal High website or at an apparel sale by cash or check and are **tax deductible**
- Families that pay the full donation receive a free meet shirt (bring a receipt to the apparel sale if you pay online)
- If we haven't received sufficient donations by March 12th, we may have to eliminate buses to save money

Team Donation

Your \$300 donation helps pay for:

- Coaching salaries not paid by athletics
- Transportation (3 buses per away meet)
- Invitational Meet Fees
- Equipment
- Banquet Awards & Decorations
- Team Yearbook
- Team Fee to Athletic Department
- Senior Day
- XC Stats
- Home Meet Timer & Starter

Estimated expenses for 2019 = \$55,000

eTeam Sponsor Fundraiser

- Easy to participate, only need to provide e-mail addresses
- For every \$50 raised, athlete gets one free admission to the banquet
- Banquet tickets will cost \$30 each this year

California Athletic Boosters

- Jim Holden – CAB
- Grizzly Madness
- CAB Membership

Meet Staffing

- We are unable to host meets without parent volunteers (30 per meet)
- No experience required
- You can choose to work an event where you can watch your child compete
parents are not allowed on the infield unless working the meet
- Sign up at our SignUpGenius page
(link is on website)

Team Social Events

- First Carbo Load - March 6 (Poynter House)
- Second Carbo Load – March 27
- Team BBQ – April 24 (Emerson House)
- Need a family to host second event

Other Events

- **Team Pictures – Friday, March 1st**
 - Begin promptly @ 3:30
 - Must wear uniform for group picture
 - Order forms are on the team web site

- **Banquet – Wednesday, May 29th**
 - 6:30pm @ Crow Canyon Country Club
 - \$30 per person
 - Earn free tickets with eTeam Fundraiser!

Team Coordinators

- Banquet – Wunmi Kamson, Maria Ohlmeyer
- Team Photographer – Beverlee Shields
- Grizzly Madness – Jenn Montemayor
- Snack Bar – Danielle Martinez, Jennifer Marsh
- Senior Day – Suzie Lister
- Carbo Loads/BBQ – Vicki Poynter

How You Can Help

- Work home meets – 30 parents needed per meet
 - Long/Triple Jump
 - Shot Put/Discus
 - High Jump
 - Pole Vault
 - Finish Line
 - Snack Bar
 - Hurdle Crew
 - Announcer

How You Can Help

- Host a carbo load!
- Contribute food for the carbo loads
- Purchase items at the apparel sale
- Donate an auction item for Grizzly Madness
- Make your team donation

Team Web Site

- www.calhstrack.com
 - Schedule
 - Coaches contact info.
 - Forms
 - Team news
 - Meet results
 - All time top 10 list
 - Informational links
 - Roster
 - Team manual

Misc.

- Independent Study PE
 - Must complete 75 hours
 - Must compete in 6 meets
 - Must compete in 2 events per meet
 - Must remain on the team the duration of the season
 - Event coach signs weekly time card
 - Coach Karbo signs final time card
- Team Manual
 - All athletes are responsible for reading it and knowing contents
- Attendance

Q & A

