

2024 Parent Meeting

Cal
TRACK & FIELD

Coaching Staff

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

- Mark Karbo – Varsity
- Javier Mendieta– Frosh-Soph
- Jessica Schembri – Rec Group

Distance Events (800, 1600, 3200, 4x800)

- Nick Shea
- Carrie Chavez
- Steve Chavez

Coaching Staff

Hurdles

- Brian Henderson

Throws (Shot Put, Discus)

- Dan Lister
- Steve Melloch

High Jump

- James Frazier

Coaching Staff

Long/Triple Jump

- Garrett Tsang

Pole Vault

- Lenard Matthews

Practices

- Monday-Friday beginning @ 4:00
- Practices usually end 5:30-6:00
- We practice on rainy days, holidays & during spring break
- Athletes need to e-mail their coach if they are going to miss practice

What Everyone Should Have

- Appropriate training and competition shoes
(each event coach can make recommendations)
- Team uniform
- 2024 Meet Shirt
- Sweats/Warm Ups (team issue preferred)

Training/Competition Shoes

- Training shoes (\$75-\$150)
 - Talk to event coach
 - Athletes can also 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 \$75)
 - Nike Zoom Rival Multi: 100-800, LJ, TJ, PV, HJ, hurdles
 - Nike Zoom Rival D: 800-3200
 - Nike Zoom Rival SD: SP, DT
- champssports.com, roadrunnersports.com, footlocker.com, Amazon, Dick's Sporting Goods

FMS Spike Weekend

FORWARD MOTION SPORTS presents...

20th Annual

SPIKE WEEKEND

When: February 17th, 18th and 19th



Where: **FORWARD MOTION SPORTS**

432 Hartz Avenue
Danville, CA 94526
925-820-9966
www.forwardmotion.com

What: **Great deals on 2024 Track & Field spikes, shoes and other products!**

Purchase any two (2) pairs of shoes and receive a 10% discount off the entire purchase...

*(Includes all items where discounts apply. Some items are not discounted)
(Regular High School discount is 10% off shoes only)*

Spikes from Nike, Saucony, Hoka and Under Armour

Get a jump on the 2024 Track & Field Season. Get into Forward Motion Sports to see one of the largest selections of Spikes and Training footwear in the Bay. Our staff is trained to fit you in the right shoe for all your events!

X & Instagram @fomosports



Team Apparel

- Orders will be placed & paid for online once roster is set
- Items will be picked up in person by appointment only
 - Bring copy of order form
- Link to order form will be on team website after the start of the season
- Apparel Dates:
 - Wed. Feb. 14 – sizing day
 - Sat., Feb. 17 – apparel pickup
 - Sat., Feb. 24 – apparel pickup

Why Tryouts?

- We used to have close to 300 athletes on the team which was too many to coach safely and effectively
- Having a smaller team allows the coaches to spend more time with each athlete
- Having manageably sized groups allows us to share a limited space more efficiently
- The team is still a mix of competitive athletes and developmental athletes

Tryout Process

- The tryouts will be Monday-Friday the first week of practice with evaluations being completed on Friday and event groups posted on Sunday
- Athletes will try out in one of three groups:
 - Distance
 - Sprints/Jumps/Hurdles
 - Throws
- Athletes can try out in multiple groups, but may not get a complete assessment in each
- All athletes must have completed online registration in order to participate in tryouts

Tryout Process

- Winter sport athletes will try out once their season is complete
- Athletes will be evaluated based on:
 - Athletic performance
 - Athletic potential
 - Commitment to attending practices and meets
- Coaches will try to guide athletes to areas where they will be most successful and have the best chance of making the team

Meets

- Dual/Tri meets (Weekdays, 3-4 hours)
 - These are meets with one or two other schools
- Invitationals (Saturdays, up to 8 hours)
 - These are with multiple schools and are more competitive
 - Only select members are able to participate
 - Can last several hours, but athletes are only expected to be there for their events
 - Event coaches determine athlete entries
- Transportation for away meets
 - Two buses for our meet at St. Francis
 - Travel squad for buses, but anyone can participate if they get an authorized ride
 - No buses for Saturday invitationals
 - Athletes may only get rides from their parents

Meet Schedule



CALIFORNIA HIGH SCHOOL 2024 TRACK & FIELD SCHEDULE

<u>DATE</u>	<u>VS.</u>	<u>AT</u>	<u>TIME</u>	<u>Dismissal</u>
Thurs., Feb. 22	Bishop O'Dowd/Merrill West (s)	California	4:00	2:45
Wed., Feb. 28	St. Francis (s)	St. Francis	3:45	2:00
Sat., March 2	Ugly Eagles Relays**	Clayton Valley	TBA	N/A
Sat., March 2	Dan Gabor Invitational**	Amador Valley	TBA	N/A
Thurs. March 7	Foothill/SRV*	California	4:00	2:45
Sat., March 9	Wolfpack Relays**	Merrill West	TBA	N/A
Fri./Sat., Mar. 15/16	Dublin Distance Fiesta**	Dublin	TBA	N/A
Sat., March 16	Eddie Hart Invitational**	Pittsburg	TBA	N/A
Sat., March 23	Bay Area Relays**	Foothill	TBA	N/A
Fri./Sat., April 5/6	Arcadia Invitational**	Arcadia	TBA	N/A
Sat., April 13	West Coast Relays**	Buchanan	TBA	N/A
Sat., April 13	Granada Sprint & Distance Festival	Granada	TBA	N/A
Thurs., April 18	Dougherty Valley*	Dougherty Valley	4:00	N/A
Sat., April 20	Sacramento MOC**	American River JC	TBA	N/A
Wed., April 24	Grizzly Cup (s)	California	4:00	N/A
Fri., May 3	EBAL Varsity Championships	Livermore	2:00	TBA
Sat., May 4	EBAL F/S Championships	Livermore	9:00	N/A
Sat., May 11	Tri Valley Area Meet	Pittsburg	TBA	N/A
Fri./Sat., May 17/18	NCS Meet of Champions	Dublin	TBA	TBA
Fri./Sat., May 24/25	CIF State Meet	Buchanan	TBA	TBA

s = scrimmage

* = league dual meet

** = select team members only

www.calhstrack.com

Meet Staffing

- We are unable to host meets without parent volunteers (30 needed 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 for shifts on our SignUpGenius page (linked on website)
- Volunteers who sign up to help in two or more meets receive a volunteer shirt

Other Team Events

- **Team Dinners** (in the quad)
 - Wednesday, March 6th
 - Wednesday, April 17th
- **Team Pictures – Wednesday, March 6th**
 - Begin promptly @ 3:00
 - Must wear uniform for group picture
 - Ordering information will be on website
- **Banquet – Tuesday, May 28th**
 - 6:30pm in the Cal High Commons
 - More details to come

XC Stats

- Allows athletes and coaches to track and measure performance over the course of the year and from previous years
- [Athletes](#) register at xcstats.com – instructions are on team website

Team Donation

- \$350 requested per athlete
- Donations may be made online through the Cal High Future Fund Store and are **tax deductible**
- Should be made after tryouts

Team Donation

Your donation helps pay for:

- Team Yearbook
- Coaching Stipends
- Meet Fees
- Equipment
- Team Awards
- Senior Day
- XC Stats Fee
- Home Meet Timer & Starter
- EBAL Awards
- CHS Athletic Expenses
- **What happens when we don't get enough donations?**

Team Coordinators

- Grizzly Madness – Jody McCord
- Team Banquet – Tanya Williams
- Senior Day – Samantha Dube
- Team Carbo Loads – Nicole Fox
- Snack Shack - *needed*

Team Web Site

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

Q & A

