

Grizzly Track Update 2018

❖ MEETS THIS WEEK:

THURS., FEB. 22 4:00
VS. DRAKE, O'DOWD,
WEST, KIMBALL

❖ TEAM EVENTS:

APPAREL SALE
FEB. 24 9:00-12:00
COACH KARBO'S HOUSE

❖ COMING SOON:

MEET VS. ST. FRANCIS
THURS. MARCH 1 @ CAL

PICTURE DAY
FRI., MARCH 2

❖ TEAM DONATION UPDATE:

2018 GOAL: \$32,000
2018 YTD: \$15,400

SUGGESTED DONATION
PER ATHLETE: \$300



A Message From Coach Karbo

Welcome to the 2018 season!

This week marks our first meet of the year, which is always very exciting. Our annual scrimmage against Bishop O'Dowd, Drake, Merrill West and Kimball has been a tradition for many years. It's a great way for returning athletes to see how their performance compares to previous years, and for new athletes to see what it's like to compete in a meet.

The forecast for this week is for unusually cold weather, so now is a good time to remind your athletes to bring sweats to practice every day. Thursday's meet will run past 7:00pm, so keeping layers of clothes on is especially important.

If you haven't had a chance to purchase team apparel yet, there is one more sale this Saturday from 9:00-12:00. The prices, items and address of the sale are on the team website under "Team News". Athletes that don't yet have a uniform are allowed to wear other Cal High gear for this meet only.

After this meet, no one will be allowed to compete unless they are wearing a team uniform.

Thanks to all of the parents who have already signed up to help at this week's meet. However, we still need 20 more parent volunteers to make the meet run smoothly. Please see the information below to sign up to help.

We will be having a full snack bar this Thursday with lots of food and both hot and cold drinks. Please support the team and get some great food too!

So far we are only halfway to our goal of \$32,000 in parent donations. Please help the team and contribute so we can fund the many costs of maintaining a successful program. You can either donate online through the Cal High Webstore, or at Saturday's apparel sale.

Go Grizzlies!!

Athletes of the Week

Begins Feb. 26th



❖ MEET ORDER FOR RUNNING EVENTS

4X100
1600
100/110 HH
400
100
800
300 LH
200
3200
4X400

❖ EBAL CHAMPIONSHIPS

BOYS
1997, 1999, 2000, 2001,
2002, 2003, 2004, 2005,
2016

GIRLS
2009, 2010, 2011, 2013

❖ NCS TRI-VALLEY CHAMPIONSHIPS

BOYS
2001, 2003, 2004, 2005

GIRLS
2009

"Achieving success and personal glory in athletics has less to do with wins and losses than it does with learning how to prepare yourself, so that at the end of the day you know that there was nothing more you could have done to reach your ultimate goal"

- Jackie Joyner-Kersey

Parent Help Needed

We still need 20 volunteers for this Thursday's meet. You don't have to be a parent to help, we are happy to put students, grandparents and friends to work too! It's not a good look for Cal High to have visiting coaches have to work a meet where we are the host because we don't have enough parent volunteers. If you're going to be at the meet, please help out to ensure we can run all of the events properly.

Here's the link to sign up: <http://www.signupgenius.com/go/10c0d4aaaa728aa8-parent>

We still need a parent or two to take additional pictures at meets to post online and use for our team yearbook. Please contact Coach Karbo if you are available to help.

Event Spotlight – Shot Put



Interesting Facts

- The women's shot put weighs 4k (8.8 lbs.)
- The men's shot put weighs 12 lbs. for varsity and 10 lbs. for frosh-soph
- The throwing sector is 35° wide

Video

<http://www.nbcolympics.com/video/michelle-carter-wins-shot-put-gold-medal-final-throw>

Shot Put Records

- Women's World Record: 74' 2 ¾" – Natalya Lisovskaya, USSR 1987
- Men's World Record: 75' 10" – Randy Barnes, USA 1990
- NCS Women's Record: 52' 11 ½" – Kristin Heaston, Ygnacio Valley 1993
- NCS Men's Record: 69' 4 ¾" – Nathan Esparza, Amador Valley 2016
- CHS Women's Record: 39' 11 ¾" – Vosa Hingano 2011
- CHS Men's Record: 56' 4" – Ryan Lockner 2000

Cal High Track Online

For lots of additional information about the team, including the schedule, results, all-time top 10 list and much more, check out our website at www.calhstrack.com

Also, click here to see our Facebook page
<https://www.facebook.com/groups/337430765812/>