

Grizzly Track Update 2017

❖ MEETS THIS WEEK:

THURS., FEB. 23 3:45
VS. DRAKE, O'DOWD,
WEST, KIMBALL

❖ TEAM EVENTS:

APPAREL SALE
FEB. 25 9:00-12:00
COACH KARBO'S HOUSE

❖ COMING SOON:

MEET @ ST. FRANCIS
THURS., MARCH 2

PICTURE DAY
FRI., MARCH 3

❖ TEAM DONATION UPDATE:

2017 GOAL: \$33,000
2017 YTD: \$14,550

SUGGESTED DONATION
PER ATHLETE: \$300



A Message From Coach Karbo

It's finally time for our first meet of the year!

This Thursday we will welcome Bishop O'Dowd, Merrill West, Drake and Kimball to Cal High. Hosting a meet is a huge task, which wouldn't be possible without the help of 30+ parent volunteers. If you haven't had a chance to volunteer to help at the meet, please sign up through SignUpGenius by clicking on the link in the Parent Help area below.

This meet is a scrimmage, which means we won't be keeping score. It's an early season meet that we use as a chance for the new athletes to see what it's like to participate in a meet and for all athletes and coaches to gauge how things are progressing.

Remember, we encourage all athletes to try different events early in the season to find the ones that suit them best so they can be successful.

We also named our team captains this week. The captains play an integral role in leading the team both at meets and in practices. All captains are juniors and seniors and have been on the team the previous year.

The 2017 captains are:

Cameron Barr
Kristen Bondoc
Alyssa Brewer
Alex Castillo
Kate Emerson
Lauren Flom
Dawson Hayfield
Chris Henry
Max Matey
Kayla Neumann
Bobby Poynter
Sarah Stallings
Shawn Tsai
Jillian Weber

Make sure to come out for our first meet this week and see our team in action!

Go Grizzlies!!

Athletes of the Week

Begins Feb. 27th



❖ 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 23 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 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 team coordinator for our Senior Day on April 27th as well as a Grizzly Madness coordinator. Please e-mail Coach Karbo if interested.

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/>