

# 2021 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)

- George Lillig
- Carrie Chavez
- Steve Chavez

# Coaching Staff

## Hurdles

- Tracy Lillig

## Throws (Shot Put, Discus)

- Dan Lister
- Steve Melloch

## High Jump

- James Frazier

# Coaching Staff

## Long/Triple Jump

- Garrett Tsang

## Pole Vault

- Mike King

# Forms to Turn In

- **Assumption of Risk Form**  
(on website)
- **Alternate Transportation Form**  
(on website)
- **Online Registration Completion Form**  
(e-mailed from school after completing registration)

# CDPH Guidelines

- The California Department of Public Health Guidelines for youth sports can be found at this link:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>

# Practices

- Monday-Friday beginning @ 3:30
- Practices usually end 5:00-5:30
- No team weight training as of now
- We practice on rainy days, holidays & during spring break

# What Everyone Should Have

- Appropriate training and competition shoes  
(each event coach can make recommendations)
- Team uniform (optional in 2021)
  - Standard or Form Fit
- 2021 Meet Shirt (optional in 2021)
- 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 \$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](http://eastbay.com), [roadrunnersports.com](http://roadrunnersports.com), [footlocker.com](http://footlocker.com)

# 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

- Dual/Tri meets
  - These are meets with one or two other schools
  - Usually last 3 - 4 hours
- Invitationals
  - 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
- Transportation for away meets
  - No buses this year
  - Athletes must turn in Alternate Transportation Form to either drive themselves or be driven to away meets

# Team Apparel

- We will not have any in-person apparel sales this year
- No new or additional team orders, we are only selling existing inventory while it lasts
- Uniform sales will be prioritized to new team members
- All sales will be through the Cal High Web Store
- More detailed information on team website

# 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](http://xcstats.com) – instructions are on team website

# Team Donation

- \$50 requested per athlete
- Donations may be made online through the Cal High Web Store and are **tax deductible**

Your donation helps pay for:

- Partial coaching stipends
- Invitational Meet Fees
- Equipment
- Team Awards
- Senior Day
- XC Stats Fee
- Home Meet Timer

# Meet Staffing

- We are unable to host meets without parent volunteers (28 per meet)
- No experience required
- You can choose to work an event where you can watch your child compete up close  
*\*parents are not allowed on the infield unless working the meet\**
- Sign up to help by clicking the Signup Genius link on the team's home page

# Team Web Site

- <http://calhstrack.tripod.com>
  - Schedule
  - Coaches contact info.
  - Forms
  - Meet results
  - All time top 10 list
  - Informational links
  - Roster
  - Team manual



# Q & A

- There will be a Google Meet Q & A video conference next Wednesday, March 31 at 7:00pm
- Link to join
  - <https://meet.google.com/txq-gpkt-nxd>