

2023 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)

- Nick Shea
- Carrie Chavez
- Steve Chavez

Coaching Staff

Hurdles

- TBD

Throws (Shot Put, Discus)

- Dan Lister
- Steve Melloch

High Jump

- James Frazier

Coaching Staff

Long/Triple Jump

- Garrett Tsang
- Sarah Van Loon

Pole Vault

- Todd Arnett

Practices

- Monday-Friday beginning @ 4:00
- Practices usually end 5:30-6:00
- Weight training M/W/F 5:30-7:00
w/Coach Lister
- We practice on rainy days, holidays & during
spring break
- Athletes need to e-mail their coach if they are
going to miss practice
- Athletes can miss 5 days max for the season
(excludes days not in school)

What Everyone Should Have

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- Appropriate training and competition shoes
(each event coach can make recommendations)
- Team uniform
- 2023 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 \$65)
 - 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

Team Apparel

- Orders will be placed & paid for online
- 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. 15 – sizing day
 - Sat., Feb. 18 – apparel pickup
 - Sat., Feb. 25 – apparel pickup

Tryouts

- We've had close to 300 athletes on the team the past few years which is too many to coach safely and effectively
- Having a smaller team will allow the coaches to spend more time with each athlete
- We've had issues with limited training space with a large team. Reducing the size will help to create more areas for each group to train
- The team will still be a mix of competitive athletes and developmental athletes

Tryout Process

- The tryouts will be Monday-Thursday the first week of practice with evaluations being completed on Friday and event groups announced the following Monday
- 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 SRV
 - 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 2023 TRACK & FIELD SCHEDULE

<u>DATE</u>	<u>VS.</u>	<u>AT</u>	<u>TIME</u>	<u>Dismissal</u>
Thurs., Feb. 23	Bishop O'Dowd/Merrill West (s)	California	4:00	2:45
Thurs., March 2	St. Francis (s)	California	4:00	2:45
Sat., March 4	Ugly Eagles Relays**	Clayton Valley	TBA	N/A
Sat., March 4	Dan Gabor Invitational**	Amador Valley	TBA	N/A
Thurs., March 9	SRV/Foothill*	SRV	4:00	2:15
Sat., March 11	Wolf Pack Relays**	Merrill West	TBA	N/A
Fri./Sat., Mar. 17/18	Dublin Distance Fiesta**	Dublin	TBA	N/A
Sat., March 18	Eddie Hart Invitational**	Pittsburg	TBA	N/A
Sat., March 25	Bay Area Relays**	Foothill	TBA	N/A
Sat., April 1	West Coast Relays**	Buchanan	TBA	N/A
Fri./Sat., April 7/8	Arcadia Invitational**	Arcadia	TBA	N/A
Thurs., April 13	Dougherty Valley*	California	4:00	N/A
Sat., April 15	Granada Sprint & Distance Festival	Granada	TBA	N/A
Wed., April 19	Grizzly Cup (s)	California	4:00	N/A
Sat., April 22	Sacramento MOC**	American River JC	TBA	N/A
Fri., May 5	EBAL Varsity Championships	SRV	3:00	TBA
Sat., May 6	EBAL F/S Championships	SRV	10:00	N/A
Sat., May 13	Tri Valley Area Meet	Foothill	TBA	N/A
Fri./Sat., May 19/20	NCS Meet of Champions	Dublin	TBA	TBA
Fri./Sat., May 26/27	CIF State Meet	Buchanan	TBA	TBA

s = scrimmage

* = league dual meet

** = select team members only

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)

Other Team Events

- Carbo Loads
 - Wednesday, March 8th
 - Wednesday, April 12th
- Team Pictures – Friday, March 10th
 - Begin promptly @ 4:00
 - Must wear uniform for group picture
 - Ordering information will be on website
- Banquet – Tuesday, June 6th
 - 6:30pm @ Crow Canyon Country Club
 - 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
- 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
- Donations may be made online through the Cal High Future Fund Store and are **tax deductible**
- Can be paid when purchasing apparel
- 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, including weight room and bookkeeper

Team Coordinators

- Jody McCord – Grizzly Madness
- Jeneen Slack – Team Banquet
- Kristine Ackerman/Samantha Dube – Senior Day
- Team Carbo Loads – needed
- 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

Q & A

