

2025 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
- Christina Shamass
- Wilson Chu

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
- 2025 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 SD: SP, DT
- runningwarehouse.com, roadrunnersports.com, footlocker.com, Amazon, Dick's Sporting Goods

Shoe Deals

- **Forward Motion in Danville:**
 - 10% off for team members any time
 - Spike Weekend Feb. 15-17, details on website
- **Sports Basement in San Ramon:**
 - Online discount using the code CALTAF
 - Cal High Track & Field sales event:
 - February 20th, 5:45 PM to 7:45 PM
 - Gait analysis and shoe selection with our dedicated staff
 - Gift card raffle at 6 PM
 - Snacks and refreshments provided for the team
 - Exclusive shopping discount for all team members
- **Runningwarehouse.com**
 - 30% off sale ends tonight

Team Apparel

- Orders will be placed & paid for online
- Items will be picked up in person by appointment only
 - Bring copy of order form & payment receipt
- Link to order form will be on team website next week
 - Don't order early if you are unsure your athlete will make the team
- Apparel Dates:
 - Sizing Day – Tuesday, Feb. 18th 7:00-8:30pm
 - Apparel Pickup (select date and time during order)
 - Sat. Feb. 22, 11:00am - 2:00pm
 - Sun. Feb. 23, 11:00am - 2:00pm
 - Wed. Feb. 26, 7:00pm - 9:00pm

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 February 10-14, with evaluations being completed on Friday and event groups posted on the track site by Sunday
- Athletes will try out in one of three groups:
 - Distance
 - Throws
 - Sprints/Jumps/Hurdles (jumps includes PV & HJ)
- Athletes can try out in multiple groups, but may not get a complete assessment in each
- All athletes must have completed online registration and be cleared 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
 - Everyone participates
- 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
 - No buses this year
 - Athletes may only get rides from their parents
 - Early dismissal to allow enough time to arrive and warm up

Meet Schedule



CALIFORNIA HIGH SCHOOL 2025 TRACK & FIELD SCHEDULE

DATE	VS.	AT	TIME	Dismissal
Thurs., Feb. 27	Merrill West (s)	California	4:00	2:40
Sat., March 1	Dan Gabor Invitational**	Amador Valley	TBA	N/A
Thurs. March 6	Acalanes/Livermore (s)	California	4:00	2:40
Sat., March 8	Wolfpack Relays**	Merrill West	TBA	N/A
Sat., March 15	Eddie Hart Invitational**	Pittsburg	TBA	N/A
Fri./Sat., Mar. 21/22	Dublin Distance Fiesta**	Dublin	TBA	N/A
Sat., March 22	Swenson/Werne Invitational**	SRV	TBA	N/A
Wed., March 26	Dublin*	Dublin	4:00	2:20
Sat., March 29	Bay Area Relays**	Foothill	TBA	N/A
Wed., April 2	Foothill/SRV*	Foothill	3:00	12:45
Sat., April 5	East Bay Invitational**	California	9:00	N/A
Fri./Sat., April 11/12	Arcadia Invitational**	Arcadia	TBA	TBA
Thurs., April 17	Dougherty Valley*	California	4:00	2:40
Sat., April 19	Granada Dist. & Sprint Festival**	Granada	TBA	N/A
Wed., April 23	Grizzly Cup (s)	California	4:00	2:40
Sat., April 26	Sacramento MOC**	ARC	TBA	N/A
Fri., May 9	EBAL Varsity Championships	Foothill	TBA	TBA
Sat., May 10	EBAL F/S Championships	Foothill	TBA	N/A
Sat., May 17	Tri Valley Area Meet	Clayton Valley	TBA	N/A
Fri./Sat., May 23/24	NCS Meet of Champions	Dublin	TBA	TBA
Fri./Sat., May 30/31	CIF State Meet	Buchanan	TBA	TBA

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 5th
 - Wednesday, April 16th
- **Team Pictures – Friday, March 28th**
 - Begin promptly @ 4:00
 - Must wear uniform for group picture
 - Ordering information is on website
- **Banquet – Monday, June 2nd**
 - 6:30pm in the Cal High Commons

Other Sports/Training/Activities

- Playing club sports
 - Can cause overtraining which will hamper performance late in the season
 - May create scheduling conflicts with meets
- In season personal trainers/supplemental coaches
 - Can lead to overtraining and injury
 - Possibility of athletes getting conflicting information regarding their event technique and training
- Cal High activities (mock trial, senior trip, dances, etc.)
 - Need to communicate with coaches about any possible conflicts

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
- Home Meet Timer & Starter
- EBAL Awards
- CHS Athletic Expenses
- **What happens when we don't get enough donations?**

Fundraisers

- Team Donation
- Apparel Sale
- East Bay Invitational
- eTeam Sponsor
- Home meet snack shack
- CAB poker night auction baskets

Athletic Booster Poker Night

- Jody McCord – coordinator
(925) 640-6574
- Sat. March 8th
- SR Community Center
- Buffet dinner
- 2 Bars
- Live Music
- Poker Tournament
- Live Auction



Home Meet Snack Shack

- Kim Wolken – coordinator
(925) 997-9734
- Volunteers needed for each home meet
 - 2-4 for weekday meets, 8-10 for EBI
 - High schoolers can volunteer
 - No young children allowed in the shack during meets
 - Signups will be on each meet's SUG
- Food Donations
 - This year we are asking for more food donations so the team can make a larger profit
 - Items can be purchased at Costco or Costco Business Center
 - A SUG will be made available for food donations soon

Team Awards Banquet

- Tanya Williams – coordinator
(916) 417-8581
- Monday, June 2nd
- 6:30pm in the Cal High Commons

Team Coordinators

- Poker Night Auction Baskets – Jody McCord
- Team Banquet – Tanya Williams
- Team Carbo Loads – Niko Holmes
- Snack Shack – Kim Wolken/Kim & David Bellinger
- Senior Day – Open, any volunteers?

Team Web Site

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

Q & A

