

# 2026 Parent Meeting

*Cal*  
TRACK & FIELD

# Coaching Staff

## Sprints (100, 200, 400, 4x100, 4x400)

- Mark Karbo – Varsity
- Brian Henderson– Frosh-Soph
- Jessica Schembri – Rec Group

## Distance Events (800, 1600, 3200, 4x800)

- Nick Shea
- Carrie Chavez
- Steve Chavez
- Chris Coats

# 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

- Deanna Nudo

# Practices

- Monday-Friday beginning @ 3:30-4:00 (depending on group)
- Wednesdays may begin earlier
- 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
- 2026 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](http://runningwarehouse.com), [roadrunnersports.com](http://roadrunnersports.com), [footlocker.com](http://footlocker.com), Amazon, Dick's Sporting Goods

# Shoe Deals

- **Forward Motion in Danville:**
  - 10% off for team members any time
  - Spike Weekend Feb. 14-16, details on website
- **Sports Basement in San Ramon:**
  - Online discount using the code CALTAF
  - Cal High Track & Field gear up event:
    - February 19th, time TBA
    - Gait analysis and shoe selection with staff
    - Gift card raffle
    - Snacks and refreshments provided for the team
    - Exclusive shopping discount for all team members

# 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 after tryouts
- Apparel Dates:
  - Sizing Day – Tuesday, Feb. 18<sup>th</sup> 7:00-8:30pm
  - Apparel Pickup (select date and time during order)
    - Sat./Sun. Feb. 21-22, 11:00am - 2:00pm
    - Wed. Feb. 25, 7:00pm - 9:00pm
    - Sat. Feb. 28, 11:00am - 2:00pm

# 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 9-13, with evaluations being completed on Friday and event groups posted on the track website by Sunday
- Athletes will try out in one of three groups:
  - Distance
  - Throws
  - Sprints/Jumps/Hurdles (jumps includes LJ, TJ, 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 2026 TRACK & FIELD SCHEDULE

<u>DATE</u>	<u>VS.</u>	<u>AT</u>	<u>TIME</u>	<u>Dismissal</u>
Thurs., Feb. 26	Merrill West (s)	California	3:30	2:20
Thurs. March 5	Acalanes (s)	Acalanes	3:30	1:45
Sat., March 7	Dan Gabor Invitational**	Amador Valley	TBA	N/A
Thurs., March 12	Dougherty Valley*	Dougherty Valley	3:30	2:00
Sat., March 14	Wolfpack Relays**	Merrill West	TBA	N/A
Fri./Sat., Mar. 20/21	Dublin Distance Fiesta**	Dublin	TBA	N/A
Sat., March 21	Swenson/Werne Invitational**	SRV	TBA	N/A
Thurs., March 26	Livermore/AV*	California	3:30	2:20
Sat., March 28	Bay Area Relays**	Foothill	TBA	N/A
Sat., April 4	East Bay Invitational**	California	9:00	N/A
Wed., April 15	SRV/Foothill*	SRV	3:30	1:45
Sat., April 18	Granada Dist. & Sprint Festival**	Granada	TBA	N/A
Wed., April 22	Grizzly Cup (Senior Day)	California	4:00	2:40
Sat., April 25	Sacramento MOC**	American River CC	TBA	N/A
Sat., May 2	Wildcat Invitational**	Dougherty Valley	9:00	N/A
Fri., May 8	EBAL Varsity Championships	Amador Valley	TBA	TBA
Sat., May 9	EBAL F/S Championships	Amador Valley	TBA	N/A
Sat., May 16	Tri Valley Area Meet	Foothill	TBA	N/A
Fri./Sat., May 22/23	NCS Meet of Champions	Dublin	TBA	TBA
Fri./Sat., May 29/30	CIF State Meet	Buchanan	TBA	TBA

s = scrimmage

\* = league dual/tri 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)
- 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 11<sup>th</sup>
  - Tuesday, April 14<sup>th</sup>
- **Team Pictures – Friday, February 27<sup>th</sup>**
  - Begin promptly @ 4:00
  - Must wear uniform for group picture
  - Ordering information will be on website
- **Banquet – Tuesday, June 2<sup>nd</sup>**
  - 6:30pm in the Cal High Commons

# Other Sports/Training/Activities

- **Playing club sports** (soccer, 7on7 football, volleyball, etc.)
  - Can cause overtraining which will hamper performance late in the season
  - May create scheduling conflicts with meets
  - Track is considered the priority over club sports
- **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

# Other Sports/Training/Activities

- Cal High Football

- Athletes may go to football weights after school, but must be on time for the start of track & field practice – track workouts will not be modified because of heavy football lifting
- Weight lifting should be modified before meets and at the end of the track & field season when we are aiming for peak performance
- Athletes that qualify for the post season in track & field (even as a relay alternate) may not attend spring football practices until their track season is finished – no exceptions

# 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 auction items

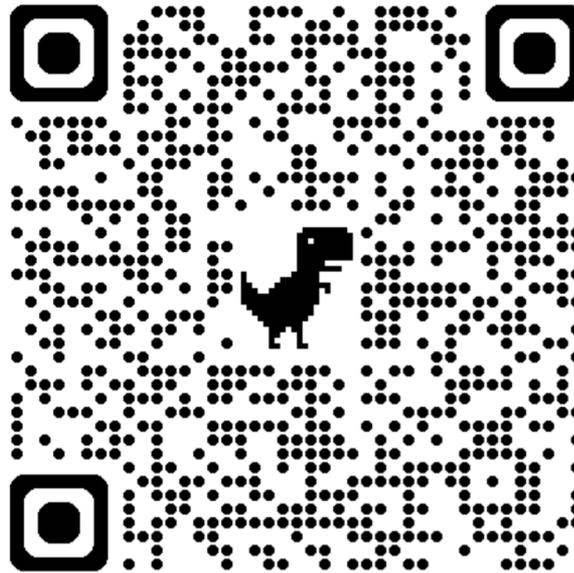
# Team Coordinators

- Team Banquet – Jenny Crosby
- Team Carbo Loads – Niko Holmes
- Snack Shack – Kim & David Bellinger
- Senior Day – Tracy Hong
- Senior Banners – Tanya Williams
- Team Photographer – Volunteer Needed
- CAB Auction Baskets – Volunteer Needed

# Senior Banners

Tanya Williams/Adela Griffin

Track and Field Senior Banner Order Form



# CAB Info

Adela Griffin

# Home Meet Snack Shack

- Kim & David Bellinger – coordinators
- 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 again are asking for food donations so the team can make a larger profit
  - Items can be purchased at Costco or Costco Business Center
  - A SUG is linked on the team website to sign up for donating

# Collegiate Track & Field



# Leveraging Track & Field

## Leveraging Track and Field

### Why look into it?

- Lots of great students
- Differentiate yourself
- Teams get filled first
- Elite school opportunity
- Potential for athletic and academic scholarships
- Grades plus athletics

### Selective Schools

- CalTech – 3%
- Pomona – 7%
- Swarthmore – 7%
- Bowdoin – 8%
- Tufts – 10%
- Grinnell – 13%
- Haverford – 13%
- Weslavan – 17%
- Colorado College – 20%
- Carleton – 22%

# Recruiting Assistance

## Recruiting Assistance

- Research current rankings
- Research target schools
- Research team fit
- Social media presence
- Social media resources
- Email intro to coaches
- Follow up email to coaches

Questions?

David Bellinger

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925.998.6173

# Team Web Site

- [www.calhstrack.com](http://www.calhstrack.com) (not Tripod site anymore)
  - Schedule
  - Coaches contact info.
  - Forms
  - Meet results
  - All time top 10 list
  - Parent information
  - Roster
  - Team manual
  - Volunteer signups

# Q & A

