

Welcome Freshmen!



May 4, 2020

Our philosophy

If you show up to practice consistently, attend meets, work hard, and listen to your coaches, there is a spot for you on the team.

Our philosophy

Athlete Priorities:

1. Family
2. School
3. Track and Field

Team Goals

- Every Athlete is coached
- Every Athlete improves over the course of the season
- Every Athlete has fun and feels like they are part of the team

Our coaches: sprints, hurdles, jumps and relays

David Kohls - Women's Head Coach

Joe Escobar - Men's Head Coach

Joy Upshaw - Hurdles, long jump

Scott Brady-Smith - Hurdles, high jump, triple jump

Ken Bayless - Pole Vault

To learn more, visit acalanestack.com/coaches

Our coaches: distance and throws

Ed Basaldua - Head of Distance Running

Sue Gersten - Distance

Chris Clark - Throws

John Burns - Throws

To learn more, visit acalanestrack.com/coaches

Team parents and Booster reps

Our team parents are:

- Daphne Seymour
- Chris Dodge

Our Booster Rep is:

- We need a new one!

Parents are critical to the success and operation of our team. Your help is needed in many ways. Typically this is done through fulfilling the suggested participation donation and volunteering to work at meets and other events.

What we've accomplished since 2018

- 1 DAL Foothill Division Championship (Varsity Boys)
- 5 DAL Individual Champions
- 23 NCS Tri-Valley Qualifiers
- 16 NCS Meet of Champions Qualifiers
- 9 NCS Meet of Champions Medalists
- 1 CIF State Meet Qualifier
- 2 School Records
- 16 All-Time Top 10 Performances

KACHOW!

What Is Track and Field like?

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How the team works

Athletes pick what events they want to train for and then coaches assign athletes to training groups

Coaches work with athletes to enter them in events and meets based on team goals

There are 2 divisions in track, Varsity and Frosh-Soph. Anyone may compete on Varsity*, but only Freshmen and Sophomores may compete in Frosh-Soph

Athletes are limited to 4 events per meet, counting relays (CIF Rule)

*post-season

What our practices are like

Our practices are short, and lots of fun - we are all about quality over quantity, and we believe that fresh, healthy athletes are the happiest athletes!

We start with a full team warmup followed by brief announcements, then everyone goes to their event groups and event coaches

We try to always end practice before 5 pm so that everyone can go home at a reasonable time

What our meets are like

Meets are the best part of track and field. (Parents: these do NOT end at 5pm)

[Photos from the 2020 Season](#)

Here's a few races from the last 2 seasons:

<https://vimeo.com/393200624>

<https://vimeo.com/329725934>

Season Schedule

Track and Field runs from the last week of January until the beginning of May, when the post season begins (if you do a Winter Sport, you can join whenever that sport ends)

Practices are 3:30 to approximately 5pm on weekdays

Every athlete will have the opportunity to compete in at least 5 meets. An athlete who qualifies could compete in as many as 19-20 meets, although this is very unlikely. We will also host at least 2 dual meets and our 51st Annual (Alien-themed) Bob Warren-Charlie Eaton Relays.

Every year, we also have fun with pasta feeds and bbqs and our Awards Night at season's end.

If you want to see last year's schedule, acalanestrack.com/schedule

Schedule - Spring Break

Our season runs through Spring Break, but we do not hold formal practice that (great time for vacations!)

Qualifying athletes may elect to attend Stanford Invitational, Chico Invitational or Arcadia Invitational in Los Angeles on the weekends that bookend Spring Break.

If you want to see last year's schedule, acalanestrack.com/schedule

Post-Season (playoffs...kind of)

At the conclusion of the regular season in early May, the Track and Field Post-Season begins - the top 16 Frosh-Soph Athletes and the top 32 Varsity athletes in DAL qualify for League Trials.

After that, qualifying athletes move on and will compete in meets every Saturday until the end of May so long as they continue to qualify

Preseason

Our preseason training program (for athletes not doing a winter sport) begins the Monday after Thanksgiving Break, pauses for Finals and Winter Break, and continues in January until the season starts - more information will be available in the fall.

Preseason is not mandatory, but strongly encouraged

Preseason is about making friends, and also about building strength and fitness

Preseason practices have a slightly different schedule:

- Non-Throwers practice Monday through Thursday 3:30-4:45pm
- Throwers practice Monday, Tuesday, Thursday, Friday 3:30-5pm

If you want to see last year's schedule, acalanestrack.com/schedule

Uniforms and spirit wear

Uniforms

- If you have a uniform from Cross Country, you don't need a 2nd one for track
- You can use the same uniform for all 4 years (in both sports!)
- We have a very cool website which delivers uniforms and spirit wear to your doorstep, you can see it [here](#)

To stay in touch

Parents only:

Join our Parent Remind group (text @acatparent to 81010 for text alerts)

Students and Parents:

Follow our team instagram ([instagram.com/acalanestf](https://www.instagram.com/acalanestf))

Pay attention in school bulletin and Boosters Newsletter for Preseason Info Meeting in late Fall

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