

And the Trojans Roll On:

DASH & MAURICE JR. IMPRESS IN PRE-SEASON

Dash Oliver is seriously building on his reputation from his sophomore year where he added the HAAL 100 meter title to his resume. He recently had the fastest high school 60 meter dash time at the UC Berkeley All-Comers' Meets. The off-season work is paying off, and with the addition of some of the football speed merchants this year, we should have a very serious sprint squad this year.

Maurice Valentine continued his unbeaten streak in the high jump this year as he bounced over 6-10 at the Simplot Indoor Games last weekend held at the Idaho State College indoor track. (Heck of a trip – fly into Salt Lake City, then drive 2 hours north in the winter into Idaho.) He also added a very impressive 7th in the 60 meter hurdles. Both of his marks were school indoor records.

Simplot Results:

Event 3 Men 60 Meter Hurdles -

Heat 7 of 12 Prelims
1. Maurice Valentine Jr. 8.47

Heat 2 of 3 Finals
3. Maurice Valentine Jr. 8.37
(7th overall)

Event 34 Men High Jump
1 Maurice Valentine Jr. 6-10.00

Cal All-Comers Meet 2-16

High School Boys 60 meter dash

Heat 3
1. Dash Oliver 7.09 wind -1.3

High school boys 200 meter dash

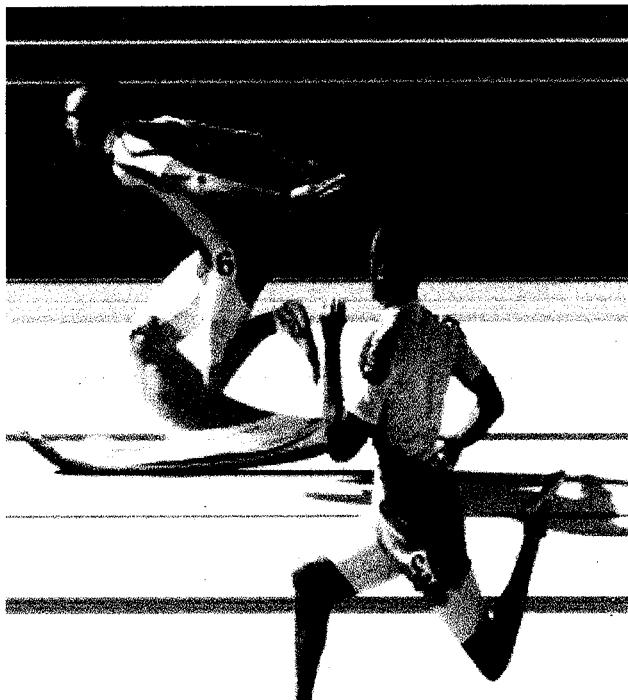
Heat 4
1. Dash Oliver 22.78 wind +1.4

Strong Points For CVHS

Clearly, these two boys are very ready for the upcoming season. We know that we are also blessed with some serious boys' sprint talent that is doing some very good early season work. We also have the best boys' and girls' distances squads in our league, and very near the best in NCS. And we anticipate with the close of the soccer, wrestling, and basketball seasons coming up that we will be joined by more exceptional athletes in the near future. This is a very good cornerstone basis for the team.

New Kids Looking Good

And this is not even to mention the new faces that are on the team this year. We have slew of new kids that are working hard and will improve dramatically as the season goes on. Only time will tell how good they will be, but early indications are that we will have some nice surprises as the season takes its course.



Dash leans into the finish with his own school record in the 60 meter outdoor dash at 7.09 seconds.

Short Workout On Wednesday

NCS Girls' Soccer Pre-Empts Workouts

We will have to shorten our workout on Wednesday, because the CVHS girls' soccer team is hosting a 2nd round soccer game and their game starts at 6:00 p.m. We are being asked to have done and be out of there by 5:30 p.m. on Wednesday so the school can start selling tickets and the snack bar can start selling food.

What this means is that if you can show up and get going as soon as you arrive on Wednesday, we can get through the warmup and get to the workout right away.

Volunteers Needed !!

CV Invite Just Around The Corner

We are only a month away from our own invitational, and that means we put the call out for our volunteers. We will need everyone to be ready to pitch in: coaches, athletes, parents. There is more than enough work to do to get a meet going, and this year we are going with a two-day format as well.

We have a crew of veteran parents who will be calling around real soon to line up parent volunteers for various jobs. These range from raking sand in the long jump pits to holding a stopwatch to putting up the high jump bar to cooking burgers to putting medals into envelopes to selling t-shirts, et cetera. There will be no shortage of opportunities to help out.

All of the athletes will be dragooned into helping in one aspect of the meet or another, but mostly as assistant officials at the field events and relay exchanges.

This meet is one of our annual big fundraisers, and is also a long-standing tradition. We have been doing this version of the CV Invite for the last 14 years, and have become a bit of a fixture on the invitational scene in the East Bay. This year, to showcase our new facility, we have expanded to a two-day format to separate the frosh-soph from the varsity. We are also going earlier in the track season to avoid bumping into Easter.

We anticipate between 15 and 20 teams making an appearance, so we should have a good turnout of participants and some good competition. Expect the call soon !

Stopwatches and sprinters

Time Trials This Week

Sometime this week we are going to get sprinters and hurdlers into the blocks and get some times. After three weeks of workouts we need to get a picture of just what we have so far so we can start making up entry lists for our early meets.

So, we need athletes to bring their spikes to each workout so we can get you used to the shoes, and you'll be ready to go when we break out the stopwatches.



Last year's 4 x 800 team returns intact and hopes to break our school record. Here they pose with medals earned at the prestigious Mt. SAC Invitational in Los Angeles: Pam MacLeod, Megan Lee, Haley Batis and Chelsea Schneider.

Who Is Not Getting This E-Blurb?

If you know someone who is not on this list, and would like to be, just get them to e-mail me and I'll add them on. If you would like to be deleted, likewise send me a message and I'll drop you name.

Questions? Concerns? Dire Warnings? True Confessions?

Contact Brewer anytime:

H: 925-945-8869 cell: 510-919-4769 pcb@ifn.net pbrewer@cv.k12.ca.us

The Daily Blurb

Wednesday, February 20, 2008

Wednesday Workout To Be Abbreviated

The success of the high-ranked Girls' soccer team has overlapped onto our training season. This afternoon we will be chased from the stadium at 5:30 p.m. so the facility can be secured and set up for the NCS playoff game. This is a semi-final game, and if the girls win here they will be in the title game on Saturday.

Even though we will have to pack up and leave early, we are still going to be able to get in a full workout. We just have to be a bit quicker about it.

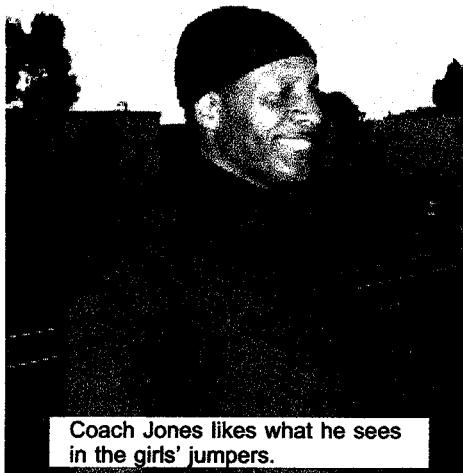
Time Trials On Thursday

The coaches would like to see just where we are with our conditioning so far, so we will have a set of races on Thursday to find out. The sprinters will be doing 100 meter dashes, and the distance coaches will be setting up a race distance for their crew. The field events don't need a time trial, as next week's scrimmage will do nicely for that.

Sprinters and jumpers and hurdlers are encouraged to bring their spikes to workouts every day now. If you don't have a pair, get a pair.

Introducing Coach Jones

We have added a new face to our crew this year to fill out our coaching staff. We are privileged to have Miflin "Dooney" Jones join us this year (after many years of urging, I might add). Coach Jones will be our horizontal jumps coach. He has full expertise in all the events, having been a head coach at Mt. Eden before a stint as jumps coach at Logan.



Coach Jones likes what he sees in the girls' jumpers.

And Speaking Of Coaches --

For the first time in memory (at least the memory of this head coach) that we have had event coaches covering all the areas of the team. This means that we now have 10 coaches for the team and that no area needs to be neglected, subjected to second-tier status, or be shoe-horned into another set of workouts.

To review our coaching staff and area assignments:

Peter Brewer:	Head coach; administrative, girls' sprints, high jump
Barbara Klews:	Co-Head coach: eligibility and attendance, throws
Raoul Perez:	girls' distance
Rik Philpott:	assistant girls' distance

Dino Cardiasmenos:	boys' distance
Mel Ashford:	Girls' hurdles
Maurice Valentine, Sr:	boys' sprints & hurdles
Mike Spencer:	middle distance
Jeff McGallian:	pole vault
Dooney Jones:	long and triple jump

Colds, Sniffles, Coughs and Outright Illnesses

This is definitely the cold and cough season. Whenever the weather turns (warm to cold, cold to warm) accompanied with rain the respiratory system takes a hit. We have our share of athletes with runny nose out here.

For the most part, conditioned athletes shake off colds quicker than their sedentary counterparts, and the illnesses do not last as long. This does not mean that track athletes don't get sick -- they do. It just means that the illness does not set track athletes back as much.

Here are a few tips about dealing with colds, and training:

- 1) Unless the athlete is definitely debilitated, running and training does not adversely affect a cold. A real lung illness (flu, or worse), where the athlete is not even able to attend classes, is always a concern. The general rule of thumb is that if the athlete is well enough to attend classes, the athlete is well enough to go to workouts, even though he or she may have to do a shorter or easier workout.
- 2) Dressing warmly is very important. Athletes should always wear sweat tops and bottoms to each workout. It is easy to take off outer garments when warmed up. It is difficult to add garments when cold if you didn't bring them.
- 3) Hydration and nutrition. Athletes have to be very careful to monitor what they put into their bodies. Having a cold essentially doubles the need to stay hydrated, and a balanced nutritious food intake with all the vitamins is crucial if the body is to have the resources to fight the illness.

Time Trials
February 21, 2008

We had our first time trials yesterday, and got a lot of sprinters to get their first taste of the competition for the season. Starting blocks, the gun, stopwatches, flags and whistles – we had it all.

Some of the athletes were wondering about the conversion times. Well, take your 60 meter time and add about 4 seconds if you are a boy, and about 5 seconds if you are a girls. and you will get a rough idea of your 100 meter time.

60 meters

Girls

Heat 1	
Erica Dean	10.1
Angie Shin	10.3
Leana Lew	11.7
Alison Tominaga	11.9

Heat 2	
Marisa Schneider	8.7
Amanda Suey	9.3
Julia Cisneros	9.9
Sarah Jang	10.2

Heat 3	
Kandice Douglas	7.6
Alena LeBlanc	8.5
Jemaiah Flowers	9.2

Boys	
Heat 1	
Damon Rosby	7.2
Dominic Shortridge	8.3
Bobby Batis	8.3
Andrew Wiegardt	8.8

Heat 2	
Fredy Rice	7.1
Elliot Rice	7.3
Moshtaba Afschar	8.2
Tim Wong	8.5

Heat 3	
Obatore Ugbayan	7.2
Daniel deLorimeir	7.3
Adam Nikssaviah	7.8

Heat 4	
Johnny Barbieri	7.2
Jordan Mackey	7.3
Roden Briones	8.1
Jessica Brooks	11.8

Heat 5	
Josh Bivings	9.0
Kyle Biondi	9.5
Jimmy Quintanilla	9.5
Jordan Laris	9.5

200

Girls

Heat 1	
Marisa Schneider	30.8
Erica Dean	34.3
Amanda Suey	34.5
Sarah Jang	35.3

Heat 2	
Julia Cisneros	34.9
Angie Shin	35.9
Leana Lew	41.2
Alison Tominaga	45.0

Heat 3	
Kandice Douglas	28.0
Alena LeBlanc	28.7
Jemaiah Flowers	32.3
Jessica Brooks	42.0

Boys	
Heat 1	
Damon Rosby	24.1
Bobby Batis	25.1
Dominic Shortridge	25.7
Kyle Biondi	27.5

Heat 2	
Fredy Rice	23.8
Elliot Rice	24.6
Moshtaba Afschar	27.6

Heat 3	
Obatore Ugbayan	25.3
Adam Nakssarian	26.7
Roden Briones	26.7
Jordan Laris	28.8

Heat 4	
Jordan Mackey	25.3
Josh Bivings	26.9
Jimmy Quintanilla	27.8
Jordan Laris	28.8

And overall, how did we all compare?

60 meters

Fredy Rice	7.1
Damon Rosby	7.2
Obatore Ugbayan	7.2
Johnny Barbieri	7.2
Elliot Rice	7.3
Daniel deLorimeir	7.3
Jordan Mackey	7.3
Kandice Douglas	7.6
Adam Nikssarian	7.8
Roden Briones	8.1
Moshtaba Afschar	8.2
Dominic Shortridge	8.3
Bobby Batis	8.3
Alena LeBlanc	8.5
Tim Wong	8.5
Marisa Schneider	8.7
Andrew Wiegardt	8.8
Josh Bivings	9.0

200

Girls

Jemaiah Flowers	9.2
Amanda Suey	9.3
Kyle Biondi	9.5
Jimmy Quintanilla	9.5
Jordan Laris	9.5
Julia Cisneros	9.9
Erica Dean	10.1
Sarah Jang	10.2
Leana Lew	11.7
Jessica Brooks	11.8
Alison Tominaga	11.9

200 meters

Fredy Rice	23.8
Damon Rosby	24.1
Elliot Rice	24.6
Johnny Barbieri	24.8
Bobby Batis	25.1
Obatore Ugbayan	25.3
Jordan Mackey	25.3
Dominic Shortridge	25.7
Daniel deLorimeir	25.8
Jimmy Sunga	25.9
Adam Nakssarian	26.7
Roden Briones	26.7
Josh Bivings	26.9
Kyle Biondi	27.5
Moshtaba Afschar	27.6
Jimmy Quintanilla	27.8
Kandice Douglas	28.0
Tim Wong	28.4
Alena LeBlanc	28.7
Jordan Laris	28.8
Marisa Schneider	30.8
Jemaiah Flowers	32.3
Erica Dean	34.3
Amanda Suey	34.5
Julia Cisneros	34.9
Sarah Jang	35.3
Angie Shin	35.9
Leana Lew	41.2
Jessica Brooks	42.0
Alison Tominaga	45.0

So, what was all this time trial business for? The coaches needed to see the athletes in a competitive situation, and to have them experience the blocks, the gun, the finish line, and all the little things that make up a race.

We also wanted to see the performance comparisons. This is still very early in the season, so the times will improve. Some athletes are rookies, others are veterans. Some have been working for a few weeks now, others just a few days. Some had their spikes, others did not.

Some athletes were with the vaulters and jumpers, and did not run. We will get them into a race soon enough.

Using this information, and the workouts, we will have a good sense of how to make up our relay teams for the next two meets. Be prepared to get some baton practice in.

Scrimmage Next Week

American High Comes to Castro Valley

The Eagles of American High School (Fremont) are coming next Wednesday for our first competition of the season. This is a scrimmage, which means that we do not score the meet, nor do we separate the varsity from the frosh-soph. We will be running events in boys' and girls' divisions only.

The meet starts at 3:30 -- you get out of class at 2:30. This means that you get dressed to run and go directly to the track. We will be setting up camp in the home side of the bleachers, so that we do not have our stuff strewn all over creation. The meet will probably last until about 6:30 (hey, we turn on the lights!) so dress warmly and brings snacks and fluids. Homework is a good idea too.

This is a scrimmage, so you do not have the normal limitation of only 4 events. We encourage athletes to try as many events as they can squeeze in.

Come prepared -- running clothes, shoes, fluids, snacks, tote bag, warm clothes. Be mentally prepared -- know the order of events, know the events the coaches want you to run, be sure to warm up thoroughly and be ready to report to the starting line when the race is called. Even if the race is not called, be ready to show up when the previous race is going on to be ready.

Be sure to stay to the end of the meet to cheer on the last relay. Many of you will be running in that relay, since we will be running multiple relays.

No uniforms are required. We will be taking care of them the day after the scrimmage.

The order of events is a bit different than the regular dual meet order:

running events start at 3:30

4 x 100
1600
High hurdles
100
800
300 hurdles
4 x 400
field

field events start at 3:30 p.m.

High Jump
Long Jump
Triple Jump
Pole Vault
Shot Put
Discus

Meet procedures:

Race check-in: make sure you report to the starting line no later than the 3rd call, already warmed up. (your coach will have warmup procedures for each event). After you cross the line, stay in your lanes, or hold onto your finish card, until the finish clerk gets your name down. Then you can wander off and do your cooldown.

Field events: check-in to the event BEFORE the meet starts at 3:30, and make sure your full name (no nicknames) is on the clipboards. Get your marks and steps down before the meet starts. If you are in more than one event, make sure the person running your field event knows where you are going.

Upcoming Schedule

DeLaSalle Invitational Next Weekend

We travel to Concord next Saturday for the DeLaSalle Invitational. (They call it the Super Seven, but it is sponsored by DeLaSalle so we use that name). This meet is actually held at Ygnacio Valley High, which is right around the corner from DLS.

This meet is a good early season opener for us since it features relays in everything except the 3000, the 100, and the hurdles. All field events are individual. With competition in GV, BV, GFS and BFS divisions, we can get almost everyone on the team into at least one race. Keep your eyes out for race entries next week so there are no surprises. Most athletes who attend will be asked to compete in multiple events, so be prepared.

A String of Saturdays -

Weekends Define Our Season

The weekend invitational is the crucial element of our season. We schedule a slew of them because that is where the competition is, and that is how we can improve. We have scheduled meets for two specific reasons – one is to go to meets where we can have our whole team compete, varsity and frosh soph; and two is to go to meets where our top varsity can meet the best competition around to see how we stack up.

The “everyone goes” meets are the DLS Invite, the East Bay Invite, our own CV Invite, the Martinez Relays, the Chabot College meet, the Top 8 meet, and the Bob Warren Invitational. The “top varsity only” meets are the Mt. Pleasant Relays, the Arcadia Invitational and the Mt. SAC Invitational.

Early to Late:

Saturday Meets Frequently Go Late -- Spectators Need Stamina

The Saturday invitationals often run a bit long into the afternoon. Sometimes this is because the meet is not managed especially well. Sometimes this is because there are many schools and many events. Be prepared to come early and stick around for awhile.

Those of you who have experience with youth soccer tournaments, or Junior Olympic track meets will be pleased to know that our meets do not involve that level of time commitment. Hopefully all Saturday meets (except for the very big ones) are over well before sundown.

The travel meets (Arcadia and Mt. SAC) will require an overnight adventure. This will involve a charter bus, hotel accommodations, team dinners, and additional expense on the part of the parents.

Uniforms! Uniforms ! Uniforms !

The uniform information is on a separate attachment. Be sure to take a look. We hope to be able to start issuing uniforms as soon as Thursday, February 28.

The Daily Blurb

"From the tremendous to the trivial"
Monday, February 25, 2008

vs. American High

Scrimmage On Wednesday Here At CVHS

Make sure you know all of your events that your coaches want you to compete in, and try a few others out as well. You never know what you might be good in.

Here are the order of events:

running events start at 3:30

4 x 100

1600

High hurdles

100

800

300 hurdles

4 x 400

field events start at 3:30 p.m.

High Jump

Long Jump

Triple Jump

Pole Vault

Shot Put

Discus

You are dismissed from class at 2:30.

The meet starts at 3:30.

Uniforms are not required for this scrimmage.

Are You Entered In the DeLaSalle Invitational?

We are using the scrimmage against American to determine just who is running in what races on Saturday at the DeLaSalle Invitational. We will try to get everyone in an event, but not everyone will be asked to go. (Of course, you can always show up to cheer, help Brewer and Spencer with stats, and soak up the absolutely unparalleled joyous experience of a high school track meet in progress.)

Clearly, the better you do in the scrimmage the better your chances are of going to the DeLaSalle Meet. Your coaches will let you know no later than Thursday. Run hard, leap far, throw into the far distance.

Coaching Trivia: Did You Know?

How much do you know about your coaches? Take this little quiz and find out.

1. Which coach was a three-time section champion in high school, in three different sports?
2. Which two coaches used to coach wrestling?
3. Which coach is a former record-holder here at CVHS?
4. Three coaches grew up in and attended high school in Southern California. Who are they?
5. Which five coaches have had their own children attend CVHS?
6. Who was a faster miler in high school: Dino or Spencer?
7. Which three assistant coaches have formerly been head track coaches at different high schools? (for extra credit, name the schools too.)
8. What was Coach Valentine's track event in college?
9. Which coach was a two-sport athlete in college?
10. How many of the ten track coaches have sent an athlete to the state championships? (sort of a trick question, but not really).
11. Three coaches competed at Cal State Hayward. Name the coaches, and the sports.
12. Which coach competed on his high school soccer team?
13. And the bonus question: What was Coach Brewer's best event in high school. (Hint -- it was not the hurdles, nor was it the shot put.)

Spring Sports

Parent Night Tonight

Tonight is the school-wide parent night for all of the spring sports. This is intended primarily for the school administrators and our Athletic Director (Marie Gray) to make sure that all parents have a chance to learn the overall school philosophy and procedures concerning athletics.

It is a bit of a dog-and-pony show, with much of the information already available on the school website. Still, it is a good chance to ask questions and get up-to-date on any new regulations and rules.

I will be there as well, in case any track parents want to chat after we are done with the general all-sport session.

Bring money or checks

Uniforms Issued On Thursday In New Gym

We will be issuing uniforms and sweats on Thursday. The uniform flyer shows the options and the prices. Bring cash or a check for the deposit. \$25.00 per garment deposit. That makes \$50.00 for the uniform (top & bottom), and \$50.00 more if you want the sweats (top & bottom) as well. The speedos are an additional \$25.00 per garment.

Caution To Shoppers:

Girls, this is not a shopping expedition.

There are no fashion statements here.

Either you get the uniform, or you do not compete.

All of the older uniforms have been laundered, so you will not get cooties.

We are not Beverly Hills, so we do not require you to buy your uniforms each year. Only a deposit is needed.

We have to get uniforms to lots of athletes, so just get yours and move on. Do dawdling.

No, you can't browse through the selections.

No, there are no discounts. You may pay extra, if you wish.

There is no "cute" or "ugly" in track uniforms. There is only uniform or no uniform.

Complaints are disregarded, and sniveling is ignored.

P.E. shorts are not shorts – they are longs. They are not official uniforms and are not allowed.

Boys: the "saggy-baggy" prison look is not allowed on this team. Wear shorts at meets or don't compete.

Options:

Varsity sprinters may get the speedos if they wish. (Boys, we only have a few, so they go to the "A" relay.)

We have some older "retro" sweat shirts. Check out the ones on display.

We have some commemorative sweats and t-shirts from previous years for sale.

We have some cross country warm-ups. Check out the ones on display.

We will be giving out uniforms after workouts on a regular basis as the season goes on. Get yours as soon as you can so you are not forced to borrow from other athletes in order to compete.

DLS Invitational Time Table

It is dangerous to predict exactly when each race will be, because of all the variable in the bullpen, the start, the race, the finish crew, et cetera. The best the meet management can do here is get the meet underway on time, follow the order of events, and keep the meet moving along to finish sometime in the late afternoon. The best solution is to arrive early, stay late, and bring snacks, fluids and a book. Here is the order of events.

Field Events: 8:30 AM

Pole Vault FSG-VG-FSB-VB

Shot Put VB-FSB-VG-FSG

Discus FSG-VG-FSB-VB

"Super Seven Discus Championship"

The top seven individuals in a final round of a special award will be given to winning throwers.

Long Jump VB-VG-FSB-FSG

Triple Jump VB-VG Following the completion of the Long Jump.
Estimated time: 1:00 PM

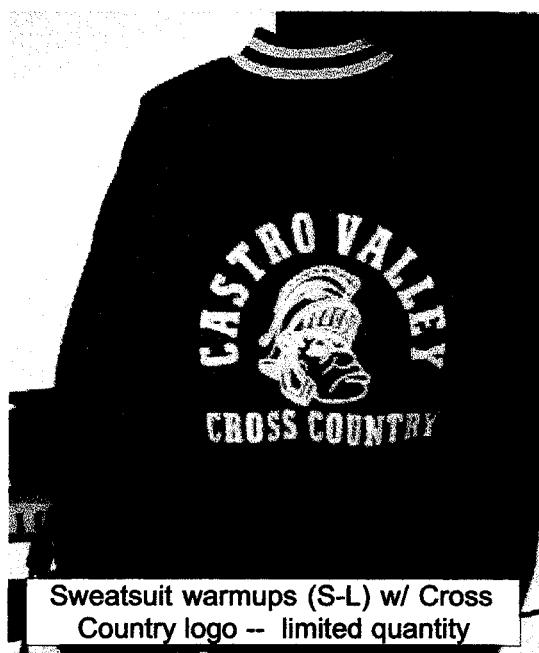
High Jump FSG-VG-FSB-VB

**All athletes should check in when field event is called. They will be given their flight assignment after all athletes have checked in.*

Running Events: 9:00 AM

1	3000 Meters	FSG-FSB
2	4 X 100 Meter Relay	FSG-FSB-VG-VB
3	Distance Medley Relay	FSG-FSB-VG-VB
4	300 IM Hurdles	FSB-VB-FSG-VG
5	100 Meter Dash	FSG-FSB-VG-VB
6	4 X 800 Meter Relay	FSG-FSB-VG-VB
7	4 X 200 Meter Relay	FSG-FSB-VG-VB
8	3000 Meters	VG-VB
9	4 x 400 Meter Relay	FSG-FSB-VG-VB

Track Uniforms & Sweats --



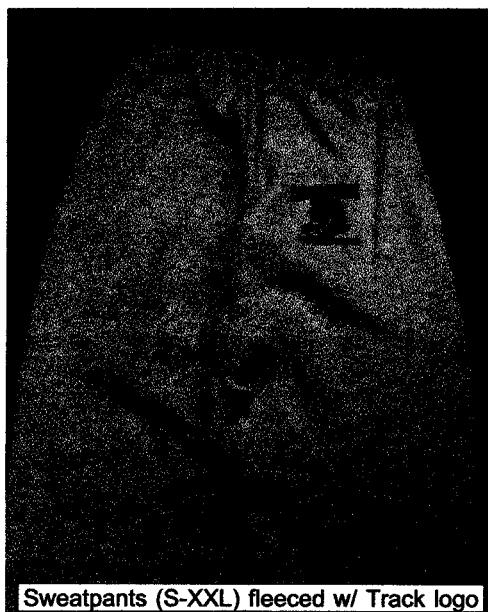
Sweatsuit warmups (S-L) w/ Cross Country logo -- limited quantity



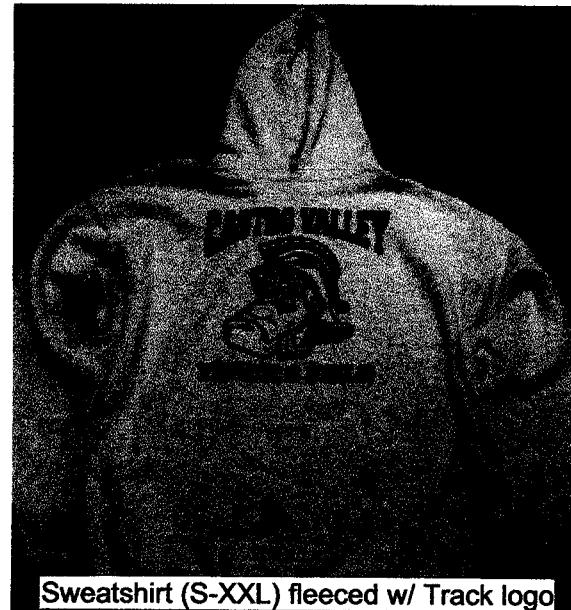
uniforms jerseys (S-XXL):
green = boys, gold = girls



Uniform shorts (S-XXL): unisex



Sweatpants (S-XXL) fleeced w/ Track logo



Sweatshirt (S-XXL) fleeced w/ Track logo

- Each garment takes a \$25.00 deposit.
- Sweat pants (not pictured) are fleeced and silkcreened.
- Speedo suits (not pictured) are reserved for varsity sprinters.
- All athletes must have a uniform before they can compete
- Uniforms will be available after workouts on announced days.
- deposits will be returned when the uniform is returned. The last day to return uniforms is the last day of school in June.
- Checks or cash accepted. Make checks out to CVHS.

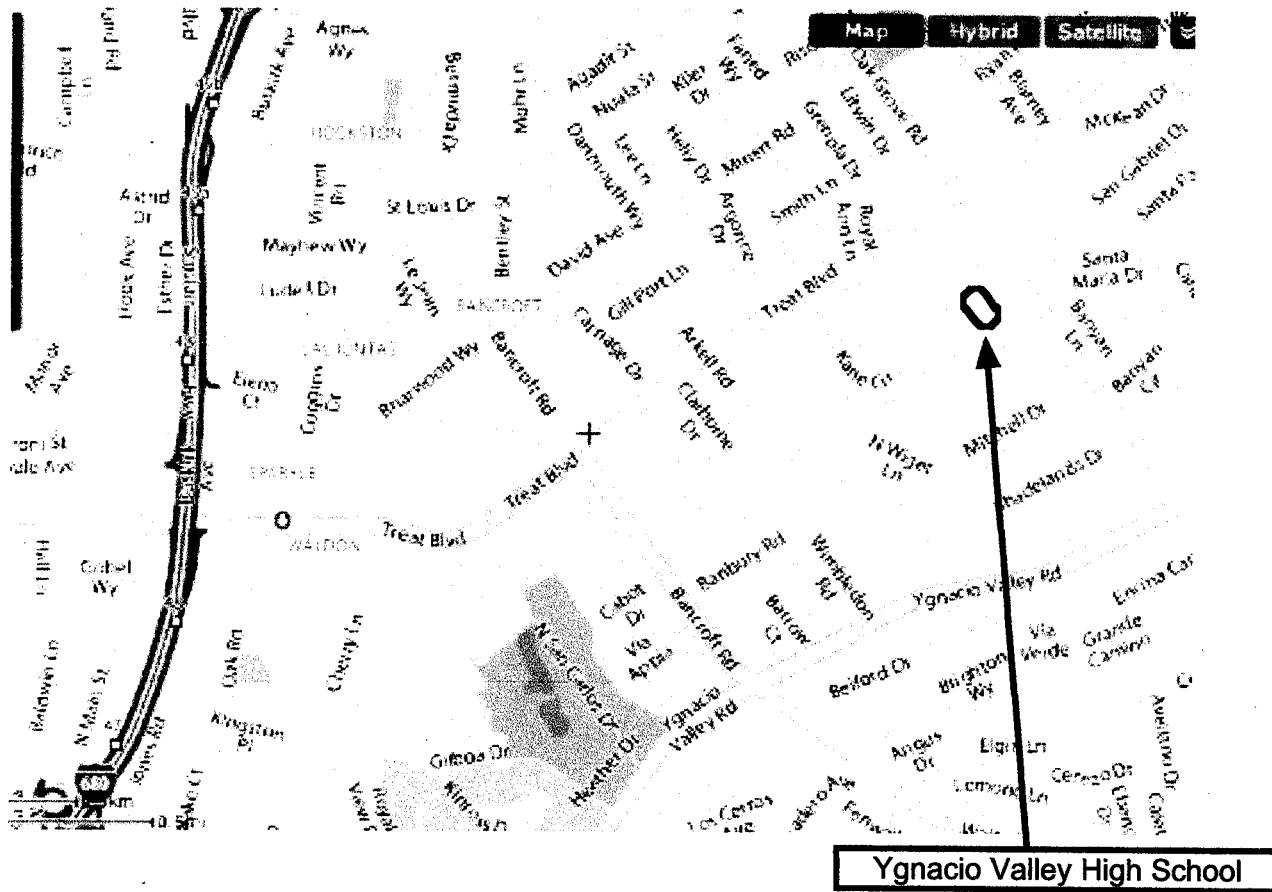
Directions:

So Just Where Is The DeLaSalle Invitational?

For starters, the DLS Invitational is not even at DeLaSalle High School. It is being held at Ygnacio Valley High School, which is just around the corner. The track at DLS is only 7 lanes, while Ygnacio Valley has 8 which helps move a meet along. Also, the DLS track has the home bleachers inside of the track. The bleachers therefore obscure one-third of the track so much of each race is not visible.

Ygnacio Valley High School is at the end of a narrow easement road between two flood control canals and a housing development. Here's how you get there: It takes about 45 minutes to get there.

- North on 680 to Concord.
- Exit at Treat Boulevard – go East
- Follow Treat Boulevard past DLS high school
- Turn right (South) on Oak Grove.
- Turn right at the Ygnacio Valley High marquee, which is just past the Wells Fargo Bank.
- Drive into the Ygnacio Valley parking lot. The track is on your left.



Answers to Coaches' Trivia:

1. Coach Raoul was Oakland Section Champion in cross country, 98 lb wrestling, and the 2 mile in track in 1966-67.
2. Coach Raoul was an assistant wrestling coach here at CVHS, and Coach Jeff coached wrestling at San Lorenzo High.
3. Coach Klews was the shot put record holder at CVHS from 1996 to 2005.
4. Coach Brewer (Redondo Beach), Coach Jeff (Palos Verdes) and Coach Valentine (Compton) all came from SoCal.
5. Coaches with children past and present attending CVHS: Rik, Dino, Raoul, Mel and Valentine.
6. Dino ran faster than Spencer while in high school in the mile 4:16.8 to 4:24.0.
7. Coach Jones was head coach at Mt. Eden HS, Coach Valentine at Berkeley HS and Spencer at Foothil HS.
8. Coach Valentine was a triple jumper at Long Beach State in the early 70's.
9. Raoul competed in track and wrestling while in college.
10. If we include cross country, all 10 CVHS track coaches have sent athletes to the state championships.
11. Coach Klews (volleyball), Spencer (cross country and track) and Coach Raoul (wrestling) all competed at CSU Hayward.
12. Coach Rik played varsity soccer at Tennyson High School.
13. Coach Brewer's best event in high school was the high jump.

The Daily Blurb

"Abandon all seriousness, ye who enter here."

Tuesday, February 26, 2008

American High Here Tomorrow

2:30 p.m. Dismissal Time
3:30 p.m. Competition Starts
later Competition ends

- Everyone (except throwers) will need to wear spikes -- if you have them.
- Uniforms are not required.

Event assignments:

- Long and Triple jumpers (and everyone who wants to be one) -- make sure you check in with Coach Jones and get your steps and marks in on the runway.
- High Jumpers -- Coach Brewer will be at the high jump pits at 5:30 to work with eager leapers.
- Relays -- coach Brewer (girls) and Coach Valentine (boys) will be putting together relays. Everyone who wants to gets to run a relay. All sprinters do both relays.
- Hurlers will be running two hurdle races, plus at least one other event.
- Valuters -- you all have at least one other event. If you don't know what it is, Coach Brewer will tell you.
- Distance runners -- all of you will run both distances plus a 4 x 400 relay.

Meet procedures:

- Warmup thoroughly for each event. We don't need injured athletes.
- Cooldown thoroughly after each event. We don't need athletes to be stiff the next day.
- Hopefully we will have an announcer. If that is so, listen for the calls for your event. By the 2nd call you should be warmed up and stretching by the starting line. By the 3rd call, you should be ready for the starter's commands.
- After your race, stay in your lanes and walk back to the finish line (for sprints and hurdles). Distance runners need to grab the finish cards and walk to the recording clerk.
- We will have two exhibition races, where the CV Track club will join us for a mile run and their own 100 meter heats.

Order of Events:

running events start at 3:30

4 x 100

1600

High hurdles

100

800

300 hurdles

4 x 400

field events start at 3:30 p.m.

High Jump

Long Jump

Triple Jump

Pole Vault

Shot Put

Discus

Multiple Events:

Since this is a scrimmage, you are not limited to just 4 events. You are encouraged to try as many events as you have been working on so far.

CV Invite Volunteering

By this time you all should have gotten the e-mail volunteer list from our volunteer coordinator mom Joline Owyang. This is a real need we have in order to make our invitational as smooth and as efficient as possible. Thanks to all of you in advance for helping out.

Record Book

I am attaching the current record book. This is a 26 page document that is current up through the end of the 2007 season. There are several additions to the list, notably the fine efforts by the FS girls' distance relays, Kandice Douglas in the 100 meters, and Maurice Valentine in the high jump and the hurdles.

We hope to make several more changes this year to this book, as our athletes have already exhibited a tremendous amount of talent, even in the early going this year.

Season Preview: Part I

Distance Girls Look Strong This Year



The distance girls pose with some of the Kenyan National High School team at the Nike Team National race in Portland last December. Pam MacLeod, Kelsey Santisteban, Gabi White (who is off swimming now), Sam Owyang and Chelsea Schneider ran 8th as a team in the "B" race at this prestigious meet. These girls are part of the outstanding girls' distance group that will be a force for us this year.

The Daily Blurb

Friday, May 2, 2008

HAAL Championships Next Week !!!

The events start at 1:00. You are dismissed at 12:00 noon. Those of you who are in the early events need to be there right after you get dismissed. You will need your uniform on to get into the stadium. The schedule for the two days is on the next page.

Know Your Events !!

All of the heat sheets are posted on the wall. Find out what heat and lane you are in now. If you are not sure, look through the Castro Valley entry list and then the heat sheets.

Athlete Helpers

There are several things a host team has to do, especially at a large meet. Here are the areas we need to cover, and who is being assigned to cover them.

Basket Bunnies -- for each race, the athletes will have a basket to put in their sweats, warm-up shoes, water bottle, et cetera. Then, after the race, they can go back to that basket and pick up their stuff. We need this done for each race.

- Injured reserved girls; distance girls when not running races

Snack Pixies -- as the meet goes on, the snack pixies will go to all the field event and finish line areas and give out snacks and drinks to the officials who don't have the time to grab a bite themselves.

- same as basket bunnies

Couriers -- these athletes will take the results from the computer guys at the finish, run up to the press booth, and make copies to post on the wall and to put into the coaches' folders.

- injured reserve boys; distance boys when not running races

Press Booth Clerical -- as the meet progresses, the results sheets need to be sorted into the folders for each school. Sheets also need to be posted for the public, and a copy given to the announcer.

- pole vaulters when not vaulting; girl jumpers when not jumping

Camera -- we like to take video of all the races for historical purposes and also for backup for the computer guys.

- sprint girls when not running races

Backup Hurdle Crew -- Even though two other schools are assigned this duty, we are going to jump in and help too because it makes the meet go very much quicker.

- all the boys sprinters, hurdlers, jumpers

Litter Patrol -- after the meet is over, we need all the athletes to help pick up the litter on the track and on the field.

- the CVHS Track team

Workday Saturday

We are still in the process of cleaning the track and spiffing the place up to prepare for the HAAL meet next week. We need folks to come down and lend a hand to hose, sweep, move pads, et cetera. We are looking at a window from about 9:00 a.m. to 12 noon. Stop by for a little while; stop by for a long while. Many hands make light the load.

We need pushbrooms to make the sweeping easier.

Vaulters -- New Pads Arrive Sunday !!!

Well, they're not new, but they are better than what we have and we're getting them for free. Coach Brewer is picking them up at Alhambra High School Sunday morning early and will probably be arriving at Castro Valley about noon with a truck full of foam.

If would be nice to have the vaulters around then to help unload and place the pads where they belong. See you then.

Vaulters need to move old pads today

The vaulters (and any other helping hands) need to move all the vault pads completely off the track and under the bleachers to make room for our newer pads coming in. This needs to be done today. And finished today. Completely.

Did you know ?

According to NikeWebTeam, the Castro Valley track team is ranked highly in California and in the US. Based on the top marks of each team in 10 of the 16 events, CV girls are 16th in CA and 44th in the US. The Boys are 10th in CA, and 16th in US.

A word of caution -- not all schools post their top marks on this ranking list, so the rankings are not an absolute comparison. Still, impressive.

And a glimpse at the record book:

We have set school records in the following events this year:

BV 100 -- Dash Oliver 10.93

GV 100 -- Kandice Douglas 12.48

BV Sprint Medley (2-2-4-8) 3:33.53
Dash Oliver, Fredy Rice, Durrell Finch, James Fazzio

BV 4 x 200 1:29.10
Fredy Rice, Damion Rosby, Elliot Rice, Dash Oliver

GFS 4 x 200 1:53.8
Melissa Velasquez, Tiffany Furino, Jemiah Flowers, Marisa Schneider

BFS 4 x 200 1:35.70
Damell Reed, Bobby Batis, Aaron Kim, Damion Rosby

BFS 4 x 800 8:34.43
CJ Hamilton, Ben Eversole, Will Weekes, Solo Diamondde