

**Welcome to the  
2025-2026**

**LAHS Track & Field  
Parent Meeting**



## **Contact Info**

**Team Website: [losaltrack.com](http://losaltrack.com)**

**Coach Howard: 562-544-1572 Text first, call  
emergency, [nhoward@losal.org](mailto:nhoward@losal.org)**

**Booster President: Matthew Long  
[losaltpres@gmail.com](mailto:losaltpres@gmail.com)**

# Coaching Staff

**Throws- Nathan Howard (26)**

**Distance: Jeff Tribole (15), Lon Monk, Drew Sells**

**Sprints: Lane Brodrick, Terrius Mosby, Erika Lowenthal,  
Colleen McFadden**

**Jumps: Lane Brodrick Horizontal, Steve Tully (23)- Pole  
Vault/High Jump**

**Hurdles: Jerry Barham**

# QR Code procedure: ROLL & GRADING

- Use the 5 star app to scan in after warm ups (attendance=1 point)
- Scan out after coach tells you to. (participation=1 point)
- I will input the grades a couple times a week. If you are absent from practice, I need you to call attendance and excuse them. If you leave early for a DR appointment during 6th, you need to check out through attendance. If there is no code from attendance, It will be a zero and I will not excuse it, unless prearranged with me.
- **IF YOU MISS MORE THAN 7 practice days you will be removed from team.**

# **Booster Board**

**President - Matthew Long**

**Director of Meets - Bill Mayhue**

**Treasurer - Matthew Long**

**Assistant Treasurer - Sean Kurz**

**Secretary & Special Events - Lindsey Marks**

**Apparel - Carla Lemus**

**Volunteers - Kisha Jones**

**Special Events & Fundraising - Kristi Calderon**

**We still need to fill the following board positions:**

**Snack Bar (can be shared)**

**Sponsorship**

# Seasons explained:

**Winter Season (Nov-Jan):** Preseason, 6th period until 4:00 PM , Winter Meets- Winter Qualifiers

**PreSeason (Jan-February):** Until 4:30 PM winter champs and get ready for season

(All above; Major expenditures are coaching \$45K and team activities \$5K)

**Season: (March- May)**

# **Normal Practice Day:**

**2:30 PM- Scan QR code, Coaches meet, Announcement, Warm-up in Groups**

**4:00-4:30 Scan out, Practice out**

# **Preseason Meets:**

**DECEMBER 13 - WINTER QUALIFIERS #1**

**JANUARY 17 - WINTER QUALIFIERS #2**

**BOTH MEETS WILL BE AT LOS ALAMITOS HIGH SCHOOL**

# Who competes in Dual meets?

**EVERYONE!!!!!!!**

Varsity= those who can help Varsity (WHOLE TEAM) Win.

JV= 11/12 grade not on VAR and selected 9/10 grade to help JV win

F/S= Best 9/10 not on Varsity and those not pulled up to JV.

# Who competes on weekend invitationals?

VARSITY athletes who meet the minimum entry standards.

Frosh/Soph athletes who meet the entry standards

We will go to multiple weekend meets to include as many athletes as possible.

Weekends are for the INDIVIDUAL- Weekdays for TEAM-

Coaches will give me entries, after confirming with the athletes.

**YOU MUST COMPETE FOR THE TEAM BEFORE I ENTER YOU FOR THE INDIVIDUAL GLORY!!**

# **Where does the Los Alamitos School District sit in the financial picture of Orange County?**

- **LAHS spends on average \$11,000 per student per school year**
- **The District receives the least amount of funds of any district in the OC**
- **86% of the funds go to pay salaries leaving 14% to pay for all other school needs**
- **This leaves \$0 for sports or extracurricular activities budgets**
- **All sports and clubs are wholly supported by parents and sponsors**
- **District pays for some in season funds for coaching stipends but nothing for fall and winter seasons.**

# LosAl Track & Field Budget for the 2024-2025 Season

- **\$60,559 - Coaching Stipends for the entire year**
- **\$4,500 - Bus transportation**
- **\$650 - Tax preparation & filing**
- **\$531 - Accident Insurance Policy**
- **\$8,655 - Uniforms and CIF Shirts**
- **\$650 - Senior Banners**
- **\$5,000 - Equipment, installation & upkeep**
- **\$3,500 - Snack Bar Expenses**
- **\$6,240 - Timekeeper fees**
- **\$2,660 - Entry fees for away meets**
- **\$7,000 - End of Season Banquet (cost to cover seniors as seniors are free)**
- **\$2,600 - incidentals, office supplies, team pasta dinner and government fees**

**Budget Total \$110,445**

# **Registrations for 2024-2025 Season**

**225 athletes total on the team**

**153 Athletes signed up**

**70% donated to the team**

**Sign-Up Donations Received - \$75,000**

**Donations Received - \$15,000**

**\$\$ Earned from Home Meets - \$17,000**

**\$\$ Earned from Snack Bar Sales - \$4,400**

**Total Funds Received - \$116,400**

# Sign-ups for the 2025-2026 Season

- **No increase in sign-up fees**
- **Winter/spring season payment plan**
- **Volunteers needed**
- **Winter/Spring Season**
  - **New Athlete - \$600**
  - **Returning Athlete - \$550**
- **Winter Season Only**
  - **All Athletes - \$160**
- **Spring Season Only**
  - **New Athlete - \$480**
  - **Returning Athlete - \$430**

**Winter and Spring  
Sign-Ups are now  
open! Please visit the  
sign-ups tab on our  
new website**

**[localtrack.com](https://localtrack.com)**