

# MARIA CARRILLO TRACK & FIELD 2026 ATHLETE DONATION FORM

STUDENT NAME: \_\_\_\_\_

Dear Parents and Guardians,  
 Participating in a Maria Carrillo Athletic Program is a very valuable experience that contributes to a student's overall educational and character development. There are many costs attributed to athletics that cannot be totally sustained through school funds or through our Puma Athletics Boosters (PAB) organization. Some of these costs include the purchasing of team uniforms, team warm-up shirts, equipment, meet entry fees, awards, misc. supplies, housing and transportation to invites, etc... **Total MCHS Track & Field team expenses are \$22K+ each season!**

➤ **Requesting a minimum \$150 donation per athlete to supplement team expenses!**

Be assured, this donation is not a condition of participation in this athletic program! ...Please return this form with or without a donation check attached to one of our coaches at practice.

**ATHLETES WILL NOT BE ISSUED A RACE JERSEY  
 OR ALLOWED TO COMPETE UNTIL THIS FORM IS TURNED IN!**

Please check the appropriate donation box and/or attach check.

-Checks payable to **MCHS Puma Athletic Boosters (PAB) Non-Profit Tax ID #46-2828377**

- \$150**                                       Other Amount \$ \_\_\_\_\_
- I have donated on-line via our Track School Donation Site: [LINK](https://mchspab.ejoinme.org/MyEvents/TrackField/tabid/1367316/Default.aspx) \$ \_\_\_\_\_  
<https://mchspab.ejoinme.org/MyEvents/TrackField/tabid/1367316/Default.aspx>
- I have donated through a company match (Company Name): \_\_\_\_\_
- I am not able to donate at this time     I do NOT agree to my child's image used for MCHS Track publications

PARENT SIGNATURE: \_\_\_\_\_

Typical MCHS Track season budget (date of this release Jan 2026):						
Descriptor:	Cost Each or Avg. Cost	Qty.	Total Cost	Expected Life (Yrs)	Annual Expense	
Track and Field Meet Invite Entry Fees:	\$ 425.00	8	\$ 3,400.00	1	\$ 3,400.00	
Van Rentals/Gas for Invites	\$ 450.00	8	\$ 3,600.00	1	\$ 3,600.00	
<b>Equipment:</b>						
Shot Put	\$ 60.00	3	\$ 120.00	4	\$ 30.00	
Discus	\$ 100.00	2	\$ 200.00	3	\$ 66.67	
Pole Vault Poles	\$ 520.00	2	\$ 1,040.00	6	\$ 173.33	
Hurdles	\$ 216.00	6	\$ 1,296.00	6	\$ 216.00	
High Jump/PV cross bars and bungees	\$ 275.00	2	\$ 550.00	1	\$ 550.00	
Misc. Equipment (purchased annually)	\$ 2,500.00	1	\$ 2,500.00	1	\$ 2,500.00	
Team Awards/End of Season:	\$ 450.00	1	\$ 450.00	1	\$ 450.00	
XCStats Annual Subscription	\$ 395.00	1	\$ 395.00	1	\$ 395.00	
Coaches Gear	\$ 75.00	13	\$ 975.00	1	\$ 975.00	
Hotel Expense (Arcadia/State to LA)			\$ 3,300.00	1	\$ 3,300.00	
Team BBQ/Potluck Food Expense	\$ 400.00	2	\$ 800.00	1	\$ 800.00	
End of Season Celebration Food Expense	\$ 350.00	1	\$ 350.00	1	\$ 350.00	
<b>Total Annual Season Expenses:</b>					<b>\$ 16,806.00</b>	
Big Ticket Equipment Items:	Cost Each	Qty.	Total Cost	Expected Life (Yrs)	Annualized Expense	Target Date for Replacement
Pole Vault Pit + High Jump Pit	\$ 35,063.33	1	\$ 35,063.33	10	\$ 3,506.33	2033
Pole Vault + High Jump Standards	\$ 11,500.00	1	\$ 11,500.00	10	\$ 1,150.00	2033
Starting Blocks	\$ 400.00	8	\$ 3,200.00	10	\$ 320.00	2025
Team Canopies	\$ 750.00	3	\$ 2,250.00	8	\$ 281.25	2028
Fully Automatic Timing System	\$ 12,000.00	1	\$ 6,995.00	8	\$ 874.38	2027
Uniforms (tops only; PAB subsize addl. \$3K)	\$ 65.00	175	\$ 11,375.00	6	\$ 1,895.83	2026
<b>Total Annualized Season Expenses:</b>					<b>\$ 8,027.79</b>	

# 2026 Maria Carrillo Track & Field Team Expectations Athlete / Parent Contract (Rev 2/5/26)

**TEAM WEBSITE:** [www.mariacarrillorun.com](http://www.mariacarrillorun.com)

**MAIN COACHES:** Greg Fogg [greg.fogg@comcast.net](mailto:greg.fogg@comcast.net) (707) 291-2967 / Vic Hudson [coachvic68@yahoo.com](mailto:coachvic68@yahoo.com) (650) 984-0129

## **PRACTICE EXPECTATIONS:**

- Practice is every day, rain or shine! (except for thunder storms, AQI at/above 120)
- Practice times are 4-6pm Mon, Tue, Thu, Fri and 3:15 – 5:30 pm on Wed (being late is considered an absence)
- Practice is a team event. (“I will do it on my own” is not allowed)
- Athletes will start practice as a team at the same location.
- We will be having non-mandatory practice on days when there is no school (i.e. Holidays and Spring Break)

**ATTENDANCE:** Athletes will manage their own daily practice attendance via a QR Code posted daily, with their own electronic device (phone, Chromebook) with the following consequences regarding absences for Practice or Competitions:

- Roster remains open for late adds only for 2 weeks after the first day of practice!
- If an athlete misses a practice or competition without prior communication directly to their Event Coach, they will NOT compete in the next meet. (communication: face-face, text or e-mail, need to check with Event Coach for preference)
- Athletes are expected to attend every practice and competition regardless of participation. Failure to do so could result in removal from the team.
- An athlete who falsely uses QR Code attendance system, or logs-in, then “ditch” practice, will be removed from team.
- If an athlete accumulates up to 4 unexcused missed practices, there will be a conference with the athlete and parent, and the athlete may be dismissed from the team.

**Event Coaches:** (Only these Coaches can approve exceptions to the above attendance policies)

- **Sprints, Relays, Hurdles:** Coach Vic Hudson
- **Throws:** Coach Nick Diaz
- **Distance:** Coach Greg Fogg
- **Pole Vault:** Coach Gus Belt
- **Long Jump:** Coach Jorge Corona
- **High Jump:** Coach Dawid Jaworski

## **MEET DAY STANDARDS & EXPECTATIONS:**

- Expectation is for All ATHLETES TO STAY TO THE COMPLETION OF THE LAST EVENT FOR EACH LEAGUE MEET. Even if they are finished competing, we expect them to stay and cheer on teammates. If an athlete does leave before the completion of the last event, a disciplinary action may result. (ex. Being held out of next meet)
- All school and CIF rules and regulations are always enforced.

## **UNIFORMS:**

- Athletes must wear school issued uniforms during all Competitions and be responsible to “layer-up” for warm-ups.
- Plain black shorts (any length, baggy or tight); no other colors may be worn. MCHS Race Jerseys will be provided to each athlete. If a race jersey is lost, the athlete will be put on the MC LOP (Loss of Privileges) list until the replacement value of \$65 is received by MC Coaching staff.

By signing below, you acknowledge to have read, understood and agree to terms of this Agreement:

**Signatures:** \_\_\_\_\_ / \_\_\_\_\_  
**(Student)** **(Parent)**