

GROSSMONT *ATHLETIC CONFERENCE*

TO: Assistant Principals for Athletics and Athletic Directors

FROM: Donnie Carroll

Conference President

SUBJECT: **Grossmont Athletic Conference Meeting**

Tuesday, December 9, 2025, 9:00 AM

924 East Main Street, El Cajon, CA. 92020

AGENDA

I. Public Comment

II. Welcome & Introductions

III. Procedural **Action Item** A. Approval of Agenda Donnie Carroll

B. Approval of Athletic Conference Minutes (8/18/25)

- [October 14th, 2025 Minutes](#)

IV. HSSA News Update **Informational** Mike Kastan

HSSA Representative

V. CIF-SDS Business **Informational** Ron Marquez

VI. Increase adult ticket price by \$1.00 (Football) **Action Item** 26/27 & an additional \$1.00
in 27/28 Donnie Carroll [Sports Admission](#)

VII. Beach Volleyball **Discussion** Megan Long

VIII. Gymnastics **Discussion** Megan Long

IX. ESPORTS **Informational** [Information](#) Donnie Carroll

X. Basketball **Discussion** Anessa Carroll

Limitations of Individual Competition In Various Classifications:

A student may move from Freshmen to Junior Varsity, or Junior Varsity to Varsity during the same week (Monday through Saturday), but not from Varsity to Junior Varsity, or Junior Varsity to Freshmen during the same week (Monday through Saturday). Exception: If a player is moved from junior varsity to varsity and they do not participate in the contest, the player can return to junior varsity in that same week. The individual sports of wrestling, track, cross-country, tennis, swimming, and gymnastics are exceptions. A student may not compete in any one sport in more than one classification or

level (Varsity, Junior Varsity, Freshmen) on the same day.

XI. Spring CPR/First Aid (01/30 & 01/31) **Informational** • [Sign Up Form](#) & [Responses](#)
Donnie Carroll • [Lifeguard Training](#)

XII. Sportsmanship Awards **Informational** • Grossmont High School Donnie Carroll Friday,
April 24th, 2026
8:00 AM

XIII. Mission Fed/San Diego CIF Winter Athlete **Informational** • Due Tuesday, February
24th, 2026 by 4:00pm Donnie Carroll • Please email hmorton@guhsd.net

XIV. GAC Report Outs **Informational** A. Principals
B. Athletic Director
C. ASB Advisors

XV. Pre-Season & Post-Season Sports Meeting "Report Out" **Informational** A. Fall Sports
Round Table B. Winter Sports

XVI. GAC Report Outs **Informational** D. Principals
E. Athletic Director
F. ASB Advisors

XVII. OBTW

Next Meeting will be Thursday, January 29th, 2026

At 9:00AM

924 East Main Street, El Cajon, CA. 92020

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