

Athletes and Parents,

I will be adjusting the email list over the next couple of weeks as practices begin.

- If your athlete won't be on the Track & Field teams during the Spring, you will be removed from the list. It's tough for me to consolidate the list with so many athletes, so it does take a couple of weeks.

January 26th - 31st

- Practice Monday/Tuesday/Thursday/Friday 4-6 PM
- Wednesday practice times will depend on the event groups. **Distance athletes need to get used to early morning practices on Wednesdays and sometimes other days.
- Pole Vault athletes will practice with Sprints this week.
- Mon: High Jump will be pulling new athletes identified as potential high jump athletes to practice with that event group. ALL athletes who haven't finished the season evals will be evaluated at the beginning of practice on Monday. Everyone else will report to their main event group AFTER the team meeting at 4 PM at the HJ pit.
- Tues: Long Jump/Triple Jump will be pulling new athletes identified as potential horizontal jump athletes to practice with that event group. Everyone else will report to their main event group AFTER the team meeting at 4 PM at the HJ pit.
- Wed: Throws will be pulling new athletes identified as potential Throws athletes to practice with that event group. Everyone else will report to their main event group for practice. Some event groups start practice at 3 PM on Wednesdays, some start at 4 PM, and Distance starts at 6:30 AM.
- Fri: Practice in event groups; **Distance athletes will practice at 6:30 AM to allow athletes preparation for the last Winter Qualifier at VMHS.
- Sat: VMHS is hosting a Winter Qualifier for any athletes who are competing in Winter. This is NOT for athletes who have not been training and is completely optional.

Slides from the Parent Meeting on 1/13

- https://www.canva.com/design/DAG-Q2JKz6k/F4yLGeayatDCKit8UV1XZA/view?utm_content=DAG-Q2JKz6k&utm_campaign=designshare&utm_medium=link2&utm_source=uniquelinks&utm_id=h183588b0da
- Please go through the slides to find important information. Athletes will not be allowed to start without parents signing the parent contract (Google) form, and athletes having athletic clearance.
- ~~Please order warmups by 1/22. All athletes are required to have navy team warmups for meets.~~ **We will open another team store for warmups. I will send that link out on Band and post on the website when I get it on 1/26. Athletes who have not ordered warmups yet run the risk of not having them by the first meet.**
- **Fair Shares should have already been paid.** I will start pulling data to see how we are doing with those funds. I will have to make decisions about the team roster size and schedule based on the percentage of fair shares that are paid since that is how we finance coaches' stipends and transportation.
- Please make note of the meets during the first week of Spring Break and organize your family trips accordingly.
- What is missing in these slides is all the information I provided as I explained them.

Parent Help Needed - You get to choose where to help!

- THANK YOU to Chris Huth for being our parent representative for GO PACK this season!!
- Here is the link to a form for you to let us know how you would like to help this season with Track & Field. Splitting up the work makes it more fun for everyone!
- <https://docs.google.com/forms/d/e/1FAIpQLSdaTgKmqsuUB2zjWcpfgxmVBncl62Pu0Rc6bSgCm83Yeghw7Q/viewform?usp=publish-editor>

Schedule for Spring T&F - Please pay attention to SPRING BREAK!!

- Link to the Spring GOHS Schedule:
https://docs.google.com/document/d/1xyUSyQeWDEsCs0noqcGWZw-_xfGOaG0yT8Jb8AO38Sg/edit?usp=sharing
- Please notice that February 13th is a non-school day but we will be holding a Team Time Trial that morning - a team track meet - and it will be FUN! It is also necessary for helping all athletes get the times/marks they need for entry into invitationals.
- Please put this date/time on your calendars. It is a 4-day holiday weekend, so please plan your fun events for after the team time trial. Come support! It will be FUN for everyone!
- SPRING BREAK - We need athletes here to compete the first week of Spring Break. We have a LEAGUE Meet and Distance athletes have Meet of Champions - which is one of our biggest and most successful meets of the season! AND any athletes who plan to be able to compete at ***The Ten, Mt. Carmel Invite, or Trabuco Hills Invite*** will need to be here both Spring Break weeks.
- We have also added Nike Outdoor Nationals to the calendar.

Communication

The GOHS Track & Field Website and our Instagram will continue to be the best sources of general information for you. Specific team news/announcements will only be through Band.

<https://www.instagram.com/greatoaktrackandfield/>

<https://www.gohsathletics.com/trackfield>

Band Links:

General Team Information: <https://band.us/n/a6a8b9Q8R2L6p>

Distance Event Group Information: <https://band.us/n/a8abbar78fXaA>

High Jump Event Group Information: <https://band.us/n/a5aab7r089P1G>

Horizontal Jumps Event Group Information: <https://band.us/n/afabbeS2P7OaR>

Pole Vault Event Group Information: <https://band.us/n/afa0b9renet4K>

Sprints Event Group Information: <https://band.us/n/a8a9b6S0zbBfW>

Throws Event Group Information: <https://band.us/n/a6aeb6r883X6h>

Practice Schedule

- Always check the website and Band.

Go Great Oak Track & Field!!

Coach Draughon