

Athletes and Parents,

*****MULTIPLE PARENTS ARE RECEIVING EMAIL COMMUNICATION FOR THE FIRST TIME. PLEASE READ EVERYTHING CAREFULLY. WARMUPS HAS A DEADLINE OF 2/9. FAIR SHARES ARE DUE IMMEDIATELY.**

Team Warmups

- All athletes need navy team warmups (jacket and pants). Team store is open until February 9th. **Contact Coach Draughon if you have missed the deadline.
- Here is the practice schedule for the week based on event groups:

February 16-21

- 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.
- Monday is a non-school day, so practice will depend on event group coaches. Athletes need to pay attention in their primary event group practices.

Monday - Primary Event Groups	Tuesday - Primary Event Groups	Wednesday - Primary Event Groups	Thursday - Primary Event Groups	Friday - Primary Event Groups
Distance	Distance	Distance	Distance	Distance
Emerging Athletes	Emerging Athletes	Emerging Athletes	Emerging Athletes	Emerging Athletes
High Jump	High Jump	High Jump	High Jump	High Jump
Horizontal Jumps <small>*Horizontal Jumps Athletes practice with Sprints today. It is NOT an optional day for Horizontal Jumps.</small>	Horizontal Jumps	Horizontal Jumps	Horizontal Jumps	Horizontal Jumps
Pole Vault	Pole Vault	Pole Vault	Pole Vault	Hurdles <small>Warm up with primary event group and coordinate with head event coach.</small>
Sprints	Sprints	Sprints	Sprints	Pole Vault
Throws	Throws	Throws	Throws	Sprints
	All athletes go to their primary event unless they have a secondary event in one of the following:	All athletes go to their primary event unless they have a secondary event in one of the following:		Throws
	High Jump	Throws Only		All athletes go to their primary event unless they have been assigned to attend a secondary event TODAY by Coach Draughon for the following:
	Long Jump/Triple Jump			Horizontal Jumps
	Pole Vault			High Jump
				Pole Vault
				Throws

- Athletes will pick up their uniforms on Thursday and Friday this week. Boys on Thursday and Girls on Friday. They must have a parentally signed form to get their uniform. Athletes who have not returned their XC uniforms will not be able to get uniforms until they have cleared their XC accounts.
- **SATURDAY: Tri-Meet at CCA** We will take buses to and from school for this meet. Buses will leave GOHS at 7:30 AM Saturday morning, 2/21, and will likely return between 3 and 4 PM that afternoon.
- Attendance and Transportation Form for the CCA/Cathedral/GO Tri-Meet: https://docs.google.com/forms/d/e/1FAIpQLSdAeOoT-folrXr_0L7SZiZy8MvWCOIQ5iQ6yai93N4WJd7Clw/viewform?usp=publish-editor
- Athletes need to be at the meet for the entire time; 10 AM until finish. Info is in the form linked above for attendance and transportation.

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&utlId=h183588b0da

- Please go through the slides to find important information.
- **Fair Shares should have already been paid.** GO PACK will send me the amounts we have collected in fair shares sometime this week. [LINK TO PAY FAIR SHARES](#)
- Please make note of the meets during the first week of Spring Break and organize your family trips accordingly.
- The slides do not contain the information I explained verbally during the meeting.

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