

Good evening XC Runners and Parents -

The Time Trial with Santiago was a huge success! Athletes learned a great deal about themselves. Coaches learned a great deal about athletes and how the training has been going. Parents (hopefully) learned how fun it is to spectate and cheer for everyone on the team - and that you have to run all over the course while they race!! Thank you, parents, for all the support to get athletes there and bring the food to allow the socializing with Santiago.

Happy Birthday to Coach Fatima! Thank you to coaches and parents who contributed to her gift card to purchase a new camera. She will be taking great pictures all season!

The following topics are in this email:

Warmups

Watches

Road Runner Sports - last team footwear night

GO PACK Financial Training

Fair Shares

Canyon Crest Academy Invite & Beach Party

This week's schedule:

****Tuesday is the Night Rally for Fall Sports. ALL athletes attend at 6:30 (after practice) and should wear their Team shirt. Nobody is wearing uniforms for this. Just the team short and any other Great Oak gear they would like.**

Monday/Tuesday/Thursday/Friday - Practice at 4 PM on our regular field.

Wednesday - 6:30 AM at the stadium (Wednesday is also Road Runner Sports Team Night 4-6:30 PM and the GO PACK Financial Training at 6:30 PM)

Saturday - 6:30 AM at Butterfield Stage Park

**Group 1 has additional practices Monday morning at 6:30 AM and Wednesday afternoon at 2:45 PM.

#1 Athlete Warmups

- Please contact me if your athlete does not have warmups and did not order them.
- All athletes are required to have team warmups for attending meets during the season. They can use these warmups for 4 years, for cross country and for track.

#2 Watches

- Athletes must have watches for practice. Many either do not have a watch or aren't wearing their watch. We need to fix this.

- Practices lose impact if athletes do not have watches.
- Below is the link for ordering Garmin watches with the discount we can get. These come directly to your home. You do not have to order Garmin, but they must have a watch.
- Garmin [Online Student Portal: Open 8/11- 8/24](#)
 - Discount is automatically applied prior to checking out and there is no need for additional codes
 - Parents/Athletes will fill in billing and shipping information for their order and can have it shipped directly to their home
 - Only items available when following the links are eligible for the discount
- If you want to order Coros, just let me know. I don't have experience with them, but we can get them.

#3 Last Road Runner Team Night

- We had to change the Team Night to 8/20 from 4PM-6:30 PM because of the Night Rally on 8/19.
- The \$100 gift card will be pulled after this team night. This is a good time to purchase competition footwear for your runner. They will need shoes for races that are not their trainers. We call them racing flats. Coming on Wednesday will give you the best option for help.

GEAR UP NIGHT

INVITE YOUR FAMILY, FRIENDS & SCHOOL



SCHEDULE YOUR TIME SLOT: HERE



Great Oak XC Gear-Up Fundraiser

Wednesday, August 20th
4:00pm – 6:30pm

Coach Draughon will be in attendance to answer questions

Meet your team – Eat Snacks – Gear up!
ONE lucky teammate in attendance will win a RRS \$100 Gift Card
Winner will be notified via email after the event





 **SAVE MONEY**
Teams enjoy 10% off!*

 **SUPPORT YOUR TEAM**
We'll donate 10% of sales to your team. Invite everyone!

 **FIND YOUR PERFECT FIT**
Boost your performance with a FREE shoe fitting.

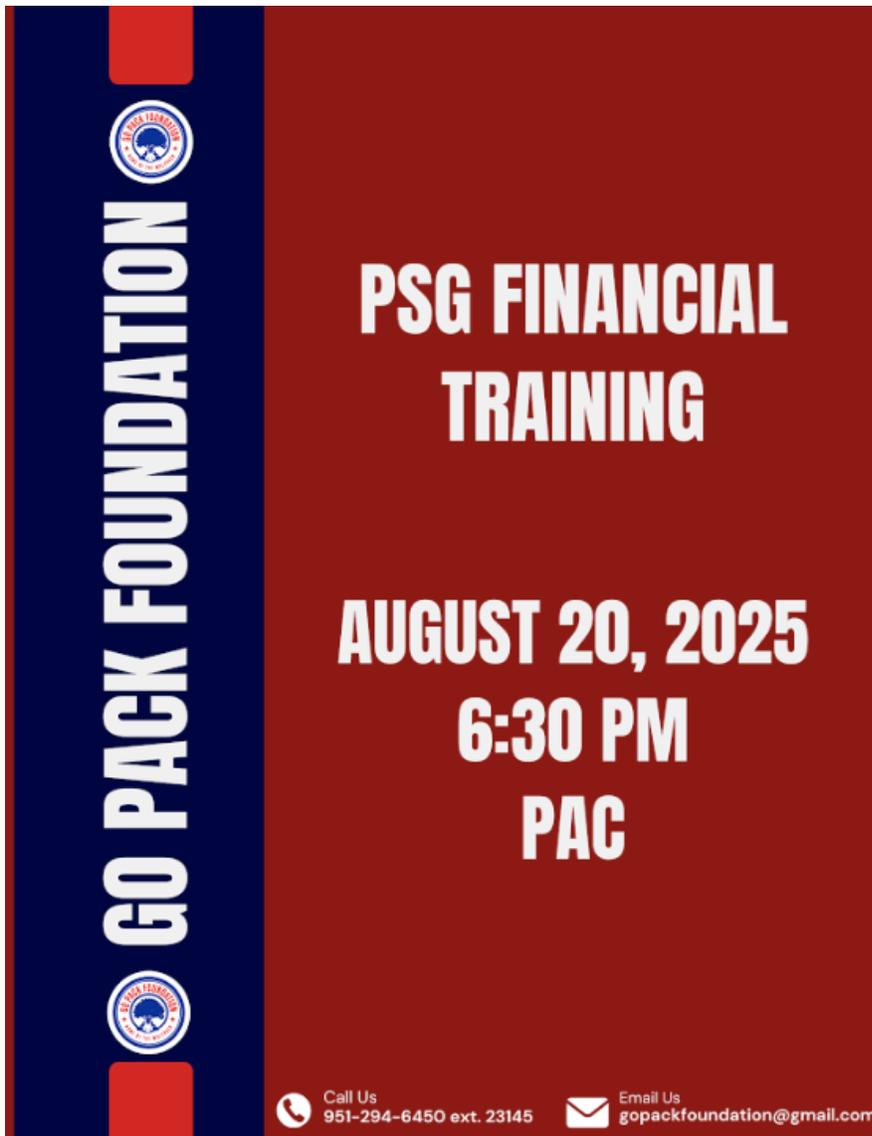


Be sure to give your team name at checkout for it to count toward your team's donation.

*Some exclusions may apply, see store for details.

#4 GO PACK Financial Training

- We use both WSB and GO PACK to keep track of team funds.
- GO PACK charges us a fee, but we need to sue them for things we cannot use WSB to cover.
- Coaches and parents who help with the finances (collecting money, etc) must be financially trained each school year. One training lasts for the entire year and it usually only takes about an hour.
- Wednesday, 8/20, at 6:30 PM in the PAC. You have to be on time or they won't let you complete the training.



#5 Fair Shares

- I will check the fair shares total tomorrow (8/19) and start making changes to the schedule as necessary. Please pay your fair share by tomorrow if you have not done so.

- **Use the link below and save a screenshot of your receipt. Send the screenshot to Chris Huth, our PSG Representative: chrisjhuth@gmail.com**
- **The cost is slightly higher than \$300 to cover the credit card processing fees.**
- **<https://tvusdasb.graystep.com/Index.aspx#/1147515/344>**
- We need \$15,000 to cover coaches' stipends *(mine is covered by the district). Coaches make far less than \$10/hour to coach our athletes! And we need \$10,000 to cover transportation (probably). We already need more than what fair shares will bring in, which is why we will have a separate fundraiser, but ***if we don't have all the fair shares come in, I have to cancel transportation/meets or cut athletes from the program to reduce costs. Obviously I don't want to do either of those things.***

#6 Canyon Crest Academy Invitational

- Here is the racing schedule for the invitational on 8/30 at CCA. More info is on the website.
- We will be doing a Beach Party after our last race, which will be 11:10 AM or 11:50 AM.
- Buses will leave from the GOHS front parking lot at 5:45 AM that morning.
- The rosters for this invitational will be posted by next weekend.

8:00 AM - Boys Junior/ Senior Race *1.5 Mile Race*

8:15 AM - Girls Junior/ Senior Race *1.5 Mile Race*

8:30 AM - Boys Senior/ Invitational Race 3 Mile Race

8:50 AM - Girls Senior/ Invitational Race 3 Mile Race

9:10 AM - Boys Junior Race *3 Mile Race*

9:30 AM - Girls Junior Race *3 Mile Race*

10:05 AM - Boys Sophomore Race *3 Mile Race*

10:25 AM - Girls Sophomore Race *3 Mile Race*

10:50 AM - Boys Freshmen Race *3 Mile Race*

11:10 AM - Girls Freshmen Race *3 Mile Race*

11:35 AM - Boys Freshmen/ Sophomore Race *1.5 Mile Race*

11:50 AM - Girls Freshmen/ Sophomore Race *1.5 Mile Race*

2025 Fall Cross Country Schedule

Date	Day	Approx Time	Who?	Division	Meet	Location
July 14	Monday	6:15 AM	All	Open	Time Trial	Butterfield Stage Park Temecula
July 19-26	Sat-Sat	TBD	Top 10-12's + Top Frosh; All	GOHS XC Training Camps: Mammoth and Temecula Locations		Mammoth – Top 16's Temecula – all other GOHS XC Runners
Aug 16	Saturday	Early AM	All	Open	Time Trial #2	Riverside - Time Trial with Santiago HS
Aug 30	Saturday	8:00 AM	All	Open	CCA Invitational	Canyon Crest Academy High School San Diego, CA
Sept 6	Saturday	8:00 AM	All (Varsity may not race)	Open	Dana Hills Invite	Dana Hills HS Dana Point, CA
Sept 20	Saturday	3:50 PM	All	Div 1	Woodbridge Invite	Great Park Irvine, CA
Sept 25-29	Out of State Meet	Multi-Day Trip	Top 7's	Div 1	McQuaid Invitational	Rochester, NY
Oct 1	Wednesday	4:00 PM	All	Div 1	Southwestern League Meet #1	TVHS
Oct 10-11	Fri-Sat	Overnight Trip	up to 56 Selected Athletes	Div 1	Clovis Invitational	Clovis, CA
Oct 25	Saturday	TBA	All	Div 1	Mt Sac Invite	Mt. Sac - Walnut
Nov 5	Wednesday	2:00 PM	All	Div 1	Southwestern League Finals	Galway Downs
Nov 14-15	Friday – Saturday	TBA	Top 10-12's	Div 1	CIF Prelims	Mt Sac XC Course
Nov 22	Saturday	TBA	Top 10-12's	Div 1	CIF Finals	Mt Sac XC Course
Nov 29	Saturday	TBA	Top 10-12's	Div 1	State Meet	Woodward Park – Fresno
Dec 6	Saturday	TBA	Top 7's	Div 1	Nike Cross Nationals	
			Individuals can sign up		Footlocker West Reg	Mt SAC Course

We need parent help to make GREAT things happen!

- Chris Huth (Abby's Dad) will be our PSG Representative for the Fall 2025 XC Season! Thank you, Mr. Huth!!
- He and I would love to have other parents involved! Help us get back to the State XC Finals in 2025!!
- Contact info for Chris Huth: Chrisjhuth@gmail.com and 951-595-5767

Let me know if you have any questions!

Go Wolfpack XC!
Coach Draughon