

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.
- [LINK for team store](#)

February 9-13

- Practice Monday/Tuesday/Thursday 4-6 PM
- Team meeting at the start of practice on Monday at 4 PM at the HJ pit.
- 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.
- We are adding an event group - Emerging Athletes - to help newer sprints and distance athletes develop foundational fitness to support their success. Athletes will be moved into and out of event groups as coaches decide where they need to be. Athletes practicing in Emerging Athletes will have the opportunity to work with multiple coaches and will be evaluated on a regular basis.
- Here is the practice schedule for the week based on event groups:

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

- **FRIDAY: TEAM TIME TRIAL!!!** 8 AM until NOON! This is the start of Team Color Wars! Red vs Blue vs White with a team winner being declared on 2/23.

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.
- **SATURDAY: Tri-Meet at CCA** We will take buses to and from school for this meet. The bus loading time will be announced by early in this week.

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.
- **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](#)
- List of athletes for whom parents have signed the parent contract are at the bottom of this email. Please check. Link is in the slides if you need to read the contract and “sign” it.
- Some athletes have clearances expiring soon:
 - David Alfaro, 10, Track & Field, Boys - Expiring Soon - 03/24/2026
 - Ryder Dailey, 9, Track & Field, Boys - Expiring Soon - 03/15/2026
 - Zackery de Leon, 11, Track & Field, Boys - Expiring Soon - 03/19/2026
 - Anthony Garcia, 11, Track & Field, Boys - Expiring Soon - 03/28/2026
 - Jose Gonzalez, 9, Track & Field, Boys - Expiring Soon - 03/17/2026
 - Mekyle Hamedi, 12, Track & Field, Boys - Expiring Soon - 02/19/2026
 - Hayden Miltenberger, 9, Track & Field, Boys - Expiring Soon - 03/25/2026
 - Delonzo Wilkins, 12, Track & Field, Boys - Expiring Soon - 02/03/2026
- 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/1FAIpQLSdaTgKmqsuUB2zjWcpfgxmVBncl62Pu0Rc6bSgCm83Ye_ghw7Q/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.

Athletes for whom Parent Contract has been digitally signed:

Athlete Last Name	Athlete First Name
Andoh	Carter
Houser	Janiyah
Akins	Madison
Alfaro	David
Amaya	Caleb
Amaya	Caleb
Amidon	Nicole
Aranton	Sean
Araya	Liam
Arendt	Trevor
Auld	William
Ayala	Sophia, Samantha
azinge	xelest
Azinge	Xylah
Ball	Jacob
Barr	Elijah
Barwinski	Ian

Bent	Audrey
Blakely	Journey
Bodmer	Anabelle
Buckner	Aaliyah
Buckner	Isaiah
Buss	Alyssa
Buss	Kenzie
Bussey	Julie
Byer	Alexander
Caleb	Petyo
Calimbas	Nathan
Carter	Major
Castillo	Mianna
Cheng	Leander
Christian	Carmelo
Clark	Anthony
Cordaro	JP
Crabtree	Alaina Grace
Crabtree	Alexia Emmalynn
Craig	Kirsten
Cuyco	Sebastian
Cuyco	Spencer
Dadwal	Vihaan
Davis	Aiden
Davis	Kylee
Decker	Lily
DeHoff	Jaelyn
Doreck	Makayla
Doreck	Madison
Duncker	Ella
Duncker	Ella
Erickson	Avery
Espejo Mejía	Julio
Fabozzi	Jameson
Fabozzi	Jameson
Fernald	Chase
Fields	Isabella

Fleming	James(Jimmy)
Fletcher	Lillian
Flores	Marissa
Gallegos	Sadie
Garza	Jeremiah
Gibbs	Gene
Gibbs	Morning nami
Green	Omari
Grenat	Liliana
Griswold-Reyes	Joseph
Guerrero	Gabriel
gutierrez	kylie
gutierrez	lexi
Hallissy	Gabrielle
Hallissy	Isabella
Hallissy	Jacob
Hallissy	Jonah
Hardy	Elan
Harmon	Ivory
Harper	Rogan
Harper	Rogan
Harris	William
Haven	Mia
Heffner	Davon
Heiling	Emily
Holbrook	Benjamin
Hornacek	Austin
Huerta	Michael
Hufford	Brody
Hunstock	Hudson
Huth	Abby
Ibraheem	Omar
Johansen	Abigail
Johnson	Grace
Johnstone	Justice
Jones	Preston
Kang	Siyeon

Kreutz	Chandler
Lastra	Jazzilyn
Law	Aspen
Lepe	Aaron
Levins	Hayley
Loayes	Lupita
Lucas	Michelle
Marshall	Skyla
Masso	Cassiel
McCullough	Logan
Miller	Lauren
Mokhlessin	Jackson
Mokhlessin	Nick
Montgomery	Tiana
Moss	Henry
Nickelson	Cashius
Nool	Jayson
Okuma	Heaven
Ortega	Sajanna
Osborne	Brooklynn
Osborne	Kate
Paul	Brooklyn
Pawlak	Rylyn
Perez	Hunter
Perez	Lincoln
Pierce	Elijah
Pottier	Koa
Quinn	Makai
Rahman	Nyla
Reid	Kaitlyn
Riley	Cyril
Roberts	Talmage
Robison	Chloe
Rokade	Darsh
Rowan	Brielle
Rowan	Brielle
Santiago	Aiden

Santibanez	Alina
Santospirito	Marco
Selfe	Oliver
Sharkey	James
Sharma	Viplove
Simpson	Logan
Smith	Ryder
Soto	Alejandro
Spade	Tanner
Stevé	Zoe
Stoker	Tamarie
Swearngin	Sara
Trujillo	Gianna
Ulloa	Matthew
Vasquez	Tenaya
Vo	Audrey
Wang	Kuang
Woodworth	Alex
Wozniak	Jillian
Wu	Gunnar

Go Great Oak Track & Field!!

Coach Draughon