

Athletes and Parents,

Great work at the CCA/Cathedral/GOHS Tri-Meet!

- We will celebrate the winning team from Color Wars Monday at Practice. Meet at the HJ Pit at 4 PM.

Team Warmups

- All athletes need navy team warmups (jacket and pants).
- VERY LAST OPPORTUNITY TO GET WARMUPS: **Team Store #3:**
<https://bsnteamsports.com/shop/8QmJNXbdnq>
- Team Store will close Tuesday night.

February 23-27

- Normal weekly practice schedule.
- Saddle Up Invitational is Saturday at VMHS. No bus is provided. Athletes should arrive for their competitions based on instructions from their event coaches. Not very many athletes will qualify for this meet. No distance athletes will be competing.
- Second and Final Road Runner Sports Team Weekend is 2/27-3/1. Flyer is attached. We will be doing a drawing for gift cards from the athletes who attended the first weekend.

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.** [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
- 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