



# 2022 Great Oak Cross Country

Dear Incoming 9<sup>th</sup> Grade Athlete or New Runner:

Our Cross Country (XC) teams at Great Oak High School have an impressive history. Under the direction of Coach Doug Soles, the teams had many impressive victories. In 2018, our program had over 130 athletes and both our teams that year won the **STATE CHAMPIONSHIP!** Our girls team went on to finish 8<sup>th</sup> in the nation, while our boys were 2<sup>nd</sup> at the Nike Cross Nationals Championship. In 2015 the boys brought home our first **NXN National Title!**

Last year, our XC Teams had continued success. Our freshmen boys' and girls' were UNDEFEATED for the 2021 Season. Our Varsity Boys placed 2nd at the CA State Meet and 7th at the RunningLane National XC Championships, while our Varsity Girls placed 5th at the CA State Meet and 25th at RunningLane Nationals! We look forward to even more success in Fall 2022.

As an avid marathoner, including multiple Boston Marathon Qualifying performances, I know the value of running and having an excellent running program available to high school students. Cross Country is a sport that encourages all athletes to be involved, improve, and work together to accomplish the goals of the team. Many students ask, "What is Cross Country?" There are two answers to that question. The first one is a sport that helps develop athletes using strength training and distance running. Athletes leave our program as *better* athletes! The second answer is that XC is a family. It is an environment like no other sport, where positive motivation is the norm and athletes learn to push themselves beyond their limits. It is a sport where athletes find out what they are made of, and make amazing friends along the journey. XC is where you learn to push yourself to the point of exhaustion, and keep going. Cross Country is a sport that teaches success in all aspects of life, and how to achieve your goals and realize your dreams. As you prepare for your next school year, consider joining a team that will help you at all levels of your high school career!



Looking for more information about XC? Try our website:  
<https://www.gohsathletics.com/xc>  
Sign-up is located at the top of the page to join the team!

Important Dates:  
July 11<sup>th</sup> – The Time Trial and start of XC Practices!  
July 16-July 23: XC Camp in Mammoth and Temecula

Sincerely,

**Tammy Draughon**  
Head XC Coach  
[tdraughon@tvusd.us](mailto:tdraughon@tvusd.us)

### Important Team Information:

- Summer Training** - Athletes train on their own until practice begins. All athletes are highly encouraged to come into the start of the season with a solid running base.
- Practice Begins** July 11th with a time trial to decide who goes to each XC camp. The top 16 boys and top 16 girls from the 2.85 mile time trial make it to the Mammoth camp. *The top 2-4 frosh boys and 2-4 frosh girls from the mile time trial will also qualify to go to Mammoth camp.*
- Mammoth Cross Country Camp** – July16-23 (must qualify at time trial July 11<sup>th</sup> to attend)
- Team Beach Trip** – Usually after the 3rd meet in the season at Dana Point. It is a fun BBQ with the whole family on a beautiful beach!
- Team Trips** - This season the varsity team is planning on attending overnight trips to Mammoth (XC Camp), an undecided major out of state invite, Clovis Invite, State, and NXN.

**Please Sign-up ASAP at the GOXC website to be added to the roster!**