

GOHS XC Parent Meeting: 2021 XC Season

Coach Draughon, Coach Corey, Coach Cortes, Coach Johnson, Coach Laurence, Coach Martin



2021 XC Schedule

Date	Day	Approx Time	Who?	Division	Meet	Location
July 12	Monday	6:15 AM	All	Open	Time Trial	Butterfield Stage Park Temecula
Aug 20	Friday	4:00 PM	All Frosh Only	Open	Time Trial #2	GOHS Back Field
Aug 28	Saturday	TBD	56 Selected Athletes	Div 1	Big Ditch Invite	Talley Fields Arroyo Grande, CA
Sept 3	Friday	2:00 PM	All	Div 1	Asics Cool Breeze Evening Invitational	Brookside Country Club at the Rose Bowl Pasadena, CA
Sept 17-18	Friday - Saturday	TBA	All	Div 1	Woodbridge Invite	Silver Lakes Soccer Complex, Norco, CA
Sept 24-25	Friday - Saturday	TBA	14 Selected Athletes	Div 1	Bob Firman Invitational (ID)	Eagle Island State Park, Idaho
Sept 25	Saturday	TBA	All	Div 1	<i>Dana Hills Invite</i>	
Sept 29	Wednesday	4:00 PM	All	Div 1	Southwestern League Meet #1	

2021 XC Schedule

Oct 2	Saturday	4:30 PM	All	Div 1	Temecula Twilight	Galway Downs
Oct 9	Saturday	Overnight Trip	56 Selected Athletes	Div 1	Clovis Invitational	Clovis, CA
Oct 13	Wednesday	4:00 PM	All	Div 1	Southwestern League Meet #1	
					<i>Neon Dance Event</i>	
Oct 22-23	Saturday	TBA	All	Div 1	Mt Sac Invite	Mt. Sac - Walnut
					<i>Arcadia Invite</i>	
Nov 3	Wednesday	TBA	All	Div 1	Southwestern League Finals	
Nov 12-13	Friday – Saturday	TBA	Top 16's	Div 1	CIF Prelims	Mt Sac XC Course
Nov 20	Saturday	TBA	Top 16's	Div 1	CIF Finals	Mt Sac XC Course
Nov 27	Saturday	TBA	Top 16's	Div 1	State Meet	Woodward Park – Fresno
					<i>Nike Cross National</i>	
					<i>Footlocker West Reg</i>	

2021 COVID Procedures

What happens if a Runner tests POSITIVE for COVID?

- Runner's Parents MUST tell Coach Draughon about the positive test result and the Runner must be quarantined. Coach Draughon MUST give the information to the Athletic Director but CANNOT give the information to other families.
- If a Runner has been tested for COVID, the Runner should remain at home until the test results are reported. If a Runner's test results are POSITIVE, the Runner's parent MUST notify Coach Draughon and remain at home until further instructions from TVUSD. Coach Draughon will report the POSITIVE case to GOHS Admin. All information regarding POSITIVE cases and the TVUSD response is confidential.

2021 COVID Procedures

What happens if a Runner tests POSITIVE for COVID?

- ALL Runners designated by the district to have been “exposed” will be required to quarantine for the first 5 days IF the exposed Runners are not immunized. Then, IF symptom free and with a NEGATIVE COVID test, exposed, unvaccinated Runners can return to practices/meets on Day 7.
- All UNVACCINATED Runners impacted by a POSITIVE COVID report determined by TVUSD should NOT get tested and will NOT return for a MINIMUM of FIVE (5) days from the date specified by TVUSD. COVID test results in the 5 day window are invalid according to TVUSD.
- This process is subject to change as the district receives updated policies from the County and State.

2021 XC Timeline

Category	Budgeted Income	Budgeted Expense
Fundraisers - Fan Angel	\$30,000	\$3,000
Fundraisers - Fair Share Donations	\$20,000	\$0
Fundraisers - Baseball/Baskets/Raffle	\$4,000	\$0
Direct Donations Businesses; Restaurant Nights	\$6,000	\$0
Apparel Sales	\$10,000	\$0
TOTAL	\$70,000	\$3,000

2021 XC Timeline

Category	Budgeted Income	Budgeted Expense
Expenses - Stipends	\$0	\$16,000
Expenses - Banquet Awards; Elliptigo Maintenance; Team Equipment; Team Clothing; XCStats Program; Banners/State Trophies; 2021 State Championship Rings; 2021 CIF & State Patches	\$0	\$14,395
Expenses - GO PACK Fdn	\$0	\$5,000
Expenses - Meet Entries/Away Meet Expenses	\$0	\$36,500
Expense - Neon Beach Party	\$0	\$2,000
TOTAL	\$70,000	\$73, 895

Fundraising Overview

Fundraising is an important part of the program, everyone needs to participate.

Send fundraising ideas to Danielle Bauer (daniellebauer3@gmail.com - Cole 2022) or Josh Kraus (jkrausloans@gmail.com - Kali 2023).



GOXC will fundraise for the 2021 season with fair share donations, restaurant nights and our large crowd sourcing fundraiser with Fan Angel.

Budgets are now split between T&F and XC - XC did not fundraise during the 2020 season.



Current Fundraisers

Dream Dinners

- Two pickup options (8/16 and 8/20)
- 3 medium sized dinners for \$50 with \$10 going back to the team (each dinner serves 2-3)
- Share on social media



DREAM DINNERS.
THE ORIGINAL MEAL KIT COMPANY™

Papa's
PIZZA GROTTO
CARRYOUT ITALIAN FOOD



Papa's Pizza Grotto

- All day (8/19)
- Share on social media

Fan Angel

- 90% back to GOXC
- Personalized homepage and dashboards
- Athletes will create their homepages and add email addresses week of 8/16
- Campaign will run 8/23 - 9/20
- Emails and thank you notes (with tax deductible info) is auto sent
- Share on social media



Fundraising Reminders

Refer to emails from Coach Draughon and the PSG for upcoming fundraising events.

Refer to the 'Upcoming Fundraisers' tab of the GOXC homepage.



Other Important Topics

Team Season Kickoff Parties - Thank you to Ropacki and Smith Families!!

Hydration

Prehab or Rehab

First Period Class

Overnight Meet Hotels

Communication

Language we use with our runners

Other Questions?