

Great Oak XC



**FINISH
ON EMPTY**



New Runner Orientation

What are we all about?



Please Sign-up Now On Your Phone

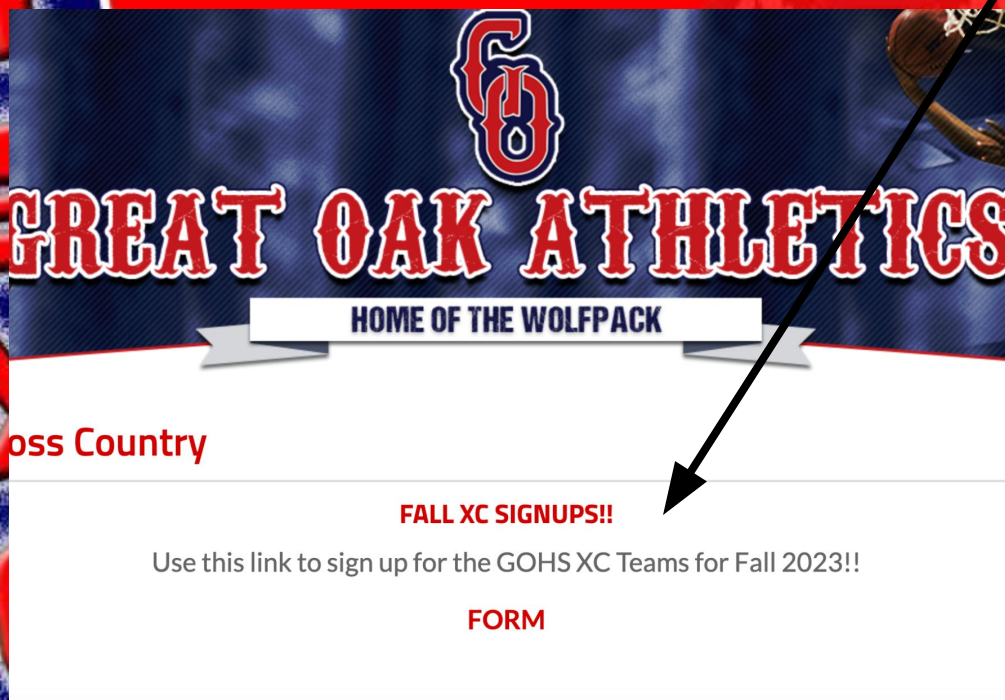
Go to:

gohsathletics.com/xc

-Click on Sign-up Link at top

-Fill out form

This will add you to
the team roster.





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Who is on the Coaching Staff and who runs the Parent Support Group?

- Coach Draughon (Head Coach)
- Assistant Coaches: Coach Mike, Coach Fatima, Coach Kama, Coach Navy, and potentially a couple of new coaches

We have a FANTASTIC group of supportive parents who work together as our PSG - parent support group.



Philosophy – What are we about?

- We are a team, not a group of individuals. Everything we do is based off of the TEAM concept.
- We train in groups based on age, experience, ability, etc.
- We focus on consistent training and improvement based on group level.
- Our athletes are challenged to succeed. Nothing is given to them. If they want to go to Mammoth Camp, they have to qualify in the time trial!
- Work Hard - Play Hard!

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GREAT OAK CROSS COUNTRY

Statistics



- 80+ XC Athletes each season!
- 200+ Track & Field Athletes each season!
- 60+ Distance Group Athletes in Track each season!
- Multiple Girls under 6:00 for mile each season!
- Multiple Boys under 5:00 for mile each season!
- 5-6 XC Coaches
- Many years of League Titles!
- Many CIF appearances for our Girls XC Team,
with 10 CIF SS Championships, and 8 State Championships!
Boys Many CIF appearances, 4 CIF Titles, 6 State Titles, one
National Runner-up, 1 National Championship (2016),
7th in the Nation in 2021 and 6th in the Nation in 2022!
- Many athletes running at major D1 universities!

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Fun Trips/Events

- **Team Camp – This year we go to Mammoth July 22-30 for those who qualify via the Time Trial races (up to top 4 in Frosh mile qualify per gender this season!).**
- **We hope to be going to Clovis for an overnight trip with 28 boys and 28 girls, a few are usually 9th graders!**
- **Beach Party – We usually go to Doheny State Beach after the Dana Hills Invite and party!**
- **Varsity Invite Trip – This year we are planning on taking a trip to a yet to be decided national level meet with our top 7's!**
- **We will have other fun team events before and during the season!**

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GREAT OAK CROSS COUNTRY



Team Goal

Our goal as a team each year is to win the California State Meet. Everything else is secondary to that!



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Frosh Records

3 Miles x | Show only

Mens

1. 9 Zander Hassler	14:46.3	PR	2017
2. 9 Gabriel Abbes	14:48.0		2016
3. 9 Chaz Fikes	14:53.9	PR	2017
4. 9 Adam Lazelle	14:56.7	PR	2017
5. 9 Mateo Joseph	15:00.9		2017
6. 9 Gabriel Rodriguez	15:08.7		2020
7. 9 Christopher Verdugo	15:09.5		2016
8. 9 Nathan Lennox	15:11.3		2019
9. 9 Mark Cortes	15:17.4		2019
10. 9 David Kankowski 	15:34.4		2019
11. 9 Michael Rodriguez	15:37.9		2020
12. 9 Nick Gaffney	15:46.4		2019
13. 9 Ramses Cortes	15:47.1		2019
14. 9 Gavin Korby	15:57.9		2014
15. 9 Jacob Korgan	15:59.1		2014
16. 9 Tyler Tickner	15:59.9		2015
17. 9 Daniel Alvarado	16:00.9	PR	2017
18. 9 Solomon Fountain	16:01.0		2013
19. 9 Austin Elkins	16:01.8		2019
20. 9 Carlos Carvajal	16:02.5		2014

Womens

1. 9 Devin Ito	17:12.2	PR	2016
2. 9 Maiya Larsen	17:15.0		2011
3. 9 Melinda Dang 	17:16.9	PR	2019
4. 9 Aishling Fabian 	17:20.7	PR	2019
5. 9 Kelli Gaffney 	17:21.9		2019
6. 9 Ashley Helbig	17:36.0		2010
9 Brianna Weidler	17:36.0		2017
8. 9 Destiny Collins	17:36.6		2012
9. 9 Audrey Dang 	17:37.4		2016
10. 9 Sandra Pflughoft	17:39.1		2014
11. 9 Joelle Upshur	17:40.6	PR	2019
12. 9 Kiyena Beatty	17:40.9		2013
13. 9 Divine Torza	17:45.3		2018
14. 9 Evelyn Mandel	17:54.6		2013
15. 9 Arianna Griffiths	17:54.8		2016
16. 9 Laura Shoaf 	18:01.1	PR	2019
17. 9 Sarah Lyon	18:05.3	PR	2015
18. 9 Lauren Buckley	18:07.2		2017
19. 9 Kayla Sexton	18:10.5	PR	2017
20. 9 Caroline Jilek	18:13.7		2017



Staying Informed

Our website is constantly updated with important dates, practice times & locations, etc. Bookmark it and check it often!

ANNOUNCEMENTS FOR XC FALL 2022

ATHLETIC CLEARANCE AND SPORTS PHYSICALS

Athletic Clearance is now open!! All runners must have Athletic Clearance finished BEFORE July 11th in order to participate in the XC Time Trial! This requires a physical. See below for an easy way to take care of that requirement.

MESSAGE FROM JESSICA HEFINGTON, GOHS ATHLETIC TRAINER

Good afternoon parents,

Thank you for your support of Great Oak High School's Athletic Training Program! Our annual sports physical fundraiser will be, May 13th from 3:30 to 6:30pm. The cost for the physical is \$40. This purchase is nonrefundable.

<https://www.gohsathletics.com/xc>

GOHS XC



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Dates for this Summer

**now - Summer Training ON YOUR OWN
begins.**

**July 17th - Time Trials at Butterfield Stage
Park; 1 mile Race for Freshmen**

July 18th - First Day of Official XC Practices

**Practices are Monday - Friday 7-9:30 AM
and Saturday mornings.**

**July 22-30: Mammoth Camp for top Time
Trial Runners; Temecula Camp for all other
runners**



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Other BIG Questions

- We need parental support in our PSG. XC parents are very involved!
- Coach Draughon is the coach to speak with about training questions.
- Parents support and Coaches coach.
- Good shoes are important.
- \$300 Donation Per Runner; This provides a large portion of what we need to operate the XC team. We accept these donations on July 17th, the day of the Time Trial.



Athletic Clearance is IMPORTANT!

- **Athletic Clearance:** Each runner **MUST** have full athletic clearance **BEFORE** being allowed to run with us during practices. <https://www.gohsathletics.com/home>
- This includes the Time Trials on July 17th.
- Please **DO NOT** donate \$ through Athletic Clearance.

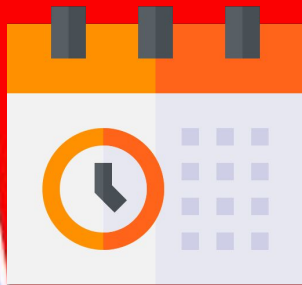
Other Questions?

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Expectations and Team Culture



Train Right

Coaches are committed to a balanced and competitive training plan that leads to improved personal bests. Runners are committed to following the plan with integrity.



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Expectations and Team Culture



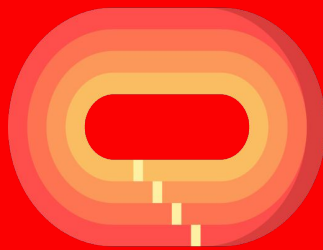
Embrace Feedback

Coaches and runners provide feedback to improve individual and team success. Feedback is powerful when given and received positively.



GOHSXC

Expectations and Team Culture



Finish Strong

GOHS runners have a give-it-all mentality and cross the finish line with nothing left to give.

