

2022 Spring Track - Distance

Coach Tammy Draughon

Coach Isaac Cortes; Coach Corey Osborne;

Coach Navy Laurence

Meeting Agenda

- Communication from Coach Draughon and Coach Garcia
- Track Schedule
- Parent Support
- College Scholarships
- Preview of XC
- PreHab/ReHab/Maintenance for Runners
- Expectations and Team Culture

Communication from Coach Draughon and Coach Garcia

- Join the Reminds.
- Coach Draughon
GOHSXC Remind (Runners): Text @gohsxc to 81010
GOHSXC PARENTS Remind: Text @gohsxcpar to 81010
- Coach Garcia
Senior Class Remind: Text @gotf2022 to 81010
Junior Class Remind: Text @gotf2023 to 81010
Soph Class Remind: Text @gotf2024 to 81010
Frosh Class Remind: Text @gotf2025 to 81010

Communication from Coach Draughon and Coach Garcia

- Websites

Coach Draughon: gohsathletics.com/xc

Coach Garcia: gohsathletics.com/trackfield

- Email: tdraughon@tvusd.us

- Coach Draughon's Cell Phone - ***for emergency use only***: 951-551-8920

Track Schedule

- Calendar on websites
- Coach Draughon will also send out weekly reminders.

Parent Support

- Fair Share Donation; \$250 per athlete
- Supplies for Coach Draughon's Classroom
- How to support your athlete at home? Shoes, Spikes, Practice Schedule, Warmups, etc.

College Scholarships/Admissions

- Timeline for the process - Junior Year
- Coach Draughon's experience
- What should runners be doing?
- What should parents be doing?
- What is Coach Draughon's role?

Summer/Fall XC Preview

- Time Trials July 11th
- Mammoth Training Camp the following week!
- Temecula Training Camp the same week as Mammoth!
- Current Varsity Runners will deliver recruiting t-shirts and letters on the last day of school!

PreHab/ReHab/Maintenance for Runners

- Importance of regular stretching and strengthening routines
- Weekly mileage
- PT; Chiropractic Care
- Medical Opinions
- Practice Schedule and Appointments

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.

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.

Expectations and Team Culture

Finish Strong



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