

Athletes and Parents,

I will be adjusting the email list over the next couple of weeks as practices begin.

- If your athlete won't be on the Track & Field teams during the Spring, you will be removed from the list. It's tough for me to consolidate the list with so many athletes, so it does take a couple of weeks.

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. Athletes will not be allowed to start without parents signing the parent contract (Google) form, and athletes having athletic clearance.
- Please order warmups by 1/22. All athletes are required to have navy team warmups for meets.
- Please pay fair shares (PayPal link in the slides) by next week. I will have to make decisions about the team roster size and schedule based on the percentage of fair shares that are paid since that is how we finance coaches' stipends and transportation.
- Please make note of the meets during the first week of Spring Break and organize your family trips accordingly.
- What is missing in these slides is all the information I provided as I explained them.

January 20th - First Day of Practice

- 1/20 is the first official day of Spring Track & Field Practices. Athletes must be athletically cleared, and parent contracts signed. Athletes meet in the stadium at the high jump area at 4:00 PM.
- All athletes will be evaluated the first few days of practice. This applies to current and new Track & Field athletes.
- Season practices will be Monday/Tuesday/Thursday/Friday 4-6. Wednesdays will be a little different. Distance will practice early at 6:15 or 6:30 AM. Other event groups will practice 3-5 PM or 4-6 PM.

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
- Please notice that February 13th is a non-school day but we will be holding a Team Time Trial that morning - a team track meet - and it will be FUN! It is also necessary for helping all athletes get the times/marks they need for entry into invitationals.
- Please put this date/time on your calendars. It is a 4-day holiday weekend, so please plan your fun events for after the team time trial. Come support! It will be FUN for everyone!
- 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>

Practice Schedule

- Always check the website and Band.

Go Great Oak Track & Field!!

Coach Draughon