

Athletes and Parents,

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

- 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.

Team Warmups

- All athletes need navy team warmups (jacket and pants). Team store is open until February 9th.
- [LINK for team store](#)

February 2-7

- Practice Monday/Tuesday/Thursday/Friday 4-6 PM
- Wednesday practice times will depend on the event groups. **Distance athletes need to get used to early morning practices on Wednesdays and sometimes other days.
- Sat: Winter Champs will be hosted at Arcadia High School - Athletes should have parent transportation to and from the meet. Coaches will provide a team canopy setup for when athletes arrive. Athletes will be expected to bring 2 signed waivers with them to the meet, along with their golden bib. More information will be sent when the Winter Champs info has been published.

February 9-13

- Practice Monday/Tuesday/Thursday 4-6 PM
- Wednesday practice times will depend on the event groups. **Distance athletes need to get used to early morning practices on Wednesdays and sometimes other days.
- **FRIDAY: TEAM TIME TRIAL!!!** Start time will be decided this week. It is the start of a long weekend, so make sure you are planning to be at the Team Time Trial before taking off for fun!

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.
- **Fair Shares should have already been paid.** GO PACK will send me the amounts we have collected in fair shares sometime this week. [LINK TO PAY FAIR SHARES](#)
- List of athletes who are athletically cleared and list of parents who have signed the parent contract. PLEASE CHECK. [LINK FOR LISTS](#)
- Some athletes have clearances expiring soon:

- David Alfaro, 10, Track & Field, Boys - Expiring Soon - 03/24/2026
 - Ryder Dailey, 9, Track & Field, Boys - Expiring Soon - 03/15/2026
 - Zackery de Leon, 11, Track & Field, Boys - Expiring Soon - 03/19/2026
 - Anthony Garcia, 11, Track & Field, Boys - Expiring Soon - 03/28/2026
 - Jose Gonzalez, 9, Track & Field, Boys - Expiring Soon - 03/17/2026
 - Mekyle Hamedi, 12, Track & Field, Boys - Expiring Soon - 02/19/2026
 - Hayden Miltenberger, 9, Track & Field, Boys - Expiring Soon - 03/25/2026
 - Delonzo Wilkins, 12, Track & Field, Boys - Expiring Soon - 02/03/2026
- Please make note of the meets during the first week of Spring Break and organize your family trips accordingly.
 - The slides do not contain the information I explained verbally during the meeting.

Parent Help Needed - You get to choose where to help!

- THANK YOU to Chris Huth for being our parent representative for GO PACK this season!!
- Here is the link to a form for you to let us know how you would like to help this season with Track & Field. Splitting up the work makes it more fun for everyone!
- https://docs.google.com/forms/d/e/1FAIpQLSdaTgKmqsuUB2zjWcpfgxmVBncL62Pu0Rc6bSgCm83Ye_ghw7Q/viewform?usp=publish-editor

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>

Band Links:

General Team Information: <https://band.us/n/a6a8b9Q8R2L6p>

Distance Event Group Information: <https://band.us/n/a8abbar78fXaA>

High Jump Event Group Information: <https://band.us/n/a5aab7r089P1G>

Horizontal Jumps Event Group Information: <https://band.us/n/afabbeS2P7OaR>

Pole Vault Event Group Information: <https://band.us/n/afa0b9renet4K>

Sprints Event Group Information: <https://band.us/n/a8a9b6S0zbBfW>

Throws Event Group Information: <https://band.us/n/a6aeb6r883X6h>

Practice Schedule

- Always check the website and Band.

Go Great Oak Track & Field!!

Coach Draughon