



# 2020 GREAT OAK TRACK & FIELD INFORMATION SHEET

Contact: Head Coach Doug Soles – 326-6992 Cell – [dsoles@tvusd.k12.ca.us](mailto:dsoles@tvusd.k12.ca.us)

## Weeks 1 & 2 of the season are evaluation weeks – Everyone Attends!

**Tryout Dates:** February 3 – February 14, 2020

**Time:** 3:00 - 5:30 pm

**Location:** We will meet at the track every day, but may move certain group practices to other areas due to soccer games.

**Who Can?** Everyone new and returning should attend this year (\*\*GO Winter sports athletes see below).

**Dress:** Athletes should be dressed in conditioning attire and running shoes. Bring sweats if it is colder.

**Physicals:** All athletes **MUST** have a completed sports packet turned in to the athletic office before they will be allowed to try out. They need to bring out the clearance sheet to Coach Soles to be cleared (if an athlete already played a sport for GO this year or turned it in for Winter Track, they do not need to do another physical, just bring out a copy of the clearance form if you haven't turned one in to Coach Soles already).

**Cuts:** This season we will be making cuts to our track team. This means that athletes that have made the team in the past may be cut. We no longer have the funding to have super large teams, as we can not get all athletes meet entries or transportation. Athletes may be cut due to ability, eligibility, attendance, attitude, team dynamics & fit, inability to commit to the team full time, or lack of effort at coach's discretion. Coaches will be actively looking for athletes to fill their groups, so you want to impress the coaches with a solid effort in every tryout activity to help yourself make the team. Make sure they know who you are and what value you bring to their group and the team.

*\*\*\*Athletes still in GO winter sports **should not** attend Track until they have fully completed their winter sport commitment. This **will not** affect their ability to make the track team, we are proud that they are representing GOHS on our winter teams. These athletes will be given a tryout the first full week they practice with the team, after which they may be cut following the guidelines set above, but they will be given an equal opportunity to make the team and are encouraged to try out.*

## Practice

**Practices will be from** 3:00 to 5:30 Monday-Friday + we have Sat. meets & practices as well. At the end of the 2nd week of practice, the coaches will decide which athletes they will select for the team roster. The list of athletes that have been selected will be posted on the Great Oak Track Website no later than Feb. 15<sup>th</sup> to see if you made it. If you try out, please make sure you can commit full time before trying out and taking a spot from someone who wants it.

## Important Items - Please read all!

- All Athletes need to be cleared by the athletic office **before** they will be allowed to tryout or practice. Please bring your **clearance sheet** from Mrs. Gorbacz in the Athletic Office with you your first day! If you turned it in for XC or Winter Track then Coach Soles already has it for you and you are good.
- If you are on another team (club soccer, club volleyball, etc.) you need to sit down with Coach Soles and have him approve your club schedule conflicts. It is the expectation that track is your primary sport, and that you will miss very few practices or meets. Not all club schedules will be approved. We usually have no problems with athletes that really want to make it work. ☺
- **Season:** Please make donation checks out to GOALS
  - Our Parent Support Group (PSG) is asking ALL parents to donate \$200 to the program per athlete so that we can fund our season. Without these donations, we may have to cut meets or athlete roster spots from our schedule.
  - There will be a limited supply of Nike warm-ups available for purchase, first come, first served (athletes that already have Great Oak warm-ups from previous seasons do not need to buy them again).
- The first regular meet of the season is at the end of February. Most of our meets fall on Wednesdays or Saturdays this season. Please check the track website for the full schedule.
- We have 17+ coaches, 300+ athletes, and finished last season as one of the top teams in the country! With your help, we will continue to follow our philosophy of maintaining one of the best track programs in the nation!
- Come be a part of something special!