

# WELCOME BACK

# Great **Oak** XC!

*Fall 2025*

Team Goals

Schedule: Costs/Buses/Needs

Fundraising

Parent Support

Post-Season

Team Culture

Pre-Meet Pasta Dinners...plus more

# Team Goals:

## Boys' Team Goals Fall 2025

- Top 2 under 14:30
- Top 7 under 16:00
- Top 16 sub 17:00
- Small Time Spread in Meets
- Run Races with Team Strategy
- Win League!
- Qualify for State Finals!

## Girls' Team Goals Fall 2025

- Top 3 under 17:30
- Top 7 all under 18:45
- Top 14 under 20:00
- Small Time Spread in Meets
- Run Races with Team Strategy
- Win League!
- Qualify for State Finals!

# 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.

\*No private running training during season

# Expectations and Team Culture



## Train Right

- \*Attending practices every day is essential.
- \*Athletes who do not attend practices will not be rostered for more important invitationals and travel meets.
- \*If an athlete misses practices often, they will be dismissed from the team.

# Expectations and Team Culture

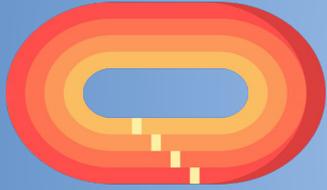
## Embrace Feedback



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.



# Schedule/Costs/Buses/Needs

<b>Aug 30</b>	<b>Saturday</b>	<b>8:00 AM</b>	<b>All</b>	<b>Open</b>	<b>CCA Invitational</b>	<b>Canyon Crest Academy High School San Diego, CA</b>
<b>Sept 6</b>	<b>Saturday</b>	<b>8:00 AM</b>	<b>All (Varsity may not race)</b>	<b>Open</b>	<b>Dana Hills Invite</b>	<b>Dana Hills HS Dana Point, CA</b>
<b>Sept 20</b>	<b>Saturday</b>	<b>3:50 PM</b>	<b>All</b>	<b>Div 1</b>	<b>Woodbridge Invite</b>	<b>Great Park Irvine, CA</b>
<b>Sept 25-29</b>	<b>Out of State Meet</b>	<b>Multi-Day Trip</b>	<b>Top 7's</b>	<b>Div 1</b>	<b>McQuaid Invitational</b>	<b>Rochester, NY</b>
<b>Oct 1</b>	<b>Wednesday</b>	<b>4:00 PM</b>	<b>All</b>	<b>Div 1</b>	<b>Southwestern League Meet #1</b>	<b>TVHS</b>
<b>Oct 10-11</b>	<b>Fri-Sat</b>	<b>Overnight Trip</b>	<b>up to 56 Selected Athletes</b>	<b>Div 1</b>	<b>Clovis Invitational</b>	<b>Clovis, CA</b>
<b>Oct 25</b>	<b>Saturday</b>	<b>TBA</b>	<b>All</b>	<b>Div 1</b>	<b>Mt Sac Invite</b>	<b>Mt. Sac - Walnut</b>
<b>Nov 5</b>	<b>Wednesday</b>	<b>2:00 PM</b>	<b>All</b>	<b>Div 1</b>	<b>Southwestern League Finals</b>	<b>Galway Downs</b>

Charter Buses: Clovis - paid by XC Teams - \$7000 + Hotel Cost; State Meet - paid by District

School Buses: CCA/Dana Hills/Mt SAC - paid by XC Teams - \$1800 EACH; League Meets - paid by GOHS

Meet There: Woodbridge

# Dual Sport Athlete Conflicts

- Coach Draughon (entire coaching staff) has been very supportive of dual sport athletes.
- There are some non-negotiables, especially for Varsity athletes.
- ALL athletes who are dual sport MUST give Coach Draughon a copy of their other sport schedule and discuss the conflicts.
- Contact Coach Draughon with any questions.

# Coach Draughon Wish List

- Fundraising to help pay for new uniforms
- Fair Shares all paid so Coaches can concentrate on coaching and not ways to pay for buses
- Athletes getting support from home with healthy meals and prehab.
- Water/Gatorade/Liquid IV stocked in the classroom.

# Fundraising

We will have ONE main fundraiser this year.

This is NOT a separate fair share donation. Families are expected to donate fair shares and then the fundraiser is for families and friends and businesses to contribute.

# Parent Support

We need your help for a successful season!

- Fair share donations
- Runners need appropriate clothing and shoes.
- Healthy daily meals
- Electrolytes and hydration
- Practice attendance - What does “no cut sport” mean?

# Parent Support

We need your help for a successful season!

- Please support prehab and rehab for your runner.
- Please provide POSITIVE support of your runner and all other runners on the team.
- Please support the efforts of coaches.
- [Parent Code of Conduct](#)

# Parent and Athlete Code of Conduct Contract Fall 2025



Link to contract document:

<https://docs.google.com/document/d/1JunD9D8GQk2ueSNCetTJSruloYiMT4pP1Dlf09R5WKg/edit?usp=sharing>

- Instead of wasting paper, the contract is a digital form.
- Each athlete's parent must read and "sign" the form before Coach Draughon will roster any athlete to race.

# Parent Support

We need your help for a successful season!

- [Stanford Female Athlete Training Resources](#)
- [Revisionist History Podcast: The Crisis in Girls' Sports with Lauren Fleshman and Linda Flanagan](#)
- [Female Athlete Training](#)

# Top 7 Selections and Post-Season Selections

- Coach Draughon makes all final decisions about who runs as the Top 7 Varsity. She includes all assistant coaches in the decision making process.
- Top 7 Runners are decided based on MULTIPLE factors, and not just race times.
- Coach Draughon is happy to have conversations about your runner only. She will not discuss another runner or a comparison to another runner.

# Top 7 Selections and Post-Season Selections

- Coach Draughon is happy to communicate in a variety of ways until post-season. During post-season, Coach Draughon will only communicate via email.
- ALL parent communication should go through Coach Draughon.
- Post-Season will involve Top 12-16 runners for both teams, but only the Top 10-12 will be rostered. \*\*\*CIF Rule
- Running in CIF Prelims or Finals DOES NOT guarantee a runner will be rostered at State or Nationals.

# Tips for Communication with Coach Draughon

- Email and GroupMe are always excellent choices.
- Please DO NOT approach Coach Draughon, or any coaches, at the end of practice without prior arrangement.
- Please DO NOT approach Coach Draughon, or any coaches, about an issue needing longer discussion during any Meet. It is better to send an email asking Coach Draughon when a good time would be to discuss your concern.

# Winter Training and Spring Track

- Winter Training begins after the end of Cross Country.
- Runners will have optional opportunities to participate in Winter Track Meets and qualify for Winter State.
- Spring Track will begin in mid to late January; no later than early February.

# Pre-Meet Pasta Dinners

We would love to have pre-race dinners hosted by team families. This would be something families would do as a donation to the team and team culture. Girls' and Boys' Teams hosted separately.

Dates:

8/29, 9/5, 9/19, 9/30, 10/24, 11/4, \*CIF will be additional dates

# Pre-Meet Pasta Dinners



- Link to sign up for Pasta Dinners.
- 45 Boys
- 25 Girls
- Parents are welcome to combine forces!

# CIF Report on Participation

## BOYS' PARTICIPATION BREAKDOWN

SPORT	BOYS 2014	BOYS 2015	BOYS 2016	BOYS 2017	BOYS 2018	BOYS 2019	BOYS 2020	BOYS 2022	BOYS 2023
Badminton	3,604	3,651	3,958	3,820	3,964	3,830	4,100	3,925	3,931
Baseball	43,482	44,361	44,131	43,913	44,477	44,347	45,132	44,179	43,367
Basketball	44,097	44,809	45,685	46,114	47,584	48,111	47,675	47,091	45,836
Cheer-Trad.Com.	---	---	---	**147	639	766	606	313	1,120
Cheer-Com. Sport	---	---	---	**35	272	264	281	169	510
Cross Country	29,987	29,415	29,632	31,830	32,951	31,880	31,902	24,764	25,249
Field Hockey	92	51	1	2	0	150	38	1	8
Flag Football	---	---	---	---	---	---	---	---	1,099
Football 11-player	103,464	103,725	100,205	97,079	94,286	91,305	89,756	84,626	89,178
Football 8-player	2,247	2,437	1,928	2,124	2,088	2,068	2,264	2,232	2,611
Golf	10,986	11,032	10,828	10,523	10,672	11,023	10,579	10,945	10,860
Gymnastics	36	57	13	14	1	5	7	2	18
Lacrosse	9,091	9,294	9,264	9,569	9,684	10,189	10,669	9,844	9,949
Skiing/Snowboarding	595	596	428	474	503	576	511	605	636
Soccer	48,564	49,307	52,266	52,795	53,262	54,996	55,036	53,677	53,368
Softball	172	18	13	37	99	1,712	1,396	216	175
Swimming & Diving	23,075	23,393	21,971	22,004	22,872	21,822	22,214	18,902	17,840
Tennis	18,931	19,007	18,771	18,834	18,737	19,230	18,956	17,558	17,031
Track and Field	54,062	54,854	55,877	56,032	56,606	55,335	57,302	48,452	52,164
Volleyball	16,242	16,553	18,173	19,676	20,790	22,224	23,556	24,980	26,533
Volleyball - Beach	---	---	---	---	---	---	---	708	792
Water Polo	16,263	16,509	16,634	16,780	17,143	17,304	16,584	15,404	14,637
Wrestling	27,461	26,327	23,969	22,385	22,441	22,602	22,623	19,900	21,982
Other**	7,412	8,745	11,148	10,353	12,919	10,989	9,780	6,290	6,133
<b>Total</b>	<b>452,452</b>	<b>455,396</b>	<b>453,747</b>	<b>454,005</b>	<b>459,171</b>	<b>459,739</b>	<b>461,187</b>	<b>428,493</b>	<b>438,894</b>

Whenever a school provides only a team for boys in a particular sport, girls are permitted to qualify for the "student" team(s).

\*\*Note: As part of the NFHS survey, the CIF measures participation in all sports and activities. The above list does not comprise all sports/activities sponsored by schools and required in the NFHS survey.

Top 10 Boys Sports	Participants	Increase or Decrease (Since 2022)
1. Football	89,178	+5.4%
2. Soccer	53,368	-0.6%
3. Track & Field	52,164	+7.7%
4. Basketball	45,836	-2.7%
5. Baseball	43,367	-1.8%
6. Volleyball	26,533	+6.2%
7. Cross Country	25,249	+2.0%
8. Wrestling	21,982	+10.5%
9. Swimming & Diving	17,840	-5.6%
10. Tennis	17,031	-3.0%

2014 - 30,000 runners statewide

2017 - 32,000

2018 - 33,000

2019 - 32,000

2020 - 32,000

2021 - COVID

2022 - 25,000

2023 - 25,000

We are at 80% of what we were almost 10 years ago.

# CIF Report on Participation

## GIRLS' PARTICIPATION BREAKDOWN

SPORT	GIRLS 2014	GIRLS 2015	GIRLS 2016	GIRLS 2017	GIRLS 2018	GIRLS 2019	GIRLS 2020	GIRLS 2022	GIRLS 2023
Badminton	5,012	5,049	5,056	5,005	5,302	5,026	5,311	4,701	4,696
Baseball	323	503	406	283	367	418	257	363	220
Basketball	33,443	33,988	34,386	34,222	34,631	35,902	34,368	30,142	29,007
Cheer-Trad. Com.	---	---	---	**367	9,212	10,342	9,920	11,233	13,119
Cheer-Com. Sport	---	---	---	**101	3,847	5,362	5,777	6,922	7,823
Cross Country	25,192	24,775	25,110	25,600	25,377	24,208	24,010	19,117	18,577
Field Hockey	3,329	3,337	3,341	3,695	3,692	4,058	4,097	3,937	3,579
Flag Football	---	---	---	---	---	---	---	---	689
Football 11-player	252	237	333	420	469	593	534	568	435
Football 8-player	48	29	47	38	27	17	30	25	54
Golf	6,951	7,161	7,531	8,044	8,506	8,862	8,749	8,376	8,421
Gymnastics	1,076	958	799	825	760	772	744	530	579
Lacrosse	6,039	6,571	7,555	8,495	8,880	9,840	10,737	9,961	9,664
Skiing/Snowboarding	371	404	291	302	304	354	301	446	479
Soccer	43,820	44,809	46,778	47,139	47,186	49,342	48,647	47,044	45,544
Softball	32,238	32,904	33,366	33,265	33,400	32,233	32,502	30,338	29,483
Swimming & Diving	28,496	29,192	29,016	29,722	31,161	29,576	29,736	23,153	21,941
Tennis	22,270	22,704	22,585	23,077	23,428	23,546	23,910	21,742	21,124
Track and Field	44,567	45,433	45,974	46,276	46,327	45,235	45,318	38,399	40,434
Volleyball	40,751	41,783	43,423	44,526	45,139	45,997	46,495	45,534	45,429
Volleyball - Beach	---	---	---	---	---	---	---	2,923	4,457
Water Polo	14,393	14,655	15,407	15,913	16,085	16,568	16,237	14,081	12,821
Wrestling	2,286	2,771	4,105	4,505	5,286	6,014	6,446	5,578	6,398
Other**	33,130	37,318	40,610	46,686	35,383	36,152	34,655	21,239	30,882
<b>Total</b>	<b>310,854</b>	<b>317,263</b>	<b>325,509</b>	<b>331,352</b>	<b>349,386</b>	<b>354,265</b>	<b>354,126</b>	<b>325,113</b>	<b>324,973</b>

Whenever a school provides only a team for boys in a particular sport, girls are permitted to qualify for the "student" team(s).

\*\*Note: As part of the NFHS survey, the CIF measures participation in all sports and activities. The above list does not comprise all sports/activities sponsored by schools and required in the NFHS survey.

Top 10 Girls Sports	Participants	Increase or Decrease (Since 2022)
1. Soccer	45,544	-3.2%
2. Volleyball	45,390	-0.3%
3. Track & Field	40,434	+5.3%
4. Softball	29,483	-2.8%
5. Basketball	29,007	-3.8%
6. Swimming & Diving	21,941	-5.2%
7. Tennis	21,124	-2.8%
8. Cross Country	18,577	-2.8%
9. Traditional Competitive Cheer	13,119	+16.8%
10. Water Polo	12,821	-8.9%

2014 - 25,000 runners statewide  
 2015-2018 about the same  
 2019 - 24,000  
 2020 - 24,000  
 2021 - COVID  
 2022 - 19,100  
 2023 - 18,500

We are at 74% of what we were almost 10 years ago.