

Men's Cross Country
Information Packet

2017



OSWEGO EAST



Oswego East Men's Cross Country

Head Coach: Jim Milner (jmilner@sd308.org)

Assistant Coaches: Eliza McNamara
 Matt Muth
 Kenny Outlaw
 Derrick Padovich

Practice:		Cross Country		Track and Field
Monday	2:45-5:30pm	Practice	3:30-5:30pm	Practice
<i>Tuesday</i>	<i>6:00-6:45am</i>	<i>JR/SR Distance Group Practice</i>	<i>6:00-6:45am</i>	<i>JR/SR Distance Group Practice</i>
Tuesday	2:45-5:30pm	Practice	3:30-5:30pm	Practice
Wednesday	3:30-5:30pm	Practice	3:30-5:30pm	Practice
<i>Thursday</i>	<i>6:00-6:45am</i>	<i>All Distance Group Pool Practice</i>	<i>6:00-6:45am</i>	<i>All Distance Group Pool Practice</i>
Thursday	2:45-5:30pm	Practice	3:30-5:30pm	Practice
Friday	2:45-5:30pm	Practice	3:30-5:30pm	Practice
Saturday/No School	9:00-11:00am	Practice	9:00-11:00am	Practice
Weekdays	4:30-6:00pm	Training room is open for the ice bath and rolling out.		

Participation in high school athletics is not a right but a privilege; while we support all athletes, regardless of ability level, we feel that to earn the privilege of being on the team, all members must be willing to make an **equivalent sacrifice**. While we certainly encourage the development of well-rounded individuals, we also recognize that the value of athletics cannot be truly realized if the athlete is unable to make a **full commitment** to his sport. This may require that athletes have to make some difficult choices, but the team will **derive strength** from the shared sense of **sacrifice** that all individual members are making.

Excused Absence

1. Illness (absent from school)
2. Family Emergency
3. Observance of Religious Holiday
4. Meeting with a teacher for academic reasons (however, athlete is to report directly to practice after the meeting, with a pass from the teacher).

Provisional Absence – We will work with you, however, you must let us know well in advanced.

1. SAT/ACT test prep courses
2. Drivers Education course
3. Band or orchestra concert
4. Vacations (freshman only)
5. Family celebrations (weddings, anniversary parties, etc.)
6. Orthodontist/Dental/Doctor appointments (please try to schedule around practice)
7. College Visits (*cease September 24th 2016 for XC and April 14th 2018 for T&F*)
8. Leaving practice early for another commitment – you will have multiple things that are important happening on the same day for the rest of your life, here you can learn how to balance.

Unexcused Absence

1. Oversleeping
2. Haircut appointments
3. Birthday parties
4. Concerts or professional/college sporting events
5. Extended Prom Weekends/Senior Skip Days
6. Vacation (soph-senior)
7. Job or volunteering
8. Staying home to do homework/working on a group project (should be scheduled around practice)
9. Practice for any other sport
10. Club/Activity (for example, missing practice for 'radio club' is unexcused)
11. Missing practice for any of the reasons listed under "provisional" without notifying coaches ahead of time

Tardies

Athletes are expected to be at all practices and competitions on time. Weekday practices begin at 2:45pm in the commons. Students arriving after this time should have a pass from a teacher. Weekend practices will usually start at 9:00am – we will post the practice time on our team website. Any student arriving after the scheduled practice time who does not have a pass will be considered tardy.

INJURIES – If an athlete is injured, attendance is still expected at practices and meets. If unable to run, the athlete can still keep in shape in a variety of ways under the advisement from the athletic trainer or doctor. If the athlete is taken out of participating by a doctor, please provide a note from the doctor explaining the nature of the injury. The athlete will not be able to resume participation until we receive a written notification from the doctor stating that the athlete is clear to do so.

ATTENDANCE

- Contact coaches for **any and all** absences. We do not get a report from the attendance office, you must notify us directly.
- Contact coaches directly in the event of emergency.
- Written excuse must be provided in advance for all non-emergency absences.
- You will be notified of any changes to the schedule.

TARDIES

DON'T BE LATE! Bring a parent note or teacher pass if you are.

INJURIES

Doctor's note is required to be excused from and returned to full participation.

NEXT TEAMMATE UP

Your absence = someone else's opportunity to take your place.

In other words...

Practice and meets are mandatory. The only exceptions are illness (home from school), a family emergency, or an unavoidable circumstance that the coaches have been notified of by August 23rd 2017 for XC and February 1st 2018 for T&F.

Clothing: Athletes need to be prepared to practice both indoors and outdoors throughout the entire season.

Indoor apparel consists of short sleeved shirts and shorts.

Outdoor apparel should consist of long sleeved shirts, workout jackets, sweatshirts, running tights, running pants, hats/headbands, and gloves. Short sleeved shirts and shorts are acceptable when the weather is determined appropriate by your coaches.

Shoes – a good pair of running shoes is necessary for all athletes. Naperville Running Co. and Dick Pond Athletics are great places to purchase shoes.

Naperville Running Co. North

34 West Jefferson
Naperville, IL 60540

Naperville Running Co. South

3416 S Route 59, Suite 116
Naperville, IL 60564

Dick Pond Athletics

303 N. 2nd Street (RT 31)
St. Charles, IL 60174

Dick Pond Athletics

2775 Maple Ave
Lisle, IL 60532

Spikes and Competition shoes: For running events, rubber bottom spikes are best. They can be worn indoors and outdoors. Event specific shoes are also a very good option. The coaches and/or employees at the running store can help determine the best shoes for you.

Meets: We will travel to and from the meets together on the team bus. Athletes must wear their uniform and school issued warm-ups. All Oswego East XC and Track and Field gear that is purchased is also acceptable to wear. If athletes choose to wear garments under their uniform (compression shorts, tights, and long sleeved shirts) they must be **navy bottoms** and **white tops**.

The cross country and track & field meets are a time for your sons to compete. That takes a tremendous amount of focus and mental preparation before an event. Please allow them the time to do that while we are at a meet. After the event it is vital that the coaches are the first to give immediate feedback to the boys. Once the boys have finished their event they need to remain near the finish area with their team until we have finished discussing their effort.

Meets are mandatory. The only exceptions for missing a meet is a family emergency or an unavoidable circumstance that the coaches have been notified of by August 24th 2016 for XC and February 1st 2018 for T&F.

Health: It is very important that each athlete eats a well-balanced diet consuming fruits and vegetables while drinking plenty of water daily. You must eat **THREE** meals a day. It is also necessary to take a **multivitamin WITH IRON**. It is very common for distance athletes to use a lot of their iron up, so it may be necessary to check with your doctor about low iron if symptoms become present. Having your doctor do an iron test every six months is a good idea to establish a baseline.

After a workout/race it is important to help your body recover. Although drinking water is optimal during the day before you run, drinking a bottle of Gatorade afterwards is very beneficial. Drinking a glass of chocolate milk is the best thing to drink once you get home from practice or a race. You need to put things back into your body that you used. The sooner that you can eat and drink, the better. The most important and best time to eat is within 30min of when a workout or race ends. <http://oehsdistance.weebly.com/nutrition.html>

Injuries are part of every sport including ours. We do many things to prevent injuries. Eating properly and getting 8-hours of sleep a night is something that needs to be done by every athlete to prevent injuries. The body requires the 8-hour sleep cycle to repair itself daily. This not only helps prevent sports related injuries but studies have also shown that the proper amount of sleep improves classroom performance tremendously.

If anyone is going through an injury during the season they are still expected to be at practice and attend all team events and meets. Contributing to the team consists of more than participating in competition. Everyone is needed to support one another.

Sport specific doctors: Your coaches can suggest the best doctors for particular sports related injuries. Based on experience and many years of working together we may recommend seeing a specific doctor. You are in no way obligated to see our doctors, but understand that we recommend them based on our first-hand experience. With most injuries in our sport, there is no overnight cure. Our doctors allow our athletes to keep competing safely while they are being treated under a doctor's care.

Season: The Oswego East Boys Distance XC Season begins in the Summer through our Park District Program. All XC members are to participate from June 12th - July 28th. There will be a period where the Seniors organize and lead the team's practice from July 31st - August 8th. Official team practice will resume August 9th - November 4th with the conclusion of the IHSA State Cross Country Championships. The Oswego East Boys Distance T&F Season begins with preseason conditioning on January 8th and comes to a finish May 26th with the conclusion of the IHSA State Finals. We will practice as a team throughout this entire period, no exceptions. It is very important in life to see things through to the end.

After the conference meet, only the team's top 7 boys (plus 5 alternates) in cross country and the top 2 in each individual events plus relays in track & field will participate in the state regional/sectional meet and beyond. All non-participating team members must continue to attend practice. Missing practice with an unexcused absence will result in the forfeit of any end of season awards. Please, take note of the entire season schedule as attendance is expected at all meets and practices whether you are participating or not. A team bus will be available for the post conference meets.

There are many opportunities to compete during the offseason. The team will continue to train throughout the year.

XC: No Frills XC Series, Detweiller at Dark, Nike Cross Midwest Regional, Mid East Senior Meet, Footlocker XC Midwest Regional, Nike Cross Nationals

T&F: Senior All-Star Meet, Midwest Distance Festival, New Balance Nationals, Summer Track Meets 1, 2, and 3

College Visits: Looking at colleges and universities first-hand is an important part of the college selection process and is highly encouraged. Selecting appropriate times to view these schools is just as important. Since, your sons are in season you will want to schedule these visits on a limited basis. Days off of school after practice are great times to see a school and weekend after practice. Practice tends to be shorter on those days taking that into account. As we approach the end of the season, where the time calls for greater focus on the meets (and coincides with Finals/End of the year activities) we ask that visiting schools be postponed until the season has ended.

Visits should cease September 23rd 2017 for XC and April 14th 2018 for T&F

Twitter: Follow us on Twitter @ **OEHS_Distance**. This is a great place to keep updated on team events, news, and announcements

Website: Our team website is <http://OEHSdistance.weebly.com>

Remind text messaging: Enter **81010** Text @oehsmensxc

Oswego East Men's Cross Country

Important Dates 2017

**Athletes: It is expected that you attend all of the underlined team events below. Make arrangements to do so now. Preseason event exceptions include the established exceptions per the team policies in addition to family vacations.*

Date	Event
5/16	<u>Preseason Meeting 7:05am Community Room</u>
6/10	<u>Run-a-Thon Fundraiser/ Community Fun Run @ OEHS 10am</u>
6/12	<u>Summer Distance Camp begins 7am @ Crossroads</u>
6/23	Run-a-Thon money due
7/6	<u>No Frills 5K time trial # 1 @ OEHS 7pm</u>
7/15	<u>Community Fun Run @ Bednarcik 10am</u>
7/28	<u>Detweiller at Dark race & Weekend Trip</u>
8/3	<u>No Frills 5K time trial # 2 @ OEHS 7pm</u>
8/9	<u>5th Annual Midnight Run. Meet on the Track 12:00am</u>
8/9	<u>First Day of Official Practice. Meet on the Track 9:00am</u>
8/11	<u>Uniform purchase and distribution</u>
8/12	<u>Team Pictures 9:00am. Meet on the Track</u>
8/14	Fall Sports Parent Meeting
8/18	<u>Blue/Silver Scrimmage. Team works the event 5-6pm</u>
8/19	<u>Cross Country Parent Meeting in Community Rm 1pm</u>
8/21	<u>First Meet @ Hoover, Yorkville</u>
8/25	<u>Senior Night @ OEHS Stadium 6:30pm *Seniors Wear dress shirt, tie, & dress pants</u>
8/26	<u>Team Night @ Naperville Running Co Underground 3-7pm * Wear OEXC gear</u>
9/1	<u>Team Dinner in Community Room 5:30pm</u>
9/9	ACT Testing Day AND Peoria FTF Invite. (Not recommended to test on this date)
9/15	<u>Team Dinner in Community Room 5:30pm</u>
9/22	<u>Team Dinner in Community Room 5:30pm</u>
10/14	<u>Team Dinner in Community Room 5:30pm</u>
10/18	<u>Team Movie & Pizza Night 5:00-7:30pm 2nd Floor K-Wing</u>
10/20	<u>Top 12 Dinner (post season roster members)</u>
10/27	<u>Top 12 Dinner & Movie (post season roster members)</u>
11/4	IHSA State Meet @ Detweiller Park, Peoria
11/8	<u>Fall Sports Awards Night 6pm PAC. * Wear dress shirt, tie, & dress pants</u>
11/15	<u>Men's Cross Country Banquet @ OEHS. * Wear dress shirt, tie, & dress pants</u>

2017 Oswego East Men's Cross Country Meet Schedule

Day	Date	Meet	Start Time	Location	Information	Bus Time
Monday	8/21/2017	Yorkville Invite	4:30pm	Hoover Forest Preserve, Yorkville	Everyone Races	2:45pm
Thursday	8/24/2017	Plainfield Central Dual	4:30pm	Crossroads	Everyone Races	2:45pm
Saturday	9/2/2017	Lions Pride Invite	8:00am	Lyons Township South Campus	Everyone Races	6:15am
Wednesday	9/6/2017	Artman Invite	4:30pm	Melas Park, Mt. Prospect	JV and F/S Race	2:45pm
*Saturday	9/9/2017	First to the Finish/Woodruff Invite	12:20pm	Detweiller Park, Peoria	Everyone Races	Fri 2:45pm Sat 8:00am
*Top 10 will travel down on Friday, the rest of the team will bus down on Saturday						
Tuesday	9/12/2017	Intersquad Meet	4:30pm	Crossroads	Everyone Races	2:45pm
Saturday	9/16/2017	Richard Spring Invite	11:00am	Detweiller Park, Peoria	Everyone Races	7:00am
Monday	9/18/2017	York F/S Invite	5:00pm	East End Park, Elmhurst	All F/S Race	2:45pm
Saturday	9/23/2017	Palatine Invite	9:00am	Deer Grove East Forest Preserve	Everyone Races	7:15am
Saturday	9/30/2017	Savage Invite	9:00am	Niles West High School	Everyone Races	6:45am
Saturday	10/7/2017	West Aurora Stampede	9:00am	Stewart Sports Complex	Everyone Races	6:45am
Saturday	10/14/2017	SPC Championships	9:00am	Channahon Park	Everyone Races	6:45am
Saturday	10/21/2017	IHSA Regional Championship	10:00am	TBD	Top 7 Race	TBD
Saturday	10/28/2017	IHSA Sectional Championship	11:00am	TBD	Top 7 Race	TBD
Saturday	11/4/2017	IHSA State Championship	1:00pm	@ Detweiller Park, Peoria	Top 7 Race	Fri 1:30pm

OSWEGO EAST CROSS COUNTRY UNIFORMS

JERSEY	\$15.00
<i>White racing jersey with navy "OE" logo (S,M,L,XL)</i>	
RACING SHORTS	\$15.00
<i>Navy racing shorts (S,M,L,XL)</i>	
WARM-UP PANTS	\$20.00
<i>Navy warm-up pants (S,M,L,XL)</i>	
WARM-UP JACKET	\$25
<i>Navy Warm-up jacket</i>	
TOTAL	\$75

**UNIFORMS WILL BE AVAILABLE FOR PURCHASE ON Friday
AUGUST 11TH**

Uniforms and warm-ups are a one-time purchase. They can be used each and every season throughout your athlete's high school career for both cross country and track & field.

Cash or checks are due at the time of purchase on August 11th

Make checks payable to Oswego East High School

August 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7-9am at Hudson Park 3:30-4:15pm Crossroads	2 7-9am at Hudson Park 3:30-4:15pm Crossroads	3 7-9am at Hudson Park 7pm No Frills 5K	4 7-9am at Hudson Park	5 5 miles on your own
6 45min + 8min rest 30min + 8min rest 15min	7 7-9am at Hudson Park 3:30-4:15pm Crossroads	8 Day Off	9 Midnight Run First Official Day of Practice. Meet on OEHS Track 9:00AM	10 Cross Country Practice 9:00AM	11 Cross Country Practice Uniform Purchase & Distribution 9:00AM	12 Cross Country Practice Fall Sports Pictures 9:00am
13	14 Cross Country Practice 2:45pm	15 Cross Country Practice 2:45pm	16 1st Day of School Cross Country Practice 2:45PM	17 Cross Country Practice 6:00AM POOL (So, Jr, Sr) 2:45PM	18 Cross Country Practice 2:45PM Blue/Silver Scrimmage 5	19 Cross Country Practice 9:00am Parent Meeting: 1pm
20	21 Cross Country Meet AT Hoover 5:30PM: Yorkville Invite	22 Cross Country Practice 6:00AM 2:45PM	23 Cross Country Practice 3:45PM	24 Cross Country Practice 6:00am Cross Country Meet	25 Cross Country Practice 2:45PM	26 NRC Event Cross Country Practice 9:00am
27	28 Cross Country Practice 2:45PM	29 Cross Country Practice 6:00AM 2:45PM	30 Cross Country Practice 3:45PM	31 Cross Country Practice 6:00AM POOL 2:45PM		

September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Cross Country Practice 2:45PM Team Dinner 5:30pm	2 Cross Country Meet AT Lyons THS 8AM: Lyons Pride Invite
3	4 Labor Day Cross Country Practice 9:00am	5 Cross Country Practice 6:00AM 2:45PM	6 Cross Country Practice 3:45PM Cross Country Meet:	7 Cross Country Practice 6:00AM POOL 2:45PM	8 Cross Country Practice 2:45PM	9 Cross Country Meet AT Detweiler 12PM: FTTF Invite
10	11 Cross Country Practice 2:45PM	12 Cross Country Practice 6:00AM Cross Country Meet	13 Cross Country Practice 3:45PM	14 Cross Country Practice 6:00AM POOL 2:45PM	15 Cross Country Practice 2:45PM Team Dinner 5:30pm	16 Cross Country Meet AT Detweiler 11AM: Richard Spring Invite
17	18 Cross Country Practice 2:45PM Cross Country Meet: York F/S Invite	19 Cross Country Practice 6:00AM 2:45PM	20 Cross Country Practice 3:45PM	21 Cross Country Practice 6:00AM POOL 2:45PM	22 Institute Day Cross Country Practice 2:45PM Team Dinner 5:30pm	23 Cross Country Meet AT Palatine 9AM: Palatine Invite
24	25 Cross Country Practice 2:45PM	26 Cross Country Practice 6:00AM 2:45PM	27 Cross Country Practice 3:45PM	28 Cross Country Practice 6:00AM POOL 2:45PM	29 Cross Country Practice 2:45PM	30 Cross Country Meet AT Niles West 9AM: Savage Invite

October 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Cross Country Practice 2:45PM	3 Cross Country Practice 6:00AM 2:45PM	4 Cross Country Practice 3:45PM	5 Cross Country Practice 6:00AM POOL 2:45PM	6 Cross Country Practice 2:45PM	7 Cross Country Meet AT Sewart SC 9AM: Stampede Invite
8	9 Columbus Day Cross Country Practice 9:00am	10 Cross Country Practice 6:00AM 2:45PM	11 Cross Country Practice 3:45PM	12 Cross Country Practice 6:00AM POOL 2:45PM	13 Cross Country Practice 2:45PM Team Dinner 5:30pm	14 Cross Country Meet AT TBD 9AM: Conference
15	16 Cross Country Practice 2:45PM	17 Cross Country Practice 6:00AM 2:45PM	18 Cross Country Practice 3:45PM Movie & Pizza 5-7:30	19 Cross Country Practice 6:00AM POOL 2:45PM	20 4-Hour Day Cross Country Practice 2:45PM Top 12 Dinner	21 Cross Country Meet AT TDB: Regionals
22	23 Cross Country Practice 2:45PM	24 Cross Country Practice 6:00AM 2:45PM	25 Cross Country Practice 3:45PM	26 Cross Country Practice 6:00AM POOL 2:45PM	27 Cross Country Practice 2:45PM Top 12 Dinner & Movie	28 Cross Country Meet AT TBD: Sectionals
29	30 Cross Country Practice 2:45PM	31 Cross Country Practice 6:00AM POOL 2:45PM				

November 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Cross Country Practice 3:45PM	2 5-Hour Day Cross Country Practice 2:45PM	3 5-Hour Day Depart for State Meet	4 Cross Country Meet AT Detweiller: State Meet
5	6 Husky Running Club 2:45PM	7 Husky Running Club 2:45PM	8 Husky Running Club 2:45PM Fall Sports Awards 6pm	9 Husky Running Club 2:45PM	10 Husky Running Club 2:45PM	11 Run Course (5K) 8x100m Strides
12 Winter Huskie Challenge: Nike (NXN) Midwest Regional	13 Husky Running Club 2:45PM	14 Husky Running Club 2:45PM	15 Husky Running Club 2:45PM XC Banquet 6:30pm	16 Husky Running Club 2:45PM	17 Husky Running Club 2:45PM	18 Winter Huskie Challenge: Neuqua Valley Run
19	20 Husky Running Club 2:45PM	21 Husky Running Club 2:45PM	22 School Closed	23 School Closed Thanksgiving	24 School Closed	25
26	27 Husky Running Club 2:45PM	28 Husky Running Club 2:45PM	29 Husky Running Club 2:45PM	30 Husky Running Club 2:45PM		