

OSWEGO EAST CROSS COUNTRY 2019

1. May:

- A. Register through Oswego East Athletics for the Distance Running Camp.
- B. Registration can be done online. <http://www.wolvessportscamps.com>

2. June and July:

- A. Distance running camp begins on June 17th at 7:00am at Wheatlands Park. The camp runs from June 17th – August 2nd. The boys will meet Monday-Friday and the girls will meet Monday-Thursday. All Monday practices will be at Wheatlands Park (2799, 2701 Spinnaker Dr, Aurora). Tuesday-Thursday we will meet at Oswego East High School on the track. Plan on a pool practice once a week in addition to our workout that day.
- B. Soph/Jr/Sr Boys will meet again in the afternoon at Crossroads Tuesday & Thursday at 3:30pm.
- C. There will be no camp on Monday July 1st through Friday July 5th. You will be given workouts to be done on your own. This will be the Mileage Men Challenge Week.
- D. Text the code **@9d9ge4** to 81010 for the Distance Summer Camp Remind Text.

3. August:

- A. August 3rd from 8:00am – 12:00pm GET YOUR PHYSICAL at Oswego East High School for \$30.
- B. August 5th – August 9th will be Captains' Practice. The seniors will lead practice and the team will meet at Hudson Park in downtown Oswego. This period of training is free of charge. (S Harrison St, Oswego)
- C. August 12th is the official first day of practice. We will have practice at 3:30pm
- D. Text the code **@oehsmensxc** to 81010 for the Men's Cross Country team Remind Text.
- E. YOU MUST HAVE A CURRENT PHYSICAL TURNED INTO THE SCHOOL THAT EXPIRES **AFTER** NOVEMBER 9th!!!! (Make sure it's good for the whole season!)
- F. Parent Meeting (Boys) in August 14th

4. Be sure that you have good running shoes and proper clothing.

- A. If it is warm you will need shorts and t-shirts
- B. If it is cold out you will need a hat on for practice, if it is cold out you will need gloves, if it is cold out you will need long sleeves and pants, etc.
- C. We do practice outside.
- D. Be prepared for indoor practice as well.
- E. Have clothes for both indoors and outdoors EVERYDAY!

Important Dates:

- 6-17-2019 – Preseason Distance Camp begins 7:00am
- 8-3-2019 – Physicals at Oswego East 8am-12pm \$30
- 8-5-2019 – Captains' Practice at Hudson Park 7:00am
- 8-12-2019 – First Official Day of Practice 3:30pm at OEHS
- 8-14-2019 – First day of school and Boys team Parent Meeting 7:00pm

Boys Website: www.oswegoeastmensxctf.com

Girls Website: www.runningoehs.weebly.com

Twitter: OEHSmensXCTF

Twitter: RunningOEHS