

2020 Oswego East Boys Cross Country

Before the school year starts

Monday	7:00-9:00am	Practice
Tuesday	7:00-9:00am	Practice
Wednesday	7:00-9:00am	Practice
Thursday	7:00-9:00am	Practice
Friday	7:00-9:00am	Practice
Saturday	9:00-11:00am	Practice

When school is in session

Monday	3:30-5:30pm	Practice
Tuesday	3:30-5:30pm	Practice
Wednesday	3:30-5:30pm	Practice
Thursday	3:30-5:30pm	Practice
Friday	3:30-5:30pm	Practice
Saturday + No School Days	9:00-11:00am	Practice

Practice is mandatory. The only exceptions for missing practice are a family emergency or an unavoidable circumstance that the coaches have been notified of by August 21st 2020.

Practice: We will practice every day Monday-Saturday, including days off of school. It is expected that you are present for every practice and on time. If you are absent from school you must notify the school of your absence **AND** you must notify your coaches. If you are injured, you are still expected to be at practice. You will cross train with the trainers and coaches while you rehab to keep your shape.

Season: The Season begins on August 10th and runs through October 24th.

Equipment: Be prepared to run outside in all weather conditions on a daily basis. With the exception on lightning, we will have practice and meets. If there is lightning, we will still have practice using our indoor facilities. **Shoes** – You must have appropriate running shoes. Shoes typically last about 2 months before they need to be replaced. Failure to replace your shoes in a timely fashion results in injuries and a drop in performance.

Oswego East XC will supply:

- Race Singlet (\$15 yours to keep)
- Race Shorts (\$15 yours to keep)
- Warm-up Pants (\$20 yours to keep)
- Warm-up Jacket (\$20 yours to keep)
- 1 team T-Shirt (yours to keep)

You must supply:

- Practice clothes; running shorts, t-shirts, long sleeved shirts (White), tights (Navy), running pants, hats, and gloves.
- Equipment bag
- Running Shoes – most important piece of equipment (new pair every 2mo).
- Racing Spikes

FOR ALL TEAM INFORMATION YOU MUST VISIT:

WWW.OSWEGOEASTMENSXCTF.COM

Oswego East Boys Cross Country Expectations

“Good things happen to Good people who work hard.”

Always do the RIGHT thing

Do your BEST every day

Be the BEST student, son, brother, PERSON that you can be

Have goals for EVERYTHING that you do

Being on-time is being early

Be proactive

Be the LEADER; sit in front in your classes, keep the group on-task, set the best example

Take responsibility for your actions. They are yours.

Be mature and be humble

Be Respectful

Have a positive attitude

Be a role model

Dream