



## OSWEGO EAST BOYS' TRACK AND FIELD 2019

1. 1<sup>st</sup> – Register at <https://oswegoeast.8to18.com/accounts/login>  
 2<sup>nd</sup> – Submit the Rush-Copley Consent Form to the Athletic Director's Office  
 3<sup>rd</sup> – Come to practice ready to work out!
2. PRACTICE: Starts on Tuesday, January 21<sup>st</sup> at 3:30pm.
  - A. YOU MUST HAVE A CURRENT PHYSICAL TURNED INTO THE SCHOOL THAT EXPIRES **AFTER** May 30<sup>th</sup>!!!!
  - B. We will meet on the indoor track. We will practice every day after school. Some days we will also practice before school.
  - C. The first week of practice (1/21-1/24) will be an evaluation week. This week will help determine the best group for you to train in. Individuals and groups may change throughout the season. This is done to put YOU in the best position for YOU to be successful.  
 Tues: 55m Time Trial, Wed: Workout, Thurs: 400m Time Trial, Fri: 200m Time Trial, Sat: Field Event Eval
3. Be sure that you have good running shoes and proper clothing.
  - A. It is cold out so you need a hat on for practice, it is cold out so you need gloves, it is cold out so you need long sleeves and pants, etc.
  - B. We do practice outside.
  - C. Be prepared for indoor practice as well.
  - D. It is warm inside so you need shorts and t-shirts.
  - E. Have clothes for both indoors and outdoors EVERYDAY!
4. The first meet is Wednesday February 12th. Will you be ready for it?  
 Race Singlet (\$15 compression/\$15 XC), Race Shorts (\$30 compression/\$15 XC), Warm-up Pants (\$20 wind/\$20 XC), Warm-up Jacket (\$20 wind/ Free XC)  
*\*All yours to keep and use for every track/XC season that you participate in.*
5. This 2020 edition of Oswego East Boys' Track and Field has the potential to be very good. This team can accomplish some very high goals. Such as winning the SPC (Conference Meet), winning Sectionals, and earning a State Trophy. To do so everyone needs to focus on becoming a better athlete and a positive teammate. It's all about improvement. This team can be great.
6. Your coaches are committed to making this an extremely enjoyable season. They can take you a long way and help you to accomplish some tremendous things. The rewards will be worth the effort.

### Upcoming Dates:

1-21-2020 – First day of Official Practice 3:30pm  
 1-21-2020 – Evaluation Week  
 2-1-2020 – Parent Meeting  
 2-12-2020 – First Meet @ Oswego East H.S.

Team Website: [www.oswegoeastmensxctf.com](http://www.oswegoeastmensxctf.com)

Twitter: OEHSmensXCTF

Remind Texts: 81010 Group:@oehsmenstf

Practice:	Time	Track and Field
Monday	3:30-5:30pm	Practice
Tuesday	6:00-6:45am	JR/SR Distance Group Practice
Tuesday	3:30-5:30pm	Practice
Wednesday	3:30-5:30pm	Practice
Thursday	6:00-6:45am	ALL Distance Group Pool Practice
Thursday	3:30-5:30pm	Practice
Friday	3:30-5:30pm	Practice
Saturday/No School	9:00-11:00am	Practice
Weekdays	4:30-6:00pm	Ice Bath and Recovery Rolling out