

2020 Oswego East Men's Track & Field

Daily Practice Schedule:

Sprints/Jumps/Hurdles: 2:45-3:30pm Weight Room. 3:30-5:00pm Track Work

Throwers: Tues & Fri 2:45-4:30pm K-Wing Gym. M, T, F 4:15-5:00pm Weight Room

Distance: 2:45-3:30pm Study Hall. 3:30-4:00pm Weight Room. 4:00-5:30pm Track Work.

Tues 6:00-6:45am So, Jr, Sr Door 41. Thurs 6:00-6:45am Pool

All: Saturdays/No School days 9:00-11am

*On Wednesdays when district-wide meetings are scheduled the team will practice at 3:30pm

*Weekdays: 4:30-6:00pm Training Room is open for ice bath, rolling out, & recovery

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 February 1st 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 January 21st and runs through the State Meet on May 30th. We will practice as a Team through the entire time period.

Equipment: Be prepared to run outside in all weather conditions on a daily basis. With the exception of 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.

Purchase from Oswego East T&F:

- Race Singlet (\$15)
- Race Shorts (\$15 XC/20 throw/30 com.)
- Warm-up Pants (\$20)
- Warm-up Jacket (\$20)

**All yours to keep and use for every track/XC season that you participate in.*

You must supply:

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

Oswego East Men's Track & Field 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

Have a positive attitude

Be a role model

Dream

FOR ALL TEAM INFORMATION YOU MUST VISIT:

WWW.OSWEGOEASTMENSXCTF.COM