



A meet is a time for you to be at your BEST. There are things that need to be done in order for you to be at your BEST.

Representation – You are representing Oswego East, Oswego East Track & Field, your family, and yourself. Do everything so that at the end of the meet, everyone has a higher opinion of everything that you represent.

- Be respectful to members of the team, coaches, officials, and other teams at all times.
- Be enthusiastic about teammate's performances. This is a big part of Oswego East Track & Field Team's identity and success.
- You are expected to be a role-model. Expect to be the best person you can be at all times. Strong leaders will help the Oswego East Track & Field program develop into one of the best each year. Good sportsmanship is a must at Oswego East.

FOCUS – You and your team are about to put yourselves through something that is extremely difficult. You must maintain FOCUS throughout the entire meet. FOCUS looks like this:

- You are quiet
- You are where you are supposed to be at all times
- You are doing everything you are supposed to be doing at all times
- You are dressed appropriately (Team warm-ups, OEHS gear, and uniform)
- You are warming up properly and you are cooling down properly
- You are a positive person.
- You are a good teammate who helps your team prepare

Cheer for you teammates! We may battle in practice, but we're together at the meet. Support each other in a positive manner. Focus on our team.

Tips:

- Bring your own water.
- Bring your own food (fruit, granola bars dry cereal, and bagels)
- Keep your warm-ups on as long as possible before your event
- Do not walk around in just your uniform.
- Prepare all of your gear the night before the meet. If you rush in the morning you will forget something.
- All members of a relay team wearing undergarments must match according to IHSA rules. Oswego East wears WHITE t-shirts and NAVY tights.
- Have a watch, not your phone. No phones - It is against IHSA rules to have a phone on the track or infield.
- Be aware of your surroundings – watch for throwers throwing at you, do not walk out on the track without looking both ways, etc.
- Know the order of events and the time schedule so that you may warm-up properly and you do not miss your event. Not warming up properly and missing an event is unacceptable.
- After an event the first person that you go to is your coach, PERIOD.
- Check in with you coach throughout the meet for updates and feedback.



- All members of team are to stay at meets until the last event is completed. You should ride bus back to school. You are allowed to go with your parents after telling coach. District 308 policy prohibits athletes going home with anyone but own parents.
- Be very positive. Being positive gives you energy, while being negative takes energy away.
- Expect to do well. Have high expectations. Look to improve. Go to every meet with the thought that you will accomplish something new.