



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. Here are your EXPECTATIONS...

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

**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
- You are cooling down properly
- You are a positive person, not a distraction...
- You are a good teammate who helps your team prepare

**Everyone goes to the meet together.** Not everyone will always compete, but the TEAM will always compete and everyone is part of this TEAM. Ride the bus together.

- If you are not in the line-up for a meet, you will work out at the meet and then support your TEAM
- If you are going through some setbacks/injuries, you will go to the meet to rehab and support your team

**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 (shorts and t-shirts on hot days) 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.
- Have a watch, not your phone.
- No phones - It is against IHSA rules to have a phone on the course. Do you want to be responsible for your team being disqualified?
- Be aware of your surroundings – watch for other races and others warming up.
- Know the time schedule so that you may warm-up properly and you do not miss your race. Not warming up properly and not being prepared for your race is unacceptable. You should be with your team at all times.
- After the race the first person that you go to is your coach, PERIOD. Meet near the finish chute with your teammates. Stay together; don't wander off.
- Check in with you coach throughout the meet for updates and feedback.
- Be very positive. Being positive gives you energy, while being negative takes energy away...