



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...