

OSWEGO EAST MENS TRACK & FIELD EXPECTATIONS

- You are a Student-Athlete. Therefore, you are expected to perform as well in the classroom as on the track. Do your homework. Attend all classes. Keep your grades high.
- You are expected to be at all practices and you are expected to be on time. Practice on school days is usually at 2:45PM. We practice in the morning on Saturday and holidays when we do not have a meet. The team practices in the morning during Spring Break.
- If you are ill, or an emergency develops, and you are unable to attend practice, you must communicate with Coach Milner. **Email** at jmilner@sd308.org . Failure to do so is an unexcused absence and may result in not being in meets, or being dismissed from the team.
- All members of the team are to wear Oswego East Track & Field clothing at all meets.
- 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.
- Be prepared for all types of weather at practice and meets. Have a hat.
- Athletes and coaches are not allowed to use electronic devices, including cell phones in the area of competition according to IHSA rules.
- 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.
- Athletes are not allowed to compete outside the school team in any track or running competitions during the season.
- All members of a relay team wearing undergarments must match according to IHSA rules. Oswego East wears WHITE t-shirts and NAVY tights.
- Expect to do well. Have high expectations. Look to improve. Come to practice with the idea that you are to improve and work to do so. Go to every meet with the thought that you will accomplish something new.