

Thank you for your interest in the **Boy's Cross Country** program at **Oswego East High School**. We are a program committed to excellence. As coaches we will provide a consistent, structured, and safe environment that will focus on constant improvement through hard work and discipline.

As potential members to the TEAM we would like to give you some insight as to what you will experience on the Oswego East Boys Cross Country Team.

June

- Begin Summer training with our Running with the Wolves Running Camp (6/17-8/2)
 - Register here: <http://www.wolvessportscamps.com>
 - This is the best way for you to prepare yourself for high school cross country and it's a great way to form friendships before the school year.

July

- Continue Summer training
- Participate in team camping trip
- Participate in Detweiller at Dark Race in Peoria
- Participate in Summer challenges as small teams and win prizes.

August

- Continue Summer training with Captains Practice at Hudson Park (8/5-8/9)
- Begin official cross country season practice (8/12/2019)

September-November

- Compete in one or two meets a week
- Attend pre-race pasta dinners
- Participate in fun team competitions during practice and win prizes
- Team trips to Naperville Running Company
- Race on the State Meet course multiple times
- Have fun working hard and improving

November-January

- State Meet at Detweiller Park, Peoria (11/9/2019) - marks end of official XC season
- Participate in the Husky Running Club (official OEHS running club 11/11/2019-1/18/2020)
 - Constitutes our Winter training, and this is the best way for you to prepare yourself for the distance events of the high school track and field season.
 - Participate in the club if you are not participating in a Winter sport
- Compete in the Nike Cross Country Midwest Regional, Terre Haute, IN
 - Qualifying meet for Nationals
 - Overnight trip
- Track and Field Begins (1/21/2020)

A typical practice week for our freshmen consists of team practices Monday through Friday afternoons and Saturday mornings. In addition we will have an all team pool practice on Thursday mornings before school.

An afternoon practice schedule resembles the following:

2:45pm-3:30pm: Team study hall - get homework done, meet with teachers, get extra help, attend a club meeting, etc

3:30pm-5:00pm: Team practice

5:00pm-5:30pm: Team meeting and/or recovery session

Contact Info

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