

# Men's Track and Field Information Packet

2020



# OSWEGO EAST



# Oswego East Men's Track and Field

**Head Coach:** Jim Milner

**Assistant Coaches:** Michael Langhurst, Tyson LeBlanc, Kenny Outlaw, Derrick Padovich, & Jim Siddall

## **Daily Practice Schedule:**

Sprints/Jumps/Hurdles: 2:45-3:30pm Weight Room. 3:30-5:00pm Track Work

Throwers: Tues & Fri 2:45-4:30pm K-Wing Gym. M, T, F 4:15-5:00pm Weight Room

Distance: 2:45-3:30pm Study Hall. 3:30-4:00pm Weight Room. 4:00-5:30pm Track Work.  
Tues 6:00-6:45am So, Jr, Sr Door 41. Thurs 6:00-6:45am Pool

All: Saturdays/No School 9:00-11:00am

\*On Wednesdays when district-wide meetings are scheduled the team will practice at 3:30pm

\*Weekdays: 4:30-6:00pm Training Room is open for ice bath, rolling out, & recovery

Participation in high school athletics is not a right but a privilege; while we support all athletes, regardless of ability level, we feel that to earn the privilege of being on the team, all members must be willing to make an **equivalent sacrifice**. While we certainly encourage the development of well-rounded individuals, we also recognize that the value of athletics cannot be truly realized if the athlete is unable to make a **full commitment** to his sport. This may require that athletes have to make some difficult choices, but the team will **derive strength** from the shared sense of **sacrifice** that all individual members are making.

## **Excused Absence**

1. Illness (absent from school)
2. Family Emergency
3. Observance of Religious Holiday
4. Meeting with a teacher for academic reasons (however, athlete is to report directly to practice after the meeting, with a pass from the teacher).

**Provisional Absence – We will work with you, however, you must let us know well in advanced.**

1. SAT/ACT test prep courses
2. Drivers Education course
3. Band or orchestra concert
4. Vacations (freshman only)
5. Family celebrations (weddings, anniversary parties, etc)
6. Orthodontist/Dental/Doctor appointments (please try to schedule around practice)
7. College Visits (*cease April 4th 2020 for T&F*)
8. Leaving practice early for another commitment – you will have multiple things that are important happening on the same day for the rest of your life, here you can learn how to balance.

## **Unexcused Absence**

1. Oversleeping
2. Haircut appointments
3. Birthday parties
4. Concerts or professional/college sporting events
5. Extended Prom Weekends/Senior Skip Days
6. Vacation (soph-senior)
7. Job or volunteering
8. Staying home to do homework/working on a group project (should be scheduled around practice)
9. Practice for any other sport
10. Club/Activity (for example, missing practice for 'radio club' is unexcused)
11. Missing practice for any of the reasons listed under "provisional" without notifying coaches ahead of time

## **Tardies**

Athletes are expected to be at all practices and competitions on time. Weekday practices begin at 3:30pm. Students arriving after this time should have a pass from a teacher. Weekend practices will usually start at 9:00am – we will post the practice time on our team website. Any student arriving after the scheduled practice time who does not have a pass will be considered tardy.

**INJURIES** – If an athlete is injured, attendance is still expected at practices and meets. If unable to run, the athlete can still keep in shape in a variety of ways under the advisement from the athletic trainer or doctor. If the athlete is taken out of participating by a doctor, please provide a note from the doctor explaining the nature of the injury. The athlete will not be able to resume participation until we receive a written notification from the doctor stating that the athlete is clear to do so.

## **ATTENDANCE**

- Contact coaches for **any and all** absences. We do not get a report from the attendance office, you must notify us directly.
- Contact coaches directly in the event of emergency.
- Written excuse must be provided in advance for all non-emergency absences.
- You will be notified of any changes to the schedule.

## **TARDIES**

**DON'T BE LATE!** Bring a parent note or teacher pass if you are.

## **INJURIES**

Doctor's note is required to be excused from and returned to full participation.

## **NEXT TEAMMATE UP**

Your absence = someone else's opportunity to take your place.

**In other words...**

*Practice and meets are mandatory. The only exceptions are illness (home from school), a family emergency, or an unavoidable circumstance that the coaches have been notified of by February 1st 2020 for T&F.*

**Clothing:** Athletes need to be prepared to practice both indoors and outdoors throughout the entire season.

Indoor apparel consists of short sleeved shirts and shorts.

Outdoor apparel should consist of long sleeved shirts, workout jackets, sweatshirts, running tights, running pants, hats/headbands, and gloves. Short sleeved shirts and shorts are acceptable when the weather is determined appropriate by your coaches.

Shoes – a good pair of running shoes is necessary for all athletes. Naperville Running Co. and Dick Pond Athletics are great places to purchase shoes.

Naperville Running Co. North

34 West Jefferson  
Naperville, IL 60540

Naperville Running Co. South

3416 S Route 59, Suite 116  
Naperville, IL 60564

Dick Pond Athletics

303 N. 2nd Street (RT 31)  
St. Charles, IL 60174

Dick Pond Athletics

2775 Maple Ave  
Lisle, IL 60532

**Spikes and Competition shoes:** For running events, rubber bottom spikes are best. They can be worn indoors and outdoors. Event specific shoes are also a very good option. The coaches and/or employees at the running store can help determine the best shoes for you.

**Meets:** We will travel to and from the meets together on the team bus. Athletes must wear their uniform and school issued warm-ups. All Oswego East Athletics and Track and Field gear that is purchased is also acceptable to wear. If athletes choose to wear garments under their uniform (compression shorts, tights, and long sleeved shirts) they must be **navy bottoms** and **white tops**.

The track & field meets are a time for your sons to compete. That takes a tremendous amount of focus and mental preparation before an event. Please allow them the time to do that while we are at a meet. After the event it is vital that the coaches are the first to give immediate feedback to the boys. Once the boys have finished their event they need to remain near the finish area with their team until we have finished discussing their effort.

*Meets are mandatory. The only exceptions are illness (home from school), a family emergency, or an unavoidable circumstance that the coaches have been notified of by February 1st 2020 for T&F.*

**Health:** It is very important that each athlete eats a well-balanced diet consuming fruits and vegetables while drinking plenty of water daily. You must eat **THREE** meals a day. It is also necessary to take a **multivitamin WITH IRON**. It is very common for distance athletes to use a lot of their iron up, so it may be necessary to check with your doctor about low iron if symptoms become present. Having your doctor do an iron test every six months is a good idea to establish a baseline.

After a workout/race it is important to help your body recover. Although drinking water is optimal during the day before you run, drinking a bottle of Gatorade afterwards is very beneficial. Drinking a glass of chocolate milk is the best thing to drink once you get home from practice or a race. You need to put things back into your body that you used. The sooner that you can eat and drink, the better. The most important and best time to eat is within 30min of when a workout or race ends. <http://oswegoeastmensxctf.com/nutrition.html>

Injuries are part of every sport including ours. We do many things to prevent injuries. Eating properly and getting 8-hours of sleep a night is something that needs to be done by every athlete to prevent injuries. The body requires the 8-hour sleep cycle to repair itself daily. This not only helps prevent sports related injuries but studies have also shown that the proper amount of sleep improves classroom performance tremendously.

If anyone is going through an injury during the season they are still expected to be at practice and attend all team events and meets. Contributing to the team consists of more than participating in competition. Everyone is needed to support one another.

**Sport specific doctors:** Your coaches can suggest the best doctors for particular sports related injuries. Based on experience and many years of working together we may recommend seeing a specific doctor. You are in no way obligated to see our doctors, but understand that we recommend them based on our first-hand experience. With most injuries in our sport, there is no overnight cure. Our doctors allow our athletes to keep competing safely while they are being treated under a doctor's care.

**Season:** The Oswego East Boys Track and Field Season begins on January 21st and comes to a finish May 30th with the conclusion of the IHSA State Finals. We will practice as a team throughout this entire period, no exceptions. It is very important in life to see things through to the end.

After the conference meet, only the team's top 2 athletes in each individual events plus relays will participate in the state sectional meet and beyond. All non-participating team members must continue to attend practice. Missing practice with an unexcused absence will result in the forfeit of any end of season awards. Please, take note of the entire season schedule as attendance is expected at all meets and practices whether you are participating or not. A team bus may be available for the post conference meets.

There are many opportunities to compete during the offseason. The team will continue to train throughout the year.

*T&F: Magis Miles, Midwest Distance Festival, New Balance Nationals, Ray Vantersteen Open Meet, & other open Summer Track & Field Meets.*

### **Spring Break: WE HAVE PRACTICE!**

Spring Break is a time period that is crucial to the success of your son's track season. It is very important that they are practicing with the team. History has shown that the athletes who miss Spring Break practice are not as successful as the athletes who attend.

\*Your coaches are teachers and have the same Spring Break. Your coaches do not take a vacation over Spring Break so that our athletes may still have practice and remain competitive. Remaining competitive allows our athletes to achieve their goals, a very important part of life.

\*There will be an allowance for the number of Spring Break practices an athlete may miss. Athletes are allowed TWO days off from practice. Missing more than TWO days of practice will result in a suspension from meets. You will sit out the number of meets for the number of days missed beyond the TWO allowed. There is a form that will be sent out prior to Spring Break that will need to be signed and returned to the coaches if you will be missing any practice of Spring Break.

**College Visits:** Looking at colleges and universities first-hand is an important part of the college selection process and is highly encouraged. Selecting appropriate times to view these schools is just as important. Since, your sons are in season you will want to schedule these visits on a limited basis. Days off of school after practice are great times to see a school and weekend after practice. Practice tends to be shorter on those days taking that into account. As we approach the end of the season, where the time calls for greater focus on the meets (and coincides with Finals/End of the year activities) we ask that visiting schools be postponed until the season has ended.

*Visits should cease April 4th 2020 for T&F*

**Twitter:** Follow us on Twitter @ **OEHSmensXCTF**. This is a great place to keep updated on team events, news, and announcements

**Website:** Our team website is <http://www.oswegoeastmensxctf.com>

**Remind text messaging:** Enter **81010**      Text @**oehsmenstf**

# Oswego East Men's Track & Field

## Important Dates 2020

*\*Athletes: It is expected that you attend all of the underlined team events below. Make arrangements to do so now. Preseason event exceptions include the established exceptions per the team policies in addition to family vacations.*

Date	Event
12/12	<u>Preseason Meeting 7:05am Community Room</u>
1/21	<u>First Day of Official Practice. Meet on the Indoor Track 3:30pm</u>
1/31	<u>Uniform purchase and distribution</u>
1/26	<u>Team Parent Meeting 12pm in the Library</u>
2/12	<u>Home Meet VS Sandburg</u>
2/15	<u>Distance Team @ NRC Underground 7-11am* <b>Wear OEXC gear, we will practice</b></u>
TBD	<u>Team Pictures 8:00am. Meet in locker room hallway</u>
3/23-30	<b><u>Spring Break – Practice from 9am-11am everyday.</u></b>
5/8	<u>Inaugural Oswego East Boys Track &amp; Field Invite</u>
5/27	<u>Men's Track and Field Awards Social @ OEHS.</u>
5/28-30	<u>IHSA State Meet @ Eastern Illinois University, Charleston IL</u>

<u>Day</u>	<u>Date</u>	<u>Meet</u>	<u>Location</u>	<u>Information</u>	<u>Bus</u>
Wednesday	2/12/2020	Sandburg Dual	OEHS	Everyone Races	Home
Friday	2/21/2020	Rolling Meadows Meet	Rolling Meadows HS	F/S/JV Race	2:45pm
Saturday	2/22/2020	Proviso East Invite	Proviso West HS	F/S/Varsity/Top 2 per Event per Level	7:45am
Saturday	3/14/2020	Honnegah Invite	Honnegah HS	Varsity/Top 2 per Event	5:30am
Saturday	3/21/2020	SPC Indoor Invite	Lewis U.	F/S/Varsity/Top 2 per Event per Level	7:00am
Thursday	3/26/2020	Bulldog Relays	Batavia HS	Varsity/Relays Only	3:00pm
Saturday	3/28/2020	Fast Times Invite	Lewis U.	Varsity/Top 2 per Event	7:30am
Wednesday	4/8/2020	Oswego East VS Oswego & Joliet West	OEHS	Everyone Races	Home
Saturday	4/11/2020	Stagg Invite	Stagg HS	Varsity/Top 2 per Event + F/S Relays	11:30am
Wednesday	4/15/2020	Oswego East VS West Aurora & Glenbard East	OEHS	Everyone Races	Home
Friday	4/17/2020	Matt Wulf Invite	Yorkville HS	Varsity/Top 2 per Event	2:30pm
Saturday	4/18/2020	Ottawa ABC Invite	Ottawa HS	Varsity/Top 3 per Event	10:00am
Wednesday	4/22/2020	Plainfield Central Dual	Plainfield Central HS	Everyone Races	2:45pm
Saturday	4/25/2020	Peterson Prep Invite	Kaneland HS	Varsity/Top 2 per Event	8:00am
Saturday	4/25/2020	Palatine Distance Night	Palatine HS	Invite Only/TBD	4:30pm
Saturday	5/2/2020	Red Ribbon Invite	Waubonsie Valley HS	F/S/Varsity/Top 2 per Event per Level	8:00am
Monday	5/4/2020	Minooka Quad	Minooka HS	Everyone Races	2:45pm
Friday	5/8/2020	Oswego East Invite	OEHS	F/S/Varsity/Top 2 per Event per Level	Home
Tuesday	5/12/2020	Palatine JV Twilight	Palatine HS	F/S/JV Race	4:30pm
Wednesday	5/13/2020	Conference Meet	Plainfield North HS	F/S/Varsity/Top 2 per Event per Level	1:30pm
Thursday	5/21/2020	Sectionals	Plainfield North HS	Varsity/Top 2 per Event	TBD
Tuesday	5/26/2020	Freshmen Invite	Kaneland HS	All Freshmen	2:45pm
Th/Fri/Sat	5/28-5/30	State Meet	Eastern Illinois U	All Qualifiers	11:00am



# OSWEGO EAST TRACK & FIELD UNIFORMS

**LOOSE JERSEY** \$15.00

*White racing jersey with navy "OE" logo (S,M,L,XL)*

**or**

**COMPRESSION JERSEY** \$20.00

*White racing jersey with navy "OE" logo (S,M,L,XL)*

**LOOSE RACING SHORTS** \$15.00

*Navy racing shorts (S,M,L,XL)*

**or**

**COMPRESSION RACING SHORTS** \$25.00

*Navy racing shorts (S,M,L,XL)*

**or**

**THROWING SHORTS** \$20.00

*Navy throwing shorts (S,M,L,XL)*

**WARM-UP PANTS** \$20.00

*Navy warm-up pants (S,M,L,XL)*

**WARM-UP JACKET** \$25

*Navy Warm-up jacket*

**TOTAL** \$75 - \$90

**UNIFORMS WILL BE AVAILABLE FOR PURCHASE ON Saturday  
JANUARY 31<sup>st</sup>**

*Uniforms and warm-ups are a one-time purchase. They can be used each and every season throughout your athlete's high school career for both cross country and track & field.*

*Cash or checks are due at the time of purchase on January 31<sup>st</sup>*

*Make checks payable to Oswego East High School*