

2022 Oswego East Boys Cross Country

Monday	2:45-5:30pm	Team Study Hall & Practice
Tuesday	2:45-5:30pm	Team Study Hall & Practice
Wednesday	3:30-5:30pm	Practice
Thursday	6:00-6:45am	*Pool Practice - Select Thursday mornings
Thursday	2:45-5:30pm	Team Study Hall & Practice
Friday	2:45-5:30pm	Team Study Hall & Practice
Saturday + No School Days	9:00-11:00am	Practice
Weekdays	4:30-6:00pm	The Training Room is open for the ice bath and rolling out

Practice is mandatory. The only exceptions for missing practice are a family emergency or an unavoidable circumstance that the coaches have been notified of well in advance.

Practice: We will practice every day Monday-Saturday, including days off of school. It is expected that you are present for every practice and on time. If you are absent from school you must notify the school of your absence **AND** you must notify your coaches. If you are injured, you are still expected to be at practice. You will cross train with the trainers and coaches while you rehab to keep your shape.

Season: The Season begins on August 9th and runs through the State Meet on November 6th. We will practice as a team through the entire time period.

Equipment: Be prepared to run outside in all weather conditions on a daily basis. With the exception of lightning, we will have practice and meets outdoors. If there is lightning, we will still have practice using our indoor facilities. **Shoes** – You must have appropriate running shoes. Shoes typically last about 2 months before they need to be replaced. Failure to replace your shoes in a timely fashion results in injuries and a drop in performance.

Oswego East XC will supply:

- Race Singlet (\$20 yours to keep)
- Race Shorts (\$25 yours to keep)
- Warm-up Pants (\$20 yours to keep)
- Warm-up Jacket (\$25 yours to keep)
- 1 team T-Shirt (yours to keep)

You must supply:

- Practice clothes; running shorts, t-shirts, long sleeved shirts (White), tights (Navy or Black), running pants, hats, and gloves.
- Equipment bag
- Running Shoes – most important piece of equipment (new pair every 2mo).
- Racing Spikes

FOR ALL TEAM INFORMATION YOU MUST VISIT:
WWW.OSWEGOEASTMENSXCTF.COM

Oswego East Boys Cross Country Expectations

“Good things happen to Good people who work hard.”

Always do the RIGHT thing

Do your BEST every day

Be the BEST student, son, brother, PERSON that you can be

Have goals for EVERYTHING that you do

Being on-time is being early

Be proactive

Be the LEADER; sit in front in your classes, keep the group on-task, set the best example

Take responsibility for your actions. They are yours.

Be mature and be humble

Be Respectful

Have a positive attitude

Be a role model

Dream