

Our Coaches & Season info

- Jim Milner (Varsity & Junior Varsity)
- Derrick Padovich (Freshmen & Sophomore)

- August 7th – November 5th
 - Be prepared to practice the entire time

- Practice Schedule

Monday - Friday

- 2:45pm - 3:30pm: Team Study Hall
- 3:30pm- 5:30pm: Team Workout

Weekends/No School

9:00am-11:00am

Season Timeline

June 12 - July 28: Running with the Wolves Summer Camp

July 31 - August 4: Captain's Practice (Wheatlands Park)

August 7 - November 4: IHSA Cross Country Season

November 6 - January 13: Husky Running Club (Tues, Thurs, Sat)

November 12: Nike Midwest Regional (Terre Haute, IN)

November 25: Eastbay Midwest Regional (Kenosha, WI)

Winter Break: No Running

Winter Sports Athletes: No Running

January 15 - May 25: IHSA Track & Field Season/Spring Sport

May 27 - June 9: No Running

June 10: Begin Running with the Wolves Summer Camp

Our Expectations

“Good things happen to good people who work hard!”

- 1) Be here everyday
- 2) Give 100% everyday
- 3) Be a good person

Our Rules

Follow all school rules

1) No Drinking

2) No Drugs

3) No Crime

Helpful Tips

Nutrition:

3 - balanced meals a day. Plenty of additional good carbohydrates.

Pay attention to IRON - Iron rich foods are essential - Have ferritin levels checked regularly. Why? Iron is responsible for the transportation of oxygen throughout the body via red blood cells. Low iron/ferritin levels = Very Tired...Anemic

Stay hydrated - Before workouts: Water - 1 glass every hour

After Workouts: A glass of chocolate milk, A gatorade, Water

Sleep: 8 to 10hrs a night is a must for teenagers

Helpful Tips

Shoes:

Good pair of the proper running shoe for their foot type.

Naperville Running Company can help determine this.

Spikes - The boys need spikes for their races. It is the proper shoe for racing because it is light, and provides superior traction. Performance will be enhanced with racing spikes.

Training shoes will last 2-3 months

Spikes will last all year (cross country & track)

EMails

For emergencies only

I will send out a weekly preview throughout the season via email

On a typical day during the season we receive around 50 emails regarding cross country. These are from athletes, parents, administrators, coaches, and college recruiters. Most topics from parents include questions that can be answered from reading the website.

The website has all of the information needed to be in the program. By combining that with the weekly previews, remind text, google classroom, handouts, and social media, everyone should be able to stay up to date.

Communication

- Website – oswegoeastmensxctf.com
 - This has EVERYTHING and is updated daily
- Remind Text Messages
 - 81010
 - Message: @oehsmensxc
- Follow us on Twitter & Instagram
 - OEHSmensXCTF
- Find us on Facebook
 - Oswego East Men's Cross Country and Track & Field (group)
- Weekly Email Updates