

Our Coaches & Season info

- Mr. Milner - Head Coach/Distance/Sprints/Hurdles/Pole Vault
- Mr. Padovich - Distance
- Mr. LeBlanc - Jumps/Sprints
- Mr. McClaire - Throws
- Mr. Augenstein - Throws

- January 16th – May 25th

- Be prepared to practice the entire time

- Practice Schedule

Monday - Friday

Sprints/Field Events: 2:45pm - 5:00pm

Distance: 2:45pm - 5:30pm

Weekends/No School

Sprints/Field Events: 9:00am -10:15am

Distance: 9:00am - 11:00am

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

Attendance

- Attendance is expected at all practices and meets. We do practice six days every week.
- Practice starts at 2:45pm during the week and 9:00am on Saturdays & Holidays. Be where you are supposed to be, when you are supposed to be there.
- Absences should be communicated to us PERSONALLY by the athlete via email or in person to their event coach.
- Absences should be communicated to us BEFORE the absence if possible and ASAP otherwise. We should NEVER have to seek someone out to find out the reasons for an absence.

Academic Eligibility

All athletes must be passing 5 classes

If an athlete is not passing 5 classes then they are ineligible to compete in any meets for the following week of competition.

Once an athlete begins passing 5 classes, they are eligible to participate in competitions the following week. *It is not immediate reinstatement.

This is all determined by the Athletic Director. Coaches have nothing to do with this other than notifying the athlete.

However, athletes and parents should know their grades at all times. Regularly check Power School

Uniforms

Uniforms will be available for purchase at practice starting on Saturday 2/3

They are a one-time purchase

Total Cost = \$100 - Checks payable to Oswego East High School

Jersey = \$25

Shorts = \$25

Jacket = \$25

Pants = \$25

BSN My Team Shop

This is Oswego East Track & Field gear - “Spirit Wear”

This is not where you purchase your uniform

Completely optional

<https://bsnteamsports.com/shop/gSJf9vSqqR>

The store is currently open

Closes on 1/22/2024 - This weekend

Fundraiser

Snap Fundraising - Feb 2nd - Feb 26th

Emails will be sent out to supporters

We're asking for everyone to have the email addresses of 20 supporters

The funds go towards Fully Automated Timing of all of our home meets so that our results will be official and able to be used for seeding purposes at the Sectional Championships. Offset uniform costs. Update, repair and replace our jumping pits, hurdles, and starting blocks. Add to our pole vault pole inventory. Update our Freelap timing system.

Oswego East Invitational

Friday May 3, 2024 @North Central College, Naperville

VOLUNTEERS NEEDED

- Concession Sales
- T-Shirt Sales
- Event workers

A google form will be sent out regarding your interest and availability to volunteer.

Communication

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

Event Coaches

Jumps: Tyson LeBlanc - tlablanc@sd308.org

Throws: Joe McClaire - joseph-mclaire@sd308.org

Distance: Derrick Padovich - derrick-padovich@sd308.org

Varsity Distance/Sprints: Jim Milner - jmilner@sd308.org