

*We are all in this*

**TOGETHER**

**Oswego East Cross Country 2020**

# Welcome to the Pack!

## □ Head Coach Lisa Cook

- 14<sup>th</sup> year teaching (Art/Graphics)
- 9<sup>th</sup> year Head Cross Country Coach
- 14<sup>th</sup> year coaching Track & Field
- Ran cross country and track & field at the University of Illinois

## □ Assistant Coach Steve Ideran

- 10<sup>th</sup> year teaching (Social Studies)
- 7<sup>th</sup> year coaching Cross Country
- 10<sup>th</sup> year coaching Track & Field
- Played basketball at Carthage College

## □ Assistant Coach Kelly McNeely

- 2<sup>nd</sup> year teaching (PE) and coaching (XC, bball, track) at OE
- Former head track coach at Nathan Hale High School
- Ran cross country and track & field at Central Michigan University

# Season Basics

- August 10<sup>th</sup>—October 24<sup>th</sup>
  - We will practice the entire time
- Practice Monday – Friday afternoons
  - Begin promptly at 3:30 pm (3:15 arrival for walk/stretch/chat)
  - End time approx. 5:30 pm (earlier Fridays before meets)
- Practice Saturdays and days off of school
  - 8:00 am – 10:00 am
- Girls morning practice
  - May be independent runs at this time--expectation of returners/upperclassmen



# Expect from us



- We will provide a consistent, structured, and safe environment that will focus on constant improvement through hard work and discipline.
- We are a TEAM first program.
- Our expectations are kept high so that every member on the TEAM is pushed to achieve as much as possible.

# Expect from us



- This is a High School program. The student athletes will have an enjoyable experience while working hard and together. Understand that there also will be times that they are unhappy and tired. Coaches are here to push the TEAM past all limits. In the classroom you expect a teacher to push your children to reach their maximum potential so that they may have every opportunity for success in the future. We will do the same thing from an athletic standpoint. We would like every member of the team to have the opportunity to compete in college, just like we'd like every student of ours to have the opportunity of a college education.

# We need your help!



- We stress the importance of the commitment your children make to the TEAM. It is a long, grueling season. It will take a toll on their bodies if they do not properly take care of themselves. So....
- Please, make sure:
  - that they eat 3 good meals a day and take a multivitamin WITH Iron.
  - that they HYDRATE with LOTS of WATER!
  - that they have their homework done at night.

# We need your help!

- Please, make sure (continued):
  - that they are getting 8 hours of sleep each night.
  - that they can get to practice everyday. We allow for recovery days within our training as it is very unhealthy for them to take unscheduled days off. Athletes who miss practices tend to be injured more often than not.
  - that they have good shoes (and a watch that keeps time)!
  - [Link to Shoes PPT!](#)

# Running Lifestyle



- ❑ Do not eat, sleep, and drink running...instead eat, sleep, and drink like a runner.
- ❑ Most of our athletes are year-round runners.
- ❑ Opportunities to be prepared for our seasons:
  - ❑ “Running with the Wolves” Distance Camp (Summer)
  - ❑ Captain’s Practice (Summer)
  - ❑ Cross Country Season (Fall)
  - ❑ Post Cross Country Training (Fall-Winter Break)
  - ❑ Preseason Track and Field Conditioning (Post Winter Break)
  - ❑ Track and Field Season (Winter-Spring)

To achieve their highest goals and more,  
they should be doing these.



# What we aim to enhance/develop:

- Joy
- Growth
- Discipline
- Rhythm
- Risk
- Trust
- Confidence



# Photographers Needed!



# Important Notes

- Outside races/practices during season – no go, per IHSA rules and our program philosophy (see Cook with individual questions)
- Uniforms – jersey will be distributed, shorts must be provided (black spandex/Nike pros?)
- Warmups will be necessary when it gets colder (OE gear/colors only)

# Communication (check emails)

- We will communicate in the following ways:
  - Email (school email for athletes)
  - Twitter
  - Websites
  - Remind
  - Information at Practice
- Make sure you are getting the information!
- Please adhere to the following procedure:
  - Athlete to Coach Communication
  - Parent to Coach Communication
  - Parent to Athletic Director Communication

# Communication

- If you have any conflicts with practice/meets, those need to be communicated AS SOON AS POSSIBLE!
- Two components when there will be an absence
  - Communication from athlete to coach (in person)
  - Communication from parent to coach (email)
- We expect Cross Country to be a top priority for our athletes! If absences are unexcused and numerous, they may not be on the team very long. Communication is key!

# Contact/Communication

- Coach Lisa Cook
- [llcook@sd308.org](mailto:llcook@sd308.org)
- 630-636-2485
- Twitter: @runningOEHS
- Instagram: @runningOEHS
- Website:  
<http://runningOEHS.weebly.com>
- Remind Texts:  
Text @oexcountry to 81010



# 2020 Important Dates

- August 19<sup>th</sup> – Picture Day
- August 26<sup>th</sup> - First Home Meet
- September 2<sup>nd</sup> - Senior Night!
- October 3<sup>rd</sup> - SPC Showdown (TBA)
- From October 3 - October 24, we are TBD



# Team Parents (Time to get creative)

- Organize team dinners (ideas are welcome!)
- Assist with team functions
- Best cheering section at all the meets!
- Volunteer/help in concessions (Free \$ for the team!)
- Photographers! Big shoes to fill from past years: Leanna Bonczkowski!, John Gall, Becca Wolf, Kathleen Sim, Patrick Sim, Heather McKillip