

7/28/14

Assumption CC girls and parents:

Please note the practice change announcement, and, for Group B girls, our change in policy.

We are making the following change in practice on Monday, August 11 (only):

- **Group A girls:** all girls who expect to participate with Group A will meet on Mon, Aug 11, at Seneca Park at 6:00pm for a tempo run
- **Group B girls:** all girls who expect to participate with Group B will meet on Mon, Aug 11, at Seneca Park at 7:00pm for a 2 mile time trial

*Group B girls should not attend the Group A practice that day, and Group A girls should not attend the Group B practice – we need to keep the two separate. Girls who are unsure about their group should feel free to discuss this decision with Coach Barry prior to August 11. The group you pick is not a big deal, but it does determine when you start practice and other things relating to our team.*

This is more than just a change in practice. After much thought, I've decided to adapt the process of how we allow girls onto the team, but we are relaxing our policy, rather than tightening it. As originally set up, the purpose of our 2 mile time trial was to create a barrier that at least potentially could remove girls from the team. Rather than remove anyone, we will use the time trial to sort girls into groups, all of which would make the team. The goal here is similar to how we function in other areas as well. We are trying to create an incentive for hard work and good behavior. Rather than effectively assume we have bad eggs who should be forced to run a time trial and potentially be cut from the team, we are working under the assumption that we have girls who, when given a chance, should easily prove that they can be trusted to follow our guidelines, work hard, etc.

Note that **all Group B girls** will run in the 2 mile time trial on Monday, August 11, at 7pm at Seneca Park, and not the smaller group we originally intended. The later time should ensure that heat will not be an issue, but also to allow the coaching staff to deal with a more manageable group (i.e. a 60-70 person event is much easier to run than one with the entire team, 140 girls). Group B girls who cannot be there should let me know asap. These girls, and any late additions to Group B, will also be sorted into a group – based on the discretion of the coaching staff.

If you are expecting to participate in Group B, then please read the outline below. If you have any questions, then please feel free to ask.

Thanks!  
Barry

## Assumption Cross Country

**CC announcement:** Practice change on Monday, August 11

On Monday, August 11, we will have a dual practice (6pm and 7pm) at Seneca Park.

- Group A girls will do a tempo run at the 6pm practice
- Group B girls will run a 2 mile time trial at the 7pm practice

Note that practice schedules are always made on an “as weather permits” basis. If the weather does not allow us to proceed with practice as scheduled, then we will provide a backup plan.

The Group B (2 mile) time trial will be used to sort Group B girls into one of two smaller groups, with one of those groups being divided into another two groups.

- 1) **Sub-16:00 group:** girls who break 16:00 for 2 miles (i.e. 15:59 or faster)
  - the sub-16:00 group will be allowed to leave Seneca Park on their daily runs
- 2) **Over-16:00 group:** girls who do not break 16:00 for 2 miles (i.e. 15:59 or faster)
  - the over-16:00 group will be further sub-divided into 2 more groups
    - (a) **Girls who followed our Summer training rules** – these girls may leave Seneca Park on daily runs if they can complete 2 full laps around Seneca without stopping (the 2 lap rule is an existing rule from last year). Girls in this group who cannot complete those 2 laps must demonstrate that they are capable of completing 2 laps at one of our tempo runs before they’re allowed to leave Seneca Pk on their daily runs.
    - (b) **Girls who did not follow our Summer training rules** – these girls will remain at Seneca Park on daily runs until the coaching staff gives them permission to do otherwise. These girls will be regularly evaluated and we’ll let them know when they’re allowed to run outside the park.

**Note:** girls who miss practice on August 11 or any late adds to Group B will be placed into one of the groups above, based on the discretion of the coaching staff.

The Summer training rules are as follows:

- Join by an appropriate deadline
- Practice regularly with the team (no less than 4 days/week)
- On days when a conflict prevents a girl from attending practice, she must
  - i. communicate the conflict
  - ii. run on her own
  - iii. inform Coach Barry of what she ran (on either a daily or weekly basis).