

# Assumption Cross Country Training Groups

## **I. Introduction**

Starting on the first day of school, Assumption Cross Country girls participate in one of two training groups which – for lack of better titles – we call Group A and Group B. Joining a group determines the regularity of that girl’s attendance. Group A girls practice Monday through Thursday, Saturday and Sunday. Group B girls only practice Monday through Thursday. There are benefits associated with each group (see the table in this handout for a list), but the groups are structured so that the higher commitment of Group A is consistent with the benefits provided by that group (e.g. being eligible to earn a Varsity letter or be considered for an overnight trip).

## **II. Choosing a group**

When choosing between Group A and Group B, it’s important to (first) understand that Group A is not necessarily the fast girls group and Group B the slow or new girls group. Whether a girl considers herself slow or fast, she is always welcome to join Group A. The main criteria for making this decision should be the attendance commitment of each group relative to that girl’s interest in the sport and motivation for being on the team. Choosing between Group A and Group B affects the number of days per week a girl may run, but does not necessarily (directly) impact the quantity and quality of her training on any given day. Making this choice also determines the benefits for which a girl is eligible. For example, earning a Varsity letter or being invited on an out-of-town trip are benefits that can only be achieved by girls in Group A.

## **III. Switching groups**

We allow girls to make changes in their commitment to a specific group during the course of any given season. These changes should always be discussed with a coach, largely to make sure the coaches know what to expect from each girl. As discussed above, Group A girls may also be dropped to Group B if the attendance of those girls ever becomes less than acceptable for a Group A girl.

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### **1. Group A**

Group A girls practice 6 days a week: Monday through Thursday, Saturday and Sunday. Although being a part of Group A does not guarantee one a Varsity letter, we consider the Group A commitment a Varsity level commitment. Group A girls are expected to regularly attend practice and do their best to minimize conflicts with practice and meets. Group A girls will typically compete in weekend invitational meets and the Academy Meet, but may also compete in our weekday meets as well.

Group A can be characterized as a group for girls who are hoping to compete on a Varsity level, but more generally as a group for girls wanting additional opportunities to run with the team. The girls in this group receive an implicit benefit that comes from more frequent attendance, which is to perform on a higher level than they might otherwise accomplish by practicing just 4 days per week. There are no time standards for joining Group A, simply an interest in practicing

6 days a week and committing to regular attendance during the season. The benefits of joining Group A are that a girl is at least eligible for a Varsity letter and she is eligible for consideration on one of our out-of-town Cross Country trips. Seniors who do not expect to meet our Varsity performance standards or be considered for inclusion on an out-of-town trip, can join Group A and receive such consideration – no matter what their performance level.

### **a. Elite group**

This group is a subset of Group A, designed for girls who perform on a high level and who not only demonstrate the ability and interest in making a “national class commitment” to their running, but also to being a well-rounded individual. Elite Group girls are girls who maintain high athletic, academic and personal standards. Membership in this group can ultimately prepare a girl for a collegiate running career, but for girls who aren’t looking to run in college – our Elite Group provides an opportunity to perform on the highest possible level in this sport.

Inclusion in our Elite Group is by invitation only. At some point prior to (or during) each season, we extend invitations to specific girls to join our Elite Group, beginning with girls who meet (or have met) certain performance standards and who also meet the remaining criteria. Elite Group girls are expected to make a strong commitment to regular attendance, maintain a minimum cumulative and unweighted GPA of 3.0, not fall into academic suspension, have no disciplinary issues and avoid any ongoing problems at home. Failure to meet even one of these criteria during the season would disqualify a girl from membership in our Elite Group.

The benefits associated with being a member of our Elite Group build upon the benefits associated with being a member of our Group A, and are consistent with the idea that a greater commitment makes one eligible for a greater set of benefits.

## **2. Group B**

Group B is for girls who are interested and able to attend practice 4 days per week, girls who would prefer to commit on what we consider to be a JV level of participation. This may be due to having time commitments on weekends (e.g. work), a lack of interest in pursuing higher levels of competition, etc. Group B girls will race in our less competitive Wednesday meets and in the Academy Meet. If room is available at a weekend invitational and a Group B girl would like to be considered for entry in that invitational, then we’ll certainly consider her entry in that meet.

Although only required to attend practice 4 days a week, Group B girls are always welcome to attend weekend practices without fully committing to joining Group A. All girls in Group B, including seniors, will earn a JV certificate at the end of the season if they satisfy the requirements of this group. Group B girls cannot earn a Varsity letter (this includes Seniors) and do not get considered for invitations on out-of-town trips.

## Cross Country team – organizational summary

Group:	Requirements:	What you get out of this group:
<p><b>Elite group</b> Well-rounded Group A girls who commit to practicing and competing on a National level</p>	<ul style="list-style-type: none"> <li>• must be invited to join</li> <li>• 6 days of practice per week</li> <li>• commit to a national class training level (<i>training levels are adapted to each girl</i>)</li> <li>• coordinate all expected absences</li> <li>• no regular pattern of absence</li> <li>• no regular work-related absences</li> <li>• no regular early departures</li> <li>• participate in team meetings</li> <li>• minimum 3.0 cumulative GPA</li> <li>• no instances of academic suspension</li> <li>• no school or team rule violations</li> <li>• participate in minimum of 4 meets (<i>includes Academy Meet</i>)</li> <li>• meet performance guidelines</li> </ul>	<ul style="list-style-type: none"> <li>• automatic Varsity letter</li> <li>• automatic attendance on all CC trips</li> <li>• special recognition &amp; award at Banquet</li> <li>• eligible for team awards/senior recognition</li> <li>• compete in Invitational meets</li> <li>• race in Varsity uniform (<i>first group to select uniforms</i>)</li> </ul>
<p><b>Group A</b> Girls who commit to practicing on a Varsity level</p>	<ul style="list-style-type: none"> <li>• 6 days of practice per week</li> <li>• commit to a Varsity training schedule (<i>training levels are adapted to each girl</i>)</li> <li>• satisfy team guidelines on attendance</li> <li>• regular attendance</li> <li>• participate in minimum of 4 meets (<i>includes Academy Meet</i>)</li> <li>• participate in team meetings</li> <li>• meet Athletic Dept academic standards</li> </ul>	<ul style="list-style-type: none"> <li>• eligible for Varsity letter <u>or</u> JV certificate (<i>JV cert - if Varsity standards aren't met</i>)</li> <li>• eligible for invitation on out-of-town trips</li> <li>• compete in any meet on schedule</li> <li>• slightly more flexibility with attendance than with the elite group</li> <li>• eligible for team awards/senior recognition</li> <li>• race in Varsity uniform (<i>second group to select uniforms</i>)</li> </ul>
<p><b>Group B</b> Girls who commit to practicing on a JV level</p>	<ul style="list-style-type: none"> <li>• 4 days of practice per week</li> <li>• satisfy team guidelines on attendance</li> <li>• regular attendance</li> <li>• participate in minimum of 3 meets (<i>includes Academy Meet</i>)</li> <li>• participate in team meetings</li> <li>• meet Athletic Dept academic standards</li> </ul>	<ul style="list-style-type: none"> <li>• eligible for JV certificate (only)</li> <li>• compete in weekday meets (<i>not eligible to attend out-of-town trips</i>)</li> <li>• eligible for team awards/senior recognition</li> <li>• more flexibility w/ attendance than Grp A</li> <li>• race in JV (or Varsity) uniform (<i>third group to select uniforms</i>)</li> </ul>