

Cross Country Announcements

Practice routine: during the first week of school, we meet on the following dates/times

- Monday (Aug 15): Seneca Park (5:30pm)
- Tuesday (Aug 16): Seneca Park (after school)
- Wednesday (Aug 17): Seneca Park (after school)
- Thursday (Aug 18): Seneca Park (after school)
- Saturday (Aug 20): Iroquois Park (9:30am)
- Sunday (Aug 21): EP Tom Sawyer (5:00pm)

On Monday (Aug 15), we will hold to our summer attendance routine (Varsity girls should be there, everyone else is strongly recommended to attend as well). After that, attendance is required of everyone on weekday practices, and for Group A girls on weekends (Sat and Sun).

Attendance rules: if you cannot attend any practice where you are required to attend, then you must contact Coach Barry Haworth directly. Missing practice once official practice begins on Aug 16 can get you in trouble, but skipping practice and saying nothing will get you dropped from the team. This is particularly important during the first week of practice as we will be “trimming” the roster, eliminating girls that appear to have decided against running Cross Country (i.e. girls who stopped coming, do not plan to run Cross Country and said nothing).

Group A vs. Group B: we ask the girls on our team to join one of two different training groups. Group A girls make a Varsity level commitment to the team and are at least eligible for rewards that are consistent with that commitment. Group B girls make a JV level commitment to the team and are rewarded in a manner consistent with that commitment. The distinction is not that the fast girls join Group A and slow girls join Group B, the distinction boils completely down to the number of days a girl chooses to commit to practice and the rewards she would hope to earn. Information about these groups is available at our team website in the Team Handouts section.

Participation Deadline: the last day someone can join our team is August 18 (note that each girl must also be represented at our Parent Meeting). Girls considering the Play must also decide on August 18 whether they will continue with the team. After August 18, we will expect that each girl has made a commitment to the team that she will follow through to the end of our season, and will not suddenly quit because she “made the Play”.

Athletic Fee and Athletic Physical: both of these items must be taken care of, prior to officially joining and practicing with our team. Girls who do not take care of these items by August 18 will risk being dropped from the team since this is the last day to join.

Uniform shorts: we are asking the girls to purchase their own uniform shorts for use in our meets this season. This is the easiest way to ensure that everyone has a pair of shorts that fits, lessen the burden of inventory with uniforms, and provide something that everyone (hopefully) likes. The type of shorts a girl will purchase ultimately depends on the Group she’s in (A vs. B) and whether she’ll be running in weekend invitational meets. We’ll finalize one big team order for shorts on the evening of the Parent Meeting.