

## 2014 Assumption Cross Country.....

This handout provides basic information for all Assumption Cross Country runners and parents, and is also available at our **team website** (<http://crosscountry.ahsdistance.org>). Further details about Cross Country (e.g. details regarding after-school practice) are provided at our team website as well.

**\*\* Joining the team:** if you're interested in running Cross Country, then you must join by a specific date and practice regularly with the team from that point forward. Regular attendance means practicing no less than 4 days per week, although Group A and prospective Group A girls should practice 6 days per week over the summer. A Summer practice schedule is provided with this handout.

We ask all girls to start practicing with the team on the first day of official practice, Tues, July 15. For girls who cannot attend that first practice, here is some information about joining the team:

- Girls have until Sun, July 20, to join the team (and regularly attend thereafter).
- Sophomores, Juniors and Seniors who try out for, but are cut from a Fall Sports team must join no later than Sat, July 26 (and regularly attend thereafter).
- Freshmen and girls who are new to Assumption must join no later than Tues, July 29 (and regularly attend practice thereafter).
- Girls who miss these deadlines or do not practice regularly can only join the team after running a 2 mile time trial (see below).
- *The roster closes on Friday, August 8.*


Although we're willing to consider exceptions to these deadlines, this will only happen in extremely rare circumstances with girls who have exceptionally good reasons for missing a deadline and who can demonstrate a relatively high level of fitness.

**\*\* Dealing with practice-related conflicts:** for girls who cannot regularly attend Summer practice (e.g. due to vacation, summer job, GSP, etc.) they **must** do the following:

1. *Contact Head Coach Barry Haworth* and explain your conflict.
2. Obtain a Summer running schedule from Coach Haworth and follow that schedule.
3. Record your daily running in your **running log**
4. Provide your running log entries on a regular basis to Coach Haworth (e.g. weekly email) to show that you are following the Summer running schedule.

*One simple and inexpensive running log is the \$1.99 iPhone app entitled "Running Log", which allows a girl to email weekly summaries of their running.*

**Team Time Trial:** girls who start after the deadlines provided above, or do not follow the practice guidelines laid out above, must complete a 2 mile time trial in under 16:00 in order to join the team. The time/date for the time trial will be announced at practice on August 4 and through our team twitter account (@AHS\_Distance). Once notified, girls must confirm they'll attend this time trial in advance.

 **Uniforms:** each girl will purchase her uniform through an online website. There will be a uniform singlet, shorts or solid black spandex shorts, and (for new girls) a black podium shirt. The deadline for purchasing a uniform will be **Wednesday, August 6**. More information on this will be provided during Summer practices, and posted at our team website.

### **Cross Country Mandatory Items Checklist**

Here are two items that are mandatory for every girl who joins the Cross Country team.

- Physical:** in order to practice with the team, each girl must have a current physical on file with the Athletic Dept (a physical is good for one calendar year).
- Athletics Fee:** there is a one-time \$125 Athletics fee that covers each girl's participation in sports for the entire school year. In Cross Country, this fee is paid at the team Parent Meeting.

### **Cross Country Recommended Items Checklist**

Here are several items we strongly recommend for every girl on the team.

- Moisture-wicking shirt/tank:** we suggest 3-4 moisture-wicking shirts/tanks for practice. Moisture-wicking shirts can be found at a wide variety of locations, from Target to running specialty stores like Fleet Feet Sports, Ken Combs, Swag's, Blue Mile, Footworks, etc.
- New pair of running shoes:** we strongly recommend starting each season with new shoes. Although we don't recommend one specific store, but we strongly suggest buying shoes at a running specialty store. Please mention that you run for Assumption when you visit.
- Watch:** a wristwatch with stopwatch feature is used at every practice, our runs are all performed on the basis of minutes, not miles.
- Water bottle:** every girl on the team should bring a (full) water bottle to each practice
- Serum Ferritin test:** we recommend that Group A girls get this test of "iron stores" in June or early July. This is not the "finger prick" test done in a pediatrician's office, it's a test that helps determine whether a girl is iron deficient. More information is provided at our team website.
- Post-workout snack:** we recommend that Group A girls bring a snack with a 3:1 carb-protein ratio to eat at the end of practice on days we run hard or run long. This is important for both recovery and proper caloric input reasons. More information is provided at our team website.

Once official Summer practices begin on July 15, we also strongly recommend that girls or their parents write each girl's name or initials on any clothing or water bottles brought to practice. There are a large number of items left at practice, and we do not have the ability to store those items.

**Race Schedule, Team rules and Expectations.** Information about our Fall 2014 Schedule, multi-tiered "Training Group" system, practice attendance rules, and other team guidelines and expectations is provided at our team website: <http://crosscountry.ahsdistance.org>

**After School practice times:** after school practice begins at Seneca Park on Mon, Aug 18. Group A girls will start at 3:30 and we expect Group B girls to start between 3:45 and 4:00. Each girl will be responsible for finding her own ride to practice each day.

**Contact info:** Head Coach Barry Haworth is most easily reached by cell phone (502-802-6564) or email (bmhaworth@louisville.edu). There is also a team twitter account (@AHS\_Distance) and a team email distribution list (contact Coach Haworth to request being put on the distribution list).



## Summer Running prior to July 15

*Guidelines: When running this summer, here are some important guidelines to bear in mind*

- Prior to July 15, we follow a “just run” approach which involves simply getting out the door and *running at a pace that’s based on how you feel*. There is no prescribed pace for any run prior to July 15. If you feel good, then don’t be afraid to go with the flow and run a little faster. On the days you feel like poop, it’s ok to run like someone who feels like poop.
- We’ve posted suggested training plans at our team website. There is a plan for girls who are total beginners, a plan for returning JV-level girls, and Varsity level plans for girls in each grade level. Note that it is very important you follow the appropriate training plan.
- You can arrange most running to fit your schedule, but understand that there is no such thing as a “make-up run”. E.g., if you miss 2 days in a row, then don’t combine those days with other days when you start back (e.g. if you miss a 30 min run, don’t add that 30 minutes onto another 30 minute running day and do 60 min), as this can lead to injury.
- Run as much as possible on grass or dirt (i.e. stay off cement whenever possible).
- Running is much more enjoyable when shared. E.g., consider running with someone else (note that both parents and friends qualify for this role). Running with others also helps keep you safe, which is important too.
- Consistency matters. Whatever you do, do it on as regular a basis as possible. It’s easy to get busy during the summer, so make running part of your routine. Running with someone else is also a great way to be held accountable to get in your running.
- Injury. It is not uncommon for newer girls to get hurt when they start running over the summer. Injury prevention (e.g. doing a strength routine) can help, but if you get to a point where you get hurt, then check with a coach and consider doing some alternative exercise. E.g., using the elliptical, cycling and swimming also provides aerobic benefit.
- Stronger is better. Summer running should be accompanied by some form of strength training, where you are strengthening your foundation and helping yourself avoid injury later on. Several of our strength training routines are available at our team website.

*Below, are our basic guidelines for **all** summer running prior to July 15.*

*We’ll provide sample schedules at <http://crosscountry.ahsdistance.org/summer>*

**a. Girls seeking General Fitness (no running or serious athletic background):** as a beginner runner who just wants to get in shape, your first goal should involve running for 15-20 minutes a day, on 3 to 4 days per week, and to do so without walking. If you need to walk during a run, then although your goal should be to minimize walking whenever possible, it’s ok to walk a bit as you strive to get into shape. When you do increase your distance, we want to keep the increases small (e.g. no more than 5 minutes per day or 15-20 minutes per week).

**b. Girls with JV aspirations (more experienced girls, with at least some running background):** your goal should be to run between 20 and 30 minutes a day for 3-4 days per week during June, and average about 30 minutes per day during July. This assumes you can run comfortably for 30 minutes and do so without walking. Note that this training is a step above what you would do as a “General Fitness girl”, assumes you’ve done at least some running in the past, but that you don’t have the time or interest in following the Varsity training schedule.

**c. Girls with Varsity aspirations:** unlike the General Fitness and JV training schedules, our Varsity training schedules are broken down on the basis of grade level and assume a previous training background. It is very important for the girls who follow these schedules to stick with the schedule for their grade level and not “move up” to a higher grade’s training schedule. Please also note the running concerns from the section above (e.g. doing a strength routine).

Each training schedule below provides a basic mileage goal. These are goals, not hard and fast requirements. While it’s possible that being less than responsible with your training can lead to your not sticking with a training plan, there are also occasions where injury, illness, bad weather and other factors may require that you adjust your summer training.

- **Incoming Freshmen with Varsity aspirations:** your goal should be to run between 40 and 50 minutes a day for about 5-6 days per week and average between 25 and 30 miles a week by July 15. Remember, 25-30 miles per week is where you want to be by July 15, this is *not* your starting point. These training targets assume you can start out comfortably at 30-35 minutes (nonstop) at a decent pace). If that’s too much, then it’s ok to work (slowly) toward that point. Don’t worry about your running pace too much, it’s just as important for new girls to get used to the idea of running regularly as it is to running faster.
- **Returning Sophomores with Varsity aspirations:** your goal should be to run between 45 and 60 minutes a day for 5-6 days per week, and average low to mid 30s with your miles per week by July 15th. Your weekly distance runs can start easy, but as a sophomore you will be expected to move toward running at a decent pace by July 15. “Decent” is not a hard pace, but it’s also not slow jogging or warm-up pace.
- **Returning Juniors with Varsity aspirations:** your goal should be to run between 50 and 60 minutes a day, 6 days per week, and average around 35-40 miles per week by July 15. As a junior you should definitely be prepared to run at a decent pace by July 15, and you’ll be asked to consider some extra runs on Saturdays to boost your mileage to an appropriate level (and will continue to do so after we start official practices on July 15).
- **Returning Seniors with Varsity aspirations:** your goal should be to run (on average) between 50 and 60 minutes a day at a decent pace, 6 days per week, and average around 35-40 miles per week by July 15. To achieve those mileage targets, you’ll need to do a second run several days a week (this will continue after we start official practices on July 15).

### **Summer Camps for incoming freshmen and 5-8th grade girls**

We ask each returning girl on the team to consider helping at both of our Summer Camps. In addition to providing “service” opportunities, working at our Summer Camps gives each girl a chance to interact with potential future teammates and some really cute little kids.

We strongly encourage incoming freshmen to enroll in one or both of our Camps. Details for these camps is provided at the school website (<http://www.ahsrockets.org>). After you go to the site, click on the Athletics link, and then the link for Summer Camps. All campers who enroll by the deadline (provided in the Camp literature) will receive a Camp t-shirt.

- **Assumption Track and Field Camp:** June 10-13 @ 8:30am at the Assumption Green
- **Assumption Cross Country Camp:** July 10-13 @ 5:30pm at E.P. Tom Sawyer Park