

Introduction

General Team Philosophy

Although several themes run through this program, our central goal is in helping every girl on the team achieve both athletic and personal greatness on the highest possible level, and in an environment that's both supportive and fun.

As a team, we stress responsible behavior, the need to consider our own desires in the context of what's best for the team, and the pursuit of high goals. We expect a high level of commitment and responsibility from our girls, and we expect our girls to take their membership on this team very seriously. We are an athletic team with aspirations of national level success, but also a team that believes in the importance of promoting our sport as a healthy lifestyle choice and general metaphor for life.

Material on health and nutrition: we've set up a link at our team website (crosscountry.ahsdistance.org) that includes information on health and nutrition-related issues for teenage female distance runners. We're asking all of our parents and their daughters to access this link and view/read the information that's there. Our primary interest here is in promoting awareness, but we use this information to help our girls perform at their best and ultimately develop a deeper understand of these topics.

Contact info: Head Coach Barry Haworth can be reached by email, through our team website (crosscountry.ahsdistance.org), or by phone (cell: 802-6564). All Assumption CC coaches are happy to speak with parents after practice as well. The team also has an email distribution list. For parents who would like to keep up with announcements, meet results and other team-related items on a regular basis, we suggest joining our team email list (to join the list, please email Coach Haworth at bmhaworth@louisville.edu).