

## **Elite Groups**

As the season ends, Group A and Group B girls may join our Elite Group. To participate in the Elite Group, each girl should maintain a 3.0 GPA (we are willing to grant exceptions to that requirement, but only upon discussing the situation with that particular girl), remain in good standing with the school, her team, and at home. Participation in this group is voluntary. There is no performance-related criteria (i.e. we do not restrict this group to girls that run a certain time or faster). If a girl fits the criteria above, then she is welcome to participate, regardless of how fast she runs. We discuss both the Elite Group A and Elite Group B groups in turn below.

### **Group A Elite**

When we finish with our final regular season meet in mid-October, the Group A girls who are interested in participating in our Elite Group will choose one of our two participation options.

#### **1) Training only**

Option #1 is to only train. Practice is Mon thru Thurs at 3:30 at either Seneca Park or Joe Creason, and Sunday (at 4 or 5pm) at Sawyer until Tuesday, November 24. Girls in this group will meet for distance runs of no less than 30 minutes, but not run any workouts. We do expect regular attendance at all practices. We can be flexible with attendance to a point, but missing too many practices can lead to a girl being ineligible to purchase the elitewear above.

#### **2) Training + Racing**

Option #2 is to both train and race. Practice is Mon thru Thurs at 3:30 at either Seneca Park or Joe Creason, and Sunday (at 4 or 5pm) at Sawyer until the Nike Cross National Southeast Regional Qualifier Sat, November 26. The races where these girls will compete are as follows:

- JV Regional Championship at Seneca Park (expected date is October 25)
- 1 mile team time trial at the Assumption Track in early Nov
- Nike Cross Nationals Southeast Region Qualifier on Nov 26 in Cary, NC
- Top girls will compete in one or both December Indoor meets at Univ of Indianapolis

Girls choosing to race will likely be required to purchase a red Louisville Track Club singlet to wear in the Nike Cross Nationals series and in any indoor meets where we cannot compete as Assumption HS. The cost of the singlet will be announced as soon as we get that information from the printer. Just as with the regular uniform, this singlet will be something that the girls use every year in which they participate.

### **Group B Elite**

As the Group B girls finish with their final regular season meet in early October, those Group B girls who are interested in participating in our Elite Group will follow the training-only option above, attending practice Mon thru Thurs at 3:30. Just as is the case with the Group A Elite girls, missing too many practices can lead to a girl being ineligible to purchase the elitewear discussed below.

Group B Elite girls will continue training with the team through the Thanksgiving holiday, just as the Group A Elite girls will do.

### **Elite Group Spiritwear**

Elite Group girls will purchase a specific Elite Group spiritwear item that corresponds with the number of years they've participated in the Elite Group program. We must make this a mandatory purchase item, however, so that the team can secure better team pricing. Note that each item includes the phrase "Assumption Distance Elite".

- The first year item is a blue long sleeve Nike shirt
- The second year item is a black pullover rain jacket
- The third year item is a pair of black running pants
- The fourth year item is a pullover (similar to a sweatshirt, but lighter)

