

Group B

Summary

The whole point of our Group B is to provide an opportunity for girls to participate in Cross Country without the heavier time commitment made by our Group A girls. E.g., Group B girls have lower practice and competition demands than Group A girls, Group B girls practice 4 days a week and must compete in 3 races. If a Group B girl is a regular attender at practice and completes her race commitment, then she will earn a JV certificate at the end of the season. Note that Group B girls are not eligible for Varsity letters and inclusion on out-of-town trips, but they do have many of the other perks associated with being on the Cross Country team.

Group B coaches

Although the overall head coach of the Cross Country program is Barry Haworth, we have Joe Walker serving as the main coach of Group B.

Practice Schedule

Beginning on the first Monday after school starts, the basic Group A practice schedule is:

- Monday-Tuesday-Wednesday-Thursday at Seneca Park @ 6:00 pm (practice is over by 7:30, but may be finished as early as 7:00-7:15 on some occasions)
- Group B girls do not practice on no-school days (e.g. Labor Day Monday)
- If a Group B girl misses practice (e.g. for reasons other than being sick), then she will be asked to make up that practice by attending a Group A Sunday practice (although she will not do the same distance run as the Group A girls).
- Interested Group B girls may also attend Group A weekend practices in addition to the Group B practices if those Group B girls would like to do so.

Regarding practice:

- Group B girls may not miss practice for work. We have a policy for such absences that can be as strict as dismissing a girl from the team if she misses on more than one occasion for work. Please speak with the coaching staff if you have concerns about potential conflicts between work and practice so that we can assess whether you can fulfill your commitment to the Cross Country team.
- We are willing to at least try and work with girls who have regular conflicts with one specific practice day per week. We will consider allowing these girls to ***substitute a Sunday evening practice for the one specific weekday practice they cannot attend.*** E.g., if a girl works on Wednesday evenings, then we are willing to allow her to attend Sunday-Monday-Tuesday-Thursday instead of Monday through Thursday. This **must** be coordinated through the coaching staff and approved by the Head Coach.

Group B girls Meets/Races in Fall, 2016

Each group B girl will be scheduled to compete in the first 3 races (below). If she misses one of these races, then she will need to compete in the (makeup) race on October 11.

- September 6 (Tues): EP Tom Sawyer Park (BMX area) @ 5:30pm (tentative)
- September 20 (Tues): EP Tom Sawyer Park (BMX area) @ 5:00pm
- October 6 (Thurs): EP Tom Sawyer Park (BMX area) @ 5:00pm
- October 11 (Tues): EP Tom Sawyer Park (BMX area) @ 5:00pm – makeup meet

As each Group B girl must compete in no less than 3 meets, the Group B season officially ends on Oct 6 for girls who complete their 3 race obligation on that date. For girls who must participate in our make-up meet to complete their 3 races, their season ends on Oct 11.

Participation in team events

As members of the team, Group B girls may participate in any and all team events, including our Senior Night, Friday Night Spaghetti Dinners, Chapel Meetings, etc. Although there are some events where all girls on the team are required to participate (e.g. Team fundraiser and Parent Meeting), Group B participation in most team events is voluntary.