

Group B

Summary

Group B provides 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 benefits associated with being on the Assumption Cross Country team.

Group B coaches

Joe Walker serves under program head coach Barry Haworth as the head coach of Group B and is responsible for running and monitoring Group B practice.

Practice Schedule

On the first Monday after the roster closes, Cross Country girls must choose between joining Group A or Group B. We will continue with our Summer schedule through Thursday, August 11 and will begin our Fall practice schedule at that point. Once we begin the Fall practice schedule, we begin enforcing our attendance rules. The Fall practice schedule for Group B girls is as follows:

- Monday-Tuesday-Wednesday-Thursday at Seneca Park @ 6:00 pm (practice should be finished by 7:15 on most days)

Some additional practice-related guidelines for Group B girls.

- 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 missed practice by attending a Group A Sunday practice. Not doing so will be considered an absence and after too many absences, we will consider suspending or dropping that girl from the team.
- 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. We will also allow Group B girls to put weekend (non-required) practices in the "bank". E.g., if a girl knows that she will miss an upcoming practice, then she may attend a Sunday practice as a make-up, but in advance of actually missing that Group B practice.

Conflicts with practice:

Cross Country girls may not miss practice for work. Our general policy is to dismiss a girl from the team if she misses on more than one occasion for work. Although harsh, this policy is necessary in order to prevent us from having a system that is too difficult for a small number of coaches to manage. 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, and 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 on Monday evenings or has a specific school-related function that night (e.g. the Fall Play), then we are willing to allow her to attend Sunday-Tuesday-Wednesday-Thursday instead of Monday through Thursday. This **must** be coordinated through the coaching staff and approved by the Head Coach, we do not allow girls to simply adopt this schedule without first discussing it with us.

Group B girls Meets/Races in Fall, 2017

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 5 (Tues): EP Tom Sawyer Park (BMX area) @ 5:30pm
- September 19 (Tues): EP Tom Sawyer Park (BMX area) @ 5:00pm
- October 5 (Thurs): EP Tom Sawyer Park (BMX area) @ 5:00pm
- October 10 (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 October 5 for girls who complete their 3 race obligation on that date. For girls who do not participate in 3 races by October 5, they must participate in our make-up meet on October 10 and will end their season after that race.

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.