

Elite Group

As the season ends, Group A girls may join our Elite Group. The Elite Group may be considered by every girl on the team, regardless of her performance level, but we that every Elite Group girl satisfies the criteria below.

Here are the criteria we believe is appropriate for girls participating in the Elite Group

- Elite Group girls should be in good academic standing. E.g., girls on academic suspension may not participate, and we prefer girls with a cumulative GPA above 3.0. Girls with a GPA below 3.0 may participate, but they should discuss their participation with us first.
- Elite Group girls should be on good standing with the team and school. E.g., girls with what we consider to be an excessive amount of current detention, current demerits, etc, are unlikely to be allowed to participate. Girls who have been disciplined by the team must have their participation in the Elite Group approved before participating.
- Elite Group girls should be capable of training and/or racing. E.g., girls with long term injuries that have prevented them from participating in practice (2-3 weeks or more) should have their participation in the Elite Group approved before participating.

Group A Elite participation options

1) Training only

Option #1 is to only train and not race, and will regularly attend Group A practices on Monday through Thursday until Thanksgiving week. These girls are welcome to attend Sunday practices as well, but will not be required to do so. Girls in this group will meet for distance runs of no less than 30 minutes and they will not run workouts. Note that missing too many practices can lead to a girl being dropped from the group.

2) Training + Racing

Option #2 is to both train and race, and will regularly attend every Group A practice until the Nike Cross National Southeast Regional Qualifier Sat, November 24 (note that some girls may be asked to compete in one of our December indoor track meets at UIndy).

We ask these girls to compete in the following events:

- JV Regional Championship (expected date is October 25)
- 1 mile team time trial at the Assumption Track in early November
- Nike Cross Nationals Southeast Region Qualifier on Nov 24 in Cary, NC

Elite group singlet: the girls interested in competing at the Nike Cross Nationals Southeast meet on November 24 will need to order a red Louisville Track Club racing singlet. We'll have ordering information as soon as possible. This singlet will be used in any event where the girls do not compete for Assumption, and will continue to be used for the duration of their running career at Assumption.

Group B Elite participation options

1) Training only

Group B Elite girls will train but not race, and will regularly attend Group A practices on Monday through Thursday until Thanksgiving week (i.e. 3:30 on regular dismissal days, and we anticipate 2:00 on early dismissal days). These girls are welcome to attend Sunday practices as well, but will not be required to do so. Girls in this group will meet for distance runs of no less than 30 minutes and they will not run workouts. Note that missing too many practices can lead to a girl being dropped from the group.

===

Elite Group Spiritwear

Elite Group girls purchase a specific Elite Group spiritwear item that corresponds with the number of years they've participated in the Elite Group program.

This is a mandatory purchase item, however, which allows the team to 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)