

## 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.

Between July 15 and August 5, the coaching staff will assess every girl on the team in terms of her potential and whether we believe she is a better fit for Group A or Group B (see our Group A handout for a description of those criteria). When assigning girls to Group A or Group B, no one gets cut. **Cross Country is a no-cut sport**, every interested girl will be assigned to a group.

- Girls who prefer to be assigned to Group B can join Group B. We will not place anyone in Group A who prefers to participate in Group B.
- Girls assigned to Group B will given the choice of participating with our competitive Group B girls or our developmental Group B girls.
  1. **Competitive Group B**: includes girls who would like to ultimately be considered for inclusion in Group A. This group will do structured training and (If they express an interest) will be considered for entry in local meets like Tiger Run, Rumble in the Jungle, etc. These girls will follow the Group B practice schedule, but will be encouraged to attend weekend practices with the Group A girls.
  2. **Developmental Group B**: these girls will participate in our traditional Group B environment with 4-days per week of practice, and a training schedule that typically includes either a weekly 2 mile tempo run or race.

### 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

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 7:15-7:30 on most days)

Note that on Monday, August 13, we will begin our Fall practice schedule – at which point we will begin enforcing our attendance rules. Note as well that during the first week of school, both Group A and Group B will practice together at 6:00pm.

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.

If the girls have a conflict with a specific practice (e.g. appointments), then we will allow them to ***substitute a Sunday evening practice for the one specific weekday practice they cannot attend***. This **must** be coordinated through the coaching staff and approved by the Head Coach or that girl’s absence will be subject to our rules regarding a missed practice.

**Group B girls Meets/Races in Fall, 2018**

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.

- August 27 (Mon): EP Tom Sawyer Park (BMX area) @ 5:30pm
- September 18 (Tues): EP Tom Sawyer Park (BMX area) @ 5:00pm
- October 9 (Tues): EP Tom Sawyer Park (BMX area) @ 5:00pm
- October 16 (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 9 for girls who complete their 3 race obligation on that date. For girls who do not participate in 3 races by October 9, they must participate in our make-up meet on October 16 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. Group B girls may also participate in our Elite Group program after their season ends.