

Group A Elite

The regular Group A season will end with our last regular season Group A meet on Saturday, October 9 (Oldham County's Haunted Woods race). At this point, Group A girls have to choose one of the following options.

- (1) Group A girls will become part of our Regional Group - 14 girls who will continue to train, where 10 are eligible to race in the Regional and State Meets. The Regional group is determined by the coaching staff, and exists for the following reason. If the team finishes in the top 4 at the State Championship Meet, then these 14 girls will all go up on the podium to receive our team awards (they will all also receive individual team medals). After the State Meet, then these girls must decide between the next two options (below) – i.e., joining our post-season Elite Group or ending their season.
- (2) Group A girls may join our post-season Elite Group for Group A girls.
- (3) Group A girls may end their season and stop attending practice

As discussed above, when we arrive at the appropriate point of the season (see above), all Group A girls are eligible to join our post-season Elite Group. We accept all interested Group A girls, regardless of performance level, but with the following caveats.

- Elite Group girls should be on good academic standing. Girls should not participate if doing so creates problems with their academic standing. As should be obvious, the focus of these girls should be on strengthening their performance in class.
- Elite Group girls should be on good standing with the team and school. Any girl with a history of disciplinary issues with the team or school must have her participation approved before she's allowed to join our Elite Group.

Elite Group participation options: there are two participation options within our Elite Group

1) Training only

Girls may (only) train and not race. These girls will practice with us Monday through Thursday through the duration of our post-season. These girls will do informal training (i.e. no training plan) which often means basic distance runs of no less than 30 minutes. Last year, we needed to have the Training-only girls run on their own in order to reduce the likelihood of Covid-related transmission within the team. If that is not a concern this year, then we will all meet for practice together. We'll discuss the practice format as we get more information.

2) Training + Racing

Girls will (both) train and race. These girls will attend all Group A practices, through the Nike Cross National Southeast Regional Qualifier in Cary, North Carolina (November 27). We will provide opportunity for some girls to continue training and racing after the Nike race (this will be discussed later in the season). Note that girls who choose not to compete in the Nike race will switch to the training-only group after their final event.

Due to concerns over injury, girls participating in intramural Flag Football must do the training-only option (#1), and cannot do the racing option (#2).

Club team singlet: girls planning to run in the Nike Regional or any meet where we do not compete as Assumption HS will compete as part of a club team and will need to purchase a club singlet (orders will be placed in early October). We will discuss this in early October.

Elite Group Spiritwear

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

This is a mandatory purchase item. By making this a mandatory item, the team can secure better 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 Asics running pants
- The fourth year item is a performance pullover

As we did not do an Elite Group Spiritwear purchase last year, we will be allowing returning girls from last year to purchase two items this year.

Elite Group events: girls competing in the Elite Group season participate in the events listed below. Training-racing group girls are not required to compete in the Nike Regional – girls with conflicts that prevent them from attending the Nike Regional meet may skip that meet, but will be asked to participate in each preceding event (JV Regional – as space allows, team time trial and fast hill loop workout).

- **JV Regional Championship** at a to-be-named location (expected date - Thursday, October 21): all Elite Group girls are eligible for this event. In past years, the meet directors have talked about limiting entries, but have not done so. If entries are ever limited, then we will choose girls first on the basis of performance. This is an Assumption Cross Country event, and so the girls will compete at this meet in their Assumption uniform.
- **Team time trial** at the Assumption Track (expected date is mid-November): this is an annual event where the girls typically run an 800 or 1600 meter time trial. This event helps prepare our team for their upcoming race at the Nike Regional. No uniforms are worn at this event.
- **Fast Hill loop workout** at Joe Creason Park (expected date is mid-late November): this is another annual event where the girls will run a fast hill loop workout at Joe Creason Park. Girls running under 8:00 for this 2k loop will earn a shirt.
- **Nike Cross Nationals Southeast Region Qualifier** at Cary, North Carolina (Saturday, November 27): this meet is where the team competes for Regional recognition, awards, and a potential berth into the Nike Cross National Championship in Portland, Oregon.

Each girl will receive whatever items that Nike Cross Nationals gives to competitors – typically an NXN beanie and smaller items like Gatorade chews, Gatorade energy bars, etc. Girls compete in this meet as part of a club team, and will race in the club uniform.

- Families typically drive out to NC on Friday morning and either return on Saturday afternoon or Sunday morning (we can usually help with transportation). The team will arrange rooms for the girls at our team hotel.
- **Additional events:** we will be looking at competing in some additional events after the Nike Regional. One likely event is the AAU National Championship, expected to be in Jacksonville, FL, and another possible event will be 1-2 indoor track meets held at the University of Indianapolis. These events are open to girls who are both interested in and able to run competitively in these meets. These meets will provide an opportunity for girls to run fast times while they are still in shape. We will compete as a club team in any of these events. More details on these events are forthcoming.