

## Group B Elite

As the season ends, which for most Group B girls will occur after our Senior Meet on October 7, all Group B girls are eligible to join our Elite Group B, regardless of her performance level. 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:** girls in this group have one participation option (training-only) that involves continued informal training. E.g., we ask these girls to run no less than 30 minute runs each day. There are no formal workouts or races for the girls in this group, just continued training on a 4-days-per-week basis. Note that missing too many practices can lead to a girl being dropped from this group.

**Practice schedule:** Elite Group B will begin after the final Group B race on October 7, and will end on Thursday, November 18. Girls will attend Monday-Tuesday-Wednesday-Thursday at 3:30pm practices with the Elite Group A girls (typically at Seneca Pk, but occasionally at other locations as well – this will be announced in advance via email). If this schedule is impacted by future COVID-related rule changes, then we will discuss this in advance with the girls.

### Elite Group Spiritwear

All Elite Group girls agree upon joining the Elite Group that they will purchase a specific Elite Group spiritwear item which corresponds with the number of years they've participated in with our Elite Group program. We must make this a mandatory purchase item (see below).

**As a mandatory purchase 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 (similar to a sweatshirt, but lighter)

*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.*