

Introduction

Program Philosophy

Although several themes run through this program, our central goal is in helping every girl on the team achieve both athletic and personal greatness on the highest possible level, in an environment that's both supportive and fun.

We are a team first, not a collection of individuals. We stress responsible behavior, the need to consider our own desires in the context of what's best for the team, and emphasize the importance of pursuing high goals. We expect a high level of commitment from our girls, and ask that they take their membership on this team very seriously.

We believe very strongly in the importance of being a well-rounded individual, but we recognize that athletics has much to contribute in the development of our girls from teenagers to young women. As a team, we specifically encourage and prepare our Varsity girls for intercollegiate athletics. We strive as a program to provide a training structure, racing structure and team culture that facilitates the transition of our girls from high school to intercollegiate athletics.

Although we exist as an athletic team with aspirations of national level success, we are also a team that believes in the importance of every individual on our team, and in promoting our sport as both a healthy lifestyle choice and general metaphor for life.

Material on health and nutrition: our team website includes valuable information on health and nutrition-related issues for teenage female distance runners. You can access that information through the "New Parent Info" link at crosscountry.ahsdistance.org.

Contact info: Head Coach Barry Haworth can be reached by email (bmhaworth@louisville.edu) or text (cell: 802-6564). Given Coach Haworth's schedule, it's not always easy to speak on the phone, but for extremely important messages, feel free to leave a voice mail and he'll get back with you asap. Remember that our coaches are always happy to speak with parents after practice as well, but that many of these discussions are often more appropriately run through your daughter first.

Email distribution list: The team has an email distribution list that includes every girl on the team. For parents who would like to keep up with announcements, meet results and other team-related items on a regular basis, they can join this list by contacting Coach Haworth. Note that some email systems (notably AOL, Bellsouth and sometimes Yahoo) may be more sensitive to distribution list emails, and can sometimes block them.

Social media: Additional information and team announcements are also provided through our team social media accounts on Twitter (@AHS_Distance), Instagram (@assumption_distance) and Facebook (Assumption Distance).