

Group A Elite

The regular Group A season ends after our final regular season meet (not including the JV Championship). In early October, we will select a top 14, which gives us our top 10 and ultimately top 7, and we ask these 14 girls to continue practicing through the State Meet (Regional Meet if we don't qualify for State). As we'll discuss below, girls outside the top 14 may also continue with us as well.

Top 14: these girls make up our unofficial postseason roster. We will plan to run 7 of them in the JV Regional Championship and 7 of them in the State Meet. If the team makes it onto the "team podium" (top 4 teams) at the State Meet, then the top 14 will go up to get our award, and the top 14 will all receive State Meet medals (although we would only receive 11 on State Meet day, so we'd have to order the additional medals).

Top 10: these girls make up our official postseason roster and they will be chosen from the girls in our top 14. 7 of these girls will be chosen to compete in the Regional Meet, and although they are typically the same top 7 as who will compete in the State Meet, this is not always the case (e.g. we may substitute our #8 girl for #7 if that seems like something that would help us).

Top 7: these are the girls who will compete in the State Meet

Girls who are not part of the top 14 may choose one of the following options below after our final regular season meet in early October. Girls within the top 14 will choose their option after the State Meet.

- (1) Join our post-season Group A Elite Group racing team
- (2) Join our post-season Group A Elite Group who (only) trains 4 days per week
- (3) Group A girls may end their season and stop attending practice

As discussed above, We accept all interested Group A girls into our Elite Group program (even if they are injured), regardless of performance level, but we do suggest the following:

- Elite Group girls should be on good academic standing. Girls should not participate if doing so creates problems with their academic standing.
- 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 for Group A girls. Note that both for the Training-only and Racing Team groups will continue with after school practice.

1) Training only

Girls may (only) train and not race. These girls will practice after school with their teammates Monday through Thursday at 3:30 through Thanksgiving week). Additional practices would be optional. Training-only girls will do informal training (i.e. no training plan) which often means basic distance runs of no less than 30 minutes.

2) Elite Group A Racing Team

Girls will (both) train and compete in various postseason events. These girls will attend all Group A practices through the Nike Cross National Southeast Regional Qualifier in Cary, North Carolina (November 26). We will discuss opportunities for the girls to continue training and racing after the Nike event as well.

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).

Elite Group Spiritwear

All Elite Group girls have the option of purchasing a specific Elite Group spiritwear item which corresponds with the number of years they've participated in with our Elite Group program. In 2022, we will discuss whether to continue making this a mandatory purchase, or optional. The difference would be that an Athletic Dept markup applies to all non-mandatory spiritwear.

- 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

Elite Group racing team events: girls racing in the Elite Group season participate in the events listed below. Participation in events after our High School State Meet on October 29 must all occur within the context of a club team, and so the girls will compete as part of the Derby City Athletic Club.

- **JV Regional Championship** at a to-be-named location (expected date - Thursday, October 20): all Elite Group racing girls are eligible for this event, not just girls within the top 14. In past years, the meet directors have talked about limiting entries, but have not done so. If entries are ever limited, then we will submit entries 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.
- **Lloyd White Distance Classic** at Bellarmine University (November 12): this event involves the team competing in a post-season 3200m run against other girls who are also training for post-season events like Footlocker and Nike. We will have a separate time trial for girls who are better placed in a less competitive event. The team will race in our club uniform, but the remaining girls competing in our (separate) team time trial won't need to wear a uniform.
- **Fast Hill loop workout** at Joe Creason Park (expected date is early 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 their "fast" 2k loop earn a shirt. Note that in some years, we may struggle with finding a good fit for this event. If so, then we may skip it.

- **Nike Cross Nationals Southeast Region Qualifier** at Wake Med Soccer Park in Cary, North Carolina (Saturday, November 26): this meet is where the team competes for Regional recognition and awards on the same course where we competed in the Great American race. We compete in this event to seek a potential berth into the Nike Cross National Championship in Portland, Oregon. *Girls participating with our postseason racing team are expected to compete in this event. If you are interested, but have a major conflict, get hurt or sick, etc, then we'll need to discuss that situation.*

Each girl attending this event will also receive the items that the meet gives competitors – typically an NXN beanie and smaller items like Gatorade chews, Gatorade energy bars, etc. Girls competing in this meet will race in our 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.
- We will discuss rooming arrangements within the next week or so.

Depending on what happens at the NXN Southeast Regional, we will discuss any further events with the team. Possibilities include our attending another postseason Cross Country meet or an indoor track meet at the University of Indianapolis. At the end of the Elite Group season (i.e. after our final event), the girls will start their post-season Cross Country break.

Club team singlet: when not competing for Assumption HS, the girls race as part of the Derby City Athletic Club and will need to purchase a club singlet (orders will be placed in early October). We will discuss this in early October.