

Group B Elite

For girls who complete their required 3 meets, the Group B season will end during the week of October 3-6. Girls who do not complete their required 3 meets will continue until we are able to get them into a substitute meet.

Once their season ends, all interested Group B girls are welcome to join our Elite Group B training group. This group has no performance criteria, where joining is simply based on interest and availability. We do, however, provide 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.
- 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) which involves continued informal training. Practices are 4 days per week (Monday through Thursday) after school. We will start each practice at 3:30 with a warmup, followed by any "instructions" and then running with a group for no less than 30 minutes per day. There are no formal workouts or races for these girls. Although we don't have an attendance standard, each girl should be capable of attending 4 days of practice per week. Missing too many practices can lead to a girl being dropped from the group.

Practice schedule: Monday-Tuesday-Wednesday-Thursday practices will begin at 3:30, same time as the Elite Group A girls (typically at Seneca Pk, but occasionally at other locations as well – this will be announced in advance via email). Due to Fall Break and "testing Wednesday", the Elite Group B girls will **start on (Tuesday) October 18**. We'll encourage the girls to continue running on their own between October 6 and October 18. Once they begin, Elite Group B will **continue practicing through Thursday, November 17**.

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