

## **Assumption Cross Country Elite Group**

Post-season training/racing

Each year, we extend an invitation to our girls that allows them to continue their training and racing into the post-season as part of our Elite group. Participation in this group is completely optional, but obviously encouraged. Our Elite group is open to any interested girl in Group A who meets the criteria of being a well-rounded, high performing young lady.

### **Elite Group criteria:**

- Member of Group A
- Cumulative GPA of 3.0 or higher (freshmen are exempt from this one)
- No team-related behavior issues
- No school-related behavior issues
- No behavior issues at home

Here's an overall view of how the Elite group works:

- If you are interested in joining our Elite group, then let us know and start practicing on the days when practice is scheduled (we'll continue through the Thanksgiving holiday).
- The girls who race in the post-season will be training to compete at the Nike Southeast Regional meet, held on the Great American course in Cary, NC. This race is always held on the Saturday after Thanksgiving.
  - The girls competing at Nike will either be entered in the JV Regional meet at Seneca Pk in late October, or compete in the Regional/State Championship meets typically held in early November. The girls who train but not race during the post-season may run the JV Regional meet on an "as space allows" basis.
  - Elite group girls may also participate in our post-season Track time trial event we hope to hold in mid-November (running either a 1600m or a 3200m).

Here's some information regarding the Nike Regional race (on the Saturday after Thanksgiving):

- If you're interested in running the Nike Regional race, then let us know by mid-Oct. This allows us to get each girl entered, but also provide everyone with hotel information.
- Our top 7 girls will compete in the Championship race at Nike, and attempt to qualify for the Nike Championship in Portland, OR. Everyone else will compete in either the Frosh-Soph race or the Open race. Top teams & finishers all get awards.
- We cannot compete as "Assumption", so we compete as part of the Louisville Track Club. Each girl will receive a red Louisville TC singlet (if she doesn't already have one) to wear in the race, but also keep. Entry fees will be covered by the Louisville Track Club. Entered girls typically also receive a bag, hat or shirt as part of the team's entry fee.
- The girls on the team typically drive to Cary, NC, on the Fri after Thanksgiving (we stay in a team hotel). Families return to Louisville on either Sat afternoon or Sun morning.

**Elite group benefits** (these benefits are available to both the girls who race in the post-season and the girls who just train, but not race):

- **First year Elite group girls** are eligible to purchase a long sleeve (blue) Assumption Elite Distance Dri-fit Nike shirt
  - Here's a link with info about the shirt, along with a picture:  
<http://www.volleyballcentral.net/nike-legend-women-s-long-sleeve-tee.html>
  - Here's the shirt design (full front design, with your name on the back):



- **Second year Elite group girls** are eligible to purchase a black Assumption Elite Distance quarter-zip pullover jacket
  - Here's a link with info about the top, along with a picture:  
<http://www.charlesriverapparel.com/classic-solid-pullover.html>
  - Here's the design we expect to use (embroidered on the left chest, with your last name on the back):

