

Assumption Cross Country Training Groups

I. Introduction

When they start attending practice, the girls are asked to join one of our two training groups, Group A or Group B. Joining a group then determines the regularity of a girl's attendance, and her eligibility for certain benefits like a Varsity letter or inclusion on an out of town trip. Group A girls practice Monday through Thursday, Saturday and Sunday, which implies more of a Varsity commitment to the team. Group B girls practice Monday through Thursday, which is more consistent with what we consider to be a JV commitment.

II. Choosing a group

The Group A vs B distinction is not a fast vs slow distinction. Fast or slow, all girls on the team are welcome to join Group A. The actual choice should depend on a girl's reason for being on the team, and her willingness or ability to commit to a 6 days per week practice schedule vs a 4 days per week schedule. The decision should always boil down to this – girls who are able and willing to practice 6 days per week and interested in being eligible for Group A benefits should join Group A, whereas girls who prefer not or cannot commit to practicing 6 days per week should join Group B. Over the course of a season, girls may change their commitment and move between the two groups, but these changes should be discussed (first) with a coach. Group A girls may also be dropped to Group B if those girls demonstrate that they are unable to satisfy the Group A attendance requirement. Girls who cannot satisfy the Group B attendance requirement are dropped from the team.

1. Group A

Group A girls practice 6 days a week: Monday through Thursday, Saturday and Sunday. On regular dismissal days, Group A girls will start after-school practice at 3:30pm at Seneca Park. On early dismissal days, Group A girls will start after-school practice at 2:00pm at Seneca Park. Group A girls may compete in any meet on our schedule, but will typically compete in our weekend invitational meets – although not necessarily in every weekend meet. Group A girls are those who hope to earn a Varsity letter, earn possible inclusion on an out-of-town trip and, most often, girls who simply want to get better at Cross Country.

Although being a part of Group A does not guarantee one any of the benefits mentioned above, we consider the Group A commitment to be a Varsity level commitment. Group A girls are expected to regularly attend practice and should minimize any potential conflicts with practice. A common misperception is that Group A girls are always the faster runners. While our better girls do tend to join Group A, we open this group up to any girl with an interest in practicing with the team on the 6 day schedule. Seniors who do not expect to meet our Varsity performance standards or be considered for inclusion on an out-of-town trip, can still join Group A and receive such consideration – no matter what their performance level.

a. Elite group

This group is a subset of Group A, designed for girls who not only demonstrate the ability and interest in making a “national class commitment” to their running, but also in being a well-rounded individual. Elite Group girls are girls who maintain high athletic, academic and personal standards. Membership in this group can ultimately prepare a girl for a collegiate running career, but for girls who aren’t looking to run in college – our Elite Group also provides an opportunity for girls to be acknowledged for maintaining high standards with their athletic, academic and personal life.

Inclusion in our Elite Group during any given season is extended on the basis of training with the team through the Nike Cross Regional in late November. Girls in our Elite Group must also have made a strong commitment to regular attendance during the season, maintained a cumulative GPA of at least 3.0, have no disciplinary issues at school and avoid any ongoing problems at home. Depending on the situation, falling into academic suspension during the season could also potentially make a girl ineligible for our Elite Group. In short, these girls should be very well-rounded and behave as role models across all areas in their daily lives. Failure to meet these criteria during the season could potentially disqualify a girl from membership in our Elite Group.

The benefits associated with being a member of our Elite Group builds upon the benefits associated with being a member of our Group A, and are consistent with the idea that a greater commitment makes one eligible for a greater set of benefits.

2. Group B

Group B girls practice 4 days per week, Monday through Thursday. This group is intended for girls who prefer to make what we consider a JV level of participation. Group B girls will begin after-school practice at 3:45pm at Seneca Park, following the start of Group A practice. On early dismissal Tuesdays, Group B girls will join the Group A girls to start practice at 2:00pm at Seneca Park.

Group B girls will typically be entered in our less competitive weekday meets. If a Group B girl is interested in competing at a weekend invitational meet, then we will consider her inclusion on the basis of whether there’s available space. Group B girls are always welcome at Sunday practices if they would ever like to attend, but won’t be included as a member of Group A without being officially transferred over to Group A.

All girls in Group B, including seniors, will earn a JV certificate at the end of the season if they satisfy the requirements of this group. Group B girls cannot earn a Varsity letter (this includes Seniors) and do not get considered for invitations on out-of-town trips, even if they are the fastest girls on the team. To be at least considered for those benefits, a girl must belong to our Group A. Group B girls do, however, possess greater flexibility with their schedules since they are only required to attend 4 days of practice. This group exists primarily to allow girls with significant outside commitments (e.g. jobs or similar commitments) to still participate in Cross Country and be a part of our team.

Cross Country team – organizational summary

Group:	Requirements:	What you get out of this group:
<p>Group A Girls who commit to practicing on a Varsity level</p>	<ul style="list-style-type: none"> • practice Mon-Thurs, Sat, Sun • afterschool practice starts at 3:30 • commit to a Varsity training schedule (<i>training levels are adapted to each girl</i>) • satisfy team guidelines on attendance • participate in minimum of 4 meets • participate in Chapel meetings • meet Athletic Dept academic standards 	<ul style="list-style-type: none"> • eligible for Varsity letter <u>or</u> JV certificate (<i>JV cert - if Varsity standards aren't met</i>) • eligible for inclusion on out-of-town trips • compete in any meet on schedule • slightly more flexibility with attendance than with the elite group • eligible for team awards/senior recognition • participate in all team activities • race in Varsity uniform
<p>Elite group Well-rounded Group A girls who commit to practicing and competing on a National level</p>	<ul style="list-style-type: none"> • continue practicing through Nike SE • satisfy all requirements of Group A • coordinate all expected absences • no regular pattern of absence • no regular early departures • minimum cumulative GPA of 3.0 • no major school or team rule violations • no major conflicts at home 	<ul style="list-style-type: none"> • opportunity to compete in the Nike SE meet • girls who compete at Nike SE receive a free singlet that they may keep • eligible to purchase Elite group shirt or jacket (subsidized by available team funds) • special recognition as an Elite group member • as a Group A girl, receive all benefits also awarded to each Group A girl
<p>Group B Girls who commit to practicing on a JV level</p>	<ul style="list-style-type: none"> • practice Mon-Thurs • afterschool practice starts at 3:45 • commit to a JV training schedule (<i>training levels are adapted to each girl</i>) • satisfy team guidelines on attendance • participate in minimum of 3 meets (<i>should include FS-JV Academy Meet</i>) • participate in Chapel meetings • meet Athletic Dept academic standards 	<ul style="list-style-type: none"> • eligible for JV certificate (only) • compete in weekday meets (<i>not eligible to attend out-of-town trips</i>) • more flexibility w/ attendance than Grp A • eligible for team awards/senior recognition • participate in all team activities • race in JV or FS uniform