

Assumption High School Cross Country



In 1981, Assumption's first Cross Country team was formed, and in their very first year the Rockets were Regional Champions. Since that time, we've become a unique and rewarding program. Here are some of the reasons why:

- Assumption Cross Country has one of the largest teams in the state. We've had as many as 150 girls on the overall roster, and in the last several years, we've typically had around 50 girls.
- Assumption Cross Country is one of the highest performing teams in the state when it comes to academics. Our active roster has included many National Merit and Governors scholars, and our Varsity team GPA typically averages over 3.90.
- Assumption Cross Country girls have competed at high level meets in Oregon, New York, Tennessee, Maryland, Alabama, New Jersey, Georgia, North Carolina, Virginia, Ohio, Florida, Indiana, Illinois, and California.
- Assumption Cross Country girls participate in a large number of team activities, including Wacky Wednesdays, Friday night spaghetti dinners, and many other fun events.
- Assumption Cross Country strives to compete on a national level. In the past 20 years, our team has finished in the top 4 at State on 18 occasions, won 9 State titles, been ranked both regionally and nationally as a team on a number of occasions, are the only Kentucky HS team to make 4 trips to the Nike Cross Nationals Championship, and in 2023, our team finished 7th in the country at NXN, the highest finish for any team from Kentucky, boys or girls.

We believe we have an awesome program, a program that makes a highly significant and positive impact on the lives of our girls, and which complements the mission of the school in developing the whole person.

Team Philosophy. *Although we seek to perform well against in-state teams, our ultimate competitive goal is to perform well on a national level and prepare girls to at least potentially compete in college. While striving toward our competitive goals, we seek to be an inclusive program, a team that allows every girl to chase her aspirations, build her sense of self-worth and do so in a fun, caring environment. We place a heavy emphasis on team unity and work hard to make every girl's Cross Country experience as memorable as possible.*



We are a no-cut sport, welcoming runners of all ability levels. As such, we aim to make our team accessible to a wide range of athletic abilities and interests. To allow for this kind of flexibility, we created our Group A/Group B system. Group A and Group B represent two different training group options. Group A is our more competitive, Varsity level training and racing group, and Group B is our lower commitment, less competitive JV level training and racing group.

- **Group A:** this group practices 6 days per week (Mon-Thurs, Sat and Sun) at a variety of locations. Weekday practices are right after school, and weekend practices are in the morning (Sat) or afternoon (Sun). Group A girls are at least eligible to earn a Varsity letter and will attend our annual team trip to Chicago. These girls are also eligible for selection on one of our more exclusive competitive trips as well. Our Group A girls also typically compete in the post-season with our elite group, attending meets in places like North Carolina, Florida, etc.
- **Group B:** this group practices 4 days a week (Mon-Thurs) at a variety of locations and is open to freshmen and sophomores. Our Group B provides a more low key, JV-like environment for girls who are more developmental. At the end of the season, the girls in this group receive a JV certificate if they have attended regularly. Once our Group B girls conclude their sophomore season with us, we encourage them to move up to our Group A, as Group B also serves as a mechanism for helping girls prepare for what they would experience with Group A.

Competition. Our meet schedule includes both local JV-level meets for our Group B girls, and stronger in-state:and out-of-state meets for our Group A girls. Our expected Fall 2025 meet schedules for Group A and Group B are provided below. Note that as each season ends, we provide our girls with the option of continuing to practice and compete with their teammates during what we call our Elite Group postseason. This involves competing in a track event in early November and the Nike Southeast Regional Meet in late November.

Group A: expected 2025 Fall Schedule

<u>Date</u>	<u>Event</u>	<u>Location</u>
Aug 23 (Sat)	Tiger Run	Paris, KY
Sept 6 (Sat)	Rumble in the Jungle	Creasey Mahan Nature Preserve
Sept 27 (Sat)	Palatine Invitational	Palatine, IL
Oct 4 (Sat)	Great American CC Festival	Cary, NC
Oct 11 (Sat)	Haunted Woods Classic	Oldham County HS
Oct 23 (Th)	Metro Louisville JV Championship	TBA
Oct 25 (Sat)	Regional Championship	TBA
Nov 1 (Sat)	State Championship	Kentucky Horse Park
Nov 15 (Sat)	Lloyd White Distance Festival	Bellarmino University
Nov 22 (Sat)	Nike Southeast Regional	Cary, NC

Group B: expected 2025 Fall Schedule

<u>Date</u>	<u>Event</u>	<u>Location</u>
Sept 3 (Wed)	Assumption-SHA dual meet (3k)	Seneca Park
Sept 10 (Wed)	St Xavier JV Meet 1 (4k)	Champions Park
Sept 24 (Wed)	St Xavier JV Meet 2 (5k)	Champions Park

Important team (expected) dates:

<u>Date</u>	<u>Event</u>
July 15 (Tues)	First Official Practice (EP Tom Sawyer)
Aug 10 (Sun)	Last day to join the team
Aug 17 (Sun)	Parent Meeting (Assumption HS Cafeteria)

Social Media - our team actively maintains three team social media accounts:

Instagram: [assumption_distance](#)

Twitter: [AHS_Distance](#)

Facebook group: [Assumption Distance](#)



Some of our Team Traditions

Wacky Wednesday: each season, the seniors on our team create a schedule of themed Wednesday practices we call Wacky Wednesdays. Each girl on the team can dress up for practice, wearing something that fits the Wacky Wednesday theme of the day. This tradition began in 2001-2002 and continues to be a highlight of each practice week.

Jean Luc the spirit stick: our spirit stick is basically a white painted stick with a pom pom on top, but also includes ribbons with the names of every senior on each year's team since Jean Luc was born (2001). We bring our spirit stick to meets and each year, a rising senior is given the honor of becoming the guardian of Jean Luc.

Spaghetti Dinners: our team has several spaghetti dinner celebrations. Prior to the first meet of the season, we meet for our season kick-off spaghetti dinner, and prior to our last meet of the season (State Meet), we meet for spaghetti dinner.

Team Chapel Meeting: prior to our first meet of the season, our team will meet in the Chapel for a moment of team bonding and unity. These Chapel Meetings first began in 1999, back when the team was much smaller and met in a tiny room that also served as the school's chapel room. Our tradition involves having the coaches speak to the team, but to also have the senior get up and share some thoughts with their younger teammates. Our Chapel Meetings have often been very powerful moments in our season.

Competing in College. In any given year, you'll find former Assumption Cross Country runners competing at Division 1, 2 and 3 level programs. E.g., we currently have Assumption Cross Country alums competing at Baldwin Wallace College, Centre College, University of Florida, Bellarmine University, Liberty University, and Hanover College. We have also had former athletes who competed at top programs like Ole Miss, IU, UK and UofL, and we are one of the few girls programs in Kentucky to have athletes qualify for every level of NCAA championship in both Cross Country and Track and Field. We encourage our girls to consider running in college, and assist with the recruiting process where needed.

Academics and Cross Country. We take pride in having a lot of girls who not only perform well in their sport, but who also achieve on a very high academic level. Our Varsity group alone has had a number of National Merit Scholars, several National Merit Commended Scholars, and girls with perfect ACT scores. We have had finalists for the Wendy's Heisman Award and typically have 1-3 Varsity level girls selected to participate in the Governor's Scholars Program each summer. Since 2000, we've also had over a dozen girls enroll in Medical School. Most of our Cross Country girls take advanced and AP classes, and after graduating, have enrolled in many different strong academic schools like Centre College, Notre Dame, Yale, and Brown, have received prestigious academic awards like the UofL GEMS (Guaranteed Entrance to Medical School) scholarship, and many get accepted into the Honors Programs of local universities like IU, WKU, UofL and UK.

Coaches

Barry Haworth (Head Coach) is an economics professor at the University of Louisville with over 50 years of experience in competitive Cross Country and Track. Coach Barry has coached at all levels, from elementary and grade school athletes, to high school, as well as coaching collegiate and masters level athletes. Coach Barry is a USTFCCCA State and National Coach of the year, USATF Level 1 certified coach, Brooks ID coach, has served as a clinic speaker at various conferences, is a member of the KTCCCA Hall of Fame, and has served as the KTCCCA President. Coach Barry is also a head coach with the Derby City Athletic Club during the off-season.

Madison Malloy (Group A Assistant Coach) is an Assumption Cross Country alum who assists with the Group A runners. Coach Madison competed for 4 years at Centre College, where she was a very accomplished athlete, and is currently a Licensed Professional Counselor Associate.

Scott Whitenack (Group A Assistant Coach) began with the team in 2024. Coach Scott is a former head Cross Country and Assistant Track coach, has worked for many years with local running clubs, and assists with the Bluegrass Running Camp. Coach Scott currently teaches at the West End School.

Nicky Alexander (Group A Assistant Coach) joined the team in 2024. Coach Nicky is a former Division 1 runner at the University of Louisville. Coach Nicky is currently a grad student at UofL.

Michael Blum, Maria Wuerth, Jenna Kostecki and Ally Priebe (Group B Assistant Coaches): Coach Blum is a physics teacher at Assumption, and Coach Maria is a physical therapist. Coach Jenna works as an admissions counselor at Spalding University and Coach Ally is a recent Doctorate of Physical Therapy grad from UK. Coaches Jenna, Ally and Maria are all Assumption alums.