

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 typically have about 40-45 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, team picnics, and many other fun events.
- Assumption Cross Country strives to compete on a national level. Since 2000, our team has finished in the top 4 at State on 19 occasions, won 10 State titles, been ranked both regionally and nationally as a team on many occasions, and have qualified for the Nike Cross Country National Championship in Portland, Oregon on 4 occasions, finishing 7th in 2023.

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 Seneca Park and Highland Hall. Weekday practices are at 3:30, and weekend practices are in the morning (Sat) or afternoon (Sun). We use early season Summer practices to evaluate our runners and then extend invitations to girls we believe are capable of participating in Group A. 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. Group A girls who do not earn a Varsity letter by season's end will still receive a JV certificate.
- **Group B:** this group practices at the same location as Group A, but only 4 days a week (Mon-Thurs) at 3:30pm. This group is only open to freshmen and sophomores, and tends to include girls who cannot commit to weekend practices or meets, or who prefer a more low key, JV-like environment. At the end of the season, the girls in this group receive a JV certificate if they have attended regularly.

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 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: 2025 Fall Schedule

<u>Date</u>	<u>Event</u>	<u>Location</u>
<i>July 15 (Tu)</i>	<i>First official practice</i>	<i>EP Tom Sawyer</i>
<i>Aug 3 (Sun)</i>	<i>Last day to join the team</i>	<i>EP Tom Sawyer</i>
<i>Aug 10 (Sun)</i>	<i>Parent Meeting</i>	<i>Assumption Cafeteria</i>
Aug 30 (Sat)	Tiger Run	Champions Park
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	Seneca Park
Oct 25 (Sat)	Regional Championship	Seneca Park
Nov 1 (Sat)	State Championship	Kentucky Horse Park
Nov 15 (Sat)	Lloyd White Distance Festival	Assumption Green
Nov 22 (Sat)	Nike Southeast Regional	Cary, NC

Group B: 2025 Fall Schedule

<u>Date</u>	<u>Event</u>	<u>Location</u>
Sept 3 (Wed)	Assumption-SHA dual meet (3k)	Seneca Park
Sept 17 (Wed)	St Xavier JV Meet 1 (4k)	Champions Park
Sept 24 (Wed)	St Xavier JV Meet 2 (5k)	Champions Park

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 that we have been hosting for many years. Prior to the first meet of the season, we meet for our season kick-off spaghetti dinner, put on spaghetti dinners at our meets in Palatine and Cary, NC, and then host a final spaghetti dinner prior to our last meet of the season (State Meet).

Team Chapel Meeting: our Team Chapel meetings are an important moment of team bonding and unity that first began in 1999, back when the team was much smaller and met in a tiny room that served as the school's chapel room. Our tradition involves having the coaches speak to the team, and then the seniors get up and share their 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 Centre College, University of Florida, University of Louisville, Western Kentucky University, and Ole Miss. We have also had former athletes who competed at top programs like IU and UK, and we are the only girls program 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 multi-time USTFCCCA State Coach of the year, USTFCCCA National Coach of the year, USATF Level 1 certified coach, Brooks ID coach, member of the KTCCCA Hall of Fame, and has spoken at several different coaching conferences. 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 a Licensed Professional Counselor Associate.

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.

Lou Armstrong (Group B Assistant Coach): Coach Armstrong is a math teacher at Assumption and has a long background of running, but is also a former head coach at Presentation Academy. Coach Armstrong also serves as our Track and Field team sprint coach.