

Assumption Cross Country Media Guide, 2024-2025

Program Philosophy

Although several themes run through this program, our central goal is in helping every girl on the team achieve both athletic and personal greatness on the highest possible level, in an environment that's both supportive and fun.

We are a team first, not a collection of individuals. We stress responsible behavior, the need to consider our own desires in the context of what's best for the team, and emphasize the importance of pursuing high goals. We expect a high level of commitment from our girls, and ask that they take their membership on this team very seriously.

We believe very strongly in the importance of being a well-rounded individual, but we recognize that athletics has much to contribute in the development of our girls from teenagers to young women. As a team, we specifically encourage and prepare our Varsity girls for intercollegiate athletics. We strive as a program to provide a training structure, racing structure and team culture that facilitates the transition of our girls from high school to intercollegiate athletics.

Although we exist as an athletic team with aspirations of national level success, we are also a team that believes in the importance of every individual on our team, and in promoting our sport as both a healthy lifestyle choice and general metaphor for life.



Team Traditions

Wacky Wednesday: Seniors determine a weekly theme, and the girls in each group wear something at practice which is related to that theme.

Spaghetti Dinners: the team hosts Friday night team spaghetti dinners before several of our big invitational or post-season meets.

Chapel Meetings: team meeting at the beginning of each season where the seniors and coaches speak to the team

Senior Rose Ceremony: following our final regular season weekday meet, where we acknowledge and award roses to the seniors on each team attending our final meet.

Jean Luc, the Spirit Stick: a spirit stick created by the team which we bring to meets, and which is handed down at the team banquet to a junior team member

Mary Margaret Wayne Determination Award: an annual award given to a Cross Country senior who has made a difference in the lives of her teammates

Sara Davis Leadership Award: an annual award given to a Cross Country senior who demonstrates leadership skills

Team Trips

Annual trip to compete in the Palatine Invitational (Chicago): 35-40 girls

Annual trip to compete in the Great American Cross Country Festival (Cary, NC): 14-24 girls

Periodic trips to compete in California and New York: 14-30 girls

Annual trip to compete in the Nike Southeast Regional Qualifier (Cary, NC): 20-30 girls

Out of State Cross Country meets (2000-present)

Locations where our athletes have competed while in HS

Atlanta, GA – Coach Benson Double Dip Invitational

Bronx, NY – Manhattan Invitational

Cary, NC – Great American, Nike SE Regional

Charlotte, NC – Footlocker South Regional

Chicago, IL – Palatine Invitational

Clarksville, TN – Kenwood Classic

Colts Neck, NJ – Cougar Invitational

Dayton, OH – Senior Challenge

Decatur, AL – AAU National Championship

Derwood, MD – USATF National Championship

Folsom, CA – Bella Vista Bronco Invitational

Hoover, AL – Great American, Nike SE Regional

Los Angeles, CA – Woodbridge Invitational

Mason, OH – Mason Invitational

Orlando, FL – AAU National Championship

Portland, OR – Nike Cross Nationals

Rocklin, CA – Granite Bay Invitational

Sacramento, CA – Bella Vista Invitational

Tallahassee, FL – AAU National Championship

Virginia Beach, VA – AAU National Championship



Academics and Cross Country. We take pride in having many girls who not only perform well in their sport, but perform well in the classroom. Our team often has National Merit Scholars and National Merit Commended Scholars, often within our top competitive group. We have had finalists for the Wendy's Heisman Award and we'll have several girls typically participate in the Governor's Scholars Program each summer. At the end of each season, we often have one of the longest lists of Academic All-State athletes in the State.

Cross Country athletes are amongst the highest ranked students within their respective grades. E.g., each year, our main Varsity group will almost always have an average team GPA of over 3.9. Cross Country girls have graduated from Assumption and enrolled at schools like Centre College, Notre Dame, Yale, and Brown, and have received prestigious academic awards like the UofL GEMS (Guaranteed Entrance to Medical School) scholarship. Since 2005, we have had over a dozen former runners get accepted into Medical School, with several more alums on that path as well.

Collegiate Cross Country/Track & Field participation

College programs where our Cross Country athletes are currently competing or have competed.

Auburn University
Bellarmine University
Centre College
Georgetown College
Hanover College
Indiana University
Liberty University
Miami University
Murray State University
Ole Miss
St Louis University
Transylvania University
University of Florida
University of Kentucky
University of Louisville
University of Southern Indiana
University of Tennessee, Martin
Western Kentucky University

Team Social Media

Twitter: @AHS_Distance
Facebook: AHS Distance
Instagram: @assumption_distance

Team Website:

<http://crosscountry.ahsdistance.org>



The Assumption Cross Country Training Group System

Assumption Cross Country girls train together during the Summer and then, prior to the start of school, are part of one of our two training groups, Group A or Group B. Group A is a more competitive Varsity/JV group and Group B is more of a JV level only group. This assignment determines attendance and how the girls will participate during the season.

Cross Country is a no-cut sport, but the coaching staff determines whether girls will be assigned to Group A or Group B. Group A assignments are based first on each girl's interest in Group A, then on her ability or potential, and whether she is capable of meeting Group A's attendance requirements. Girls not assigned to Group A are assigned to Group B.

1. Group A

Group A practices 6 days a week, Monday through Thursday, Saturday and Sunday. Group A girls are not necessarily all Varsity level runners, but Group A is a Varsity level commitment. Group A girls are expected to regularly attend practice and minimize conflicts with practice and meets. Although mixing academics with any extracurricular activity is never easy, our Group A girls rarely, if ever struggle with balancing school and their Group A commitment.

Group A girls typically compete in weekend invitational meets, but may also compete in weekday meets as well. All Group A girls participate in our Palatine Invitational trip, are eligible for inclusion in our remaining invitational meet trips, and are also eligible to earn a Varsity letter by running a specific time (or better) on one of the courses where we compete. Group A girls who do not earn a letter can still earn a JV certificate.

a. Elite group

When the regular Cross Country season ends in mid-October, Group A girls have the option of continued participation as part of our Elite group. Participation is voluntary and continues through the Thanksgiving week, with an option for some girls of continuing through mid-December. Elite group girls can choose between training only, and training + racing.

Elite group girls are expected to be good students and should maintain a 3.0 cumulative GPA. Elite group girls are also expected to be excellent role models at school, within our team, and at home.

Most Elite group girls choose to race in the Nike Cross Country Regional Championship in Cary, North Carolina, on the Saturday before Thanksgiving week. This event is the qualifying meet for the Nike Cross Country National Championships. In some years, this group of girls has also been provided with opportunities to compete at indoor meets in December, where they may hopefully qualify for indoor meets in February and March like Eastern Indoor and Nike Indoor Nationals at the Armory in New York.

2. Group B

Group B practices 4 days per week, Monday through Thursday, at 3:30pm. This group only consist of Freshman and Sophomore girls (i.e. Juniors and Seniors must be part of Group A). Group B provides what we consider to be a JV level commitment and is a less intense training group for girls who would like to run Cross Country without the somewhat heavier time commitment of the Group A girls. Group B also provides an opportunity for girls to develop into eventual Group A runners.

Group B girls typically race in less competitive weekday meets, against other developing runners. All girls in Group B will earn a JV certificate at the end of the season – provided they satisfy the requirements of the group (i.e. no attendance issues and participation in 3 meets).

Group A vs Group B

The distinction between Group A and Group B is not always clear, and this leads to a number of misperceptions about the two groups. E.g., many girls wrongly assume that Group A is for better runners, while Group B is for slower runners. Some girls may also assume that they will struggle with a Group A commitment if they are taking advanced classes. Although there are always exceptions to every rule, it's rare for any of our girls to struggle with finding time for both practice and schoolwork.

There are, however, distinct differences between the two groups and we provide the following reasons our girls have expressed the reasons for their interest in each group.

Group A

- Earn a Varsity letter
- Participate in an out-of-town trip
- Want to run in college
- Become a much better runner
- Friends in Group A

Group B

- Weekend conflicts w/ Group A practices
- Weekend conflicts w/ Group A meets
- Interested in a more developmental program
- Cannot or prefer not to practice 6 days/week
- Using freshman year as a transition year
- Friends in Group B



Earning a Varsity Letter vs JV Certificate:

Each girl on the team will earn a Varsity letter or JV certificate by meeting the criteria provided below. Awards will depend upon the regularity of a girl's attendance, the specific training group she belongs to at the end of the season, whether she competes in a minimum number of meets, etc.

Junior Varsity Certificate (must achieve i and ii):

- i. regular attendance
- ii. compete in no less than 3 races

Varsity letter (must achieve i, ii, iii and iv):

- i. regular attendance
- ii. membership in Group A
- iii. compete in no less than 4 races
- iv. hit a Varsity time standard on one of the following courses:

In-State Courses	Varsity time
EP Tom Sawyer 4k (BMX) course:	18:00
Seneca Park 5k course:	23:30
EP Tom Sawyer 5k course:	23:40
River Road 5k course	23:50
Creasey Mahan 5k course	24:00
KY Horse Park 5k course	24:15
Out-of-State Courses	Varsity time
Palatine Invitational 2.5 mile course	18:00
Palatine Invitational 3 mile course	22:20
Wake Med 5k course	23:45
Manhattan Invitational 2.5 mile course	19:10



Assumption Cross Country: 2024 Fall Schedule

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>
Aug 24 (Sat)	Tiger Run	Champions Park	8:00 am
Sept 3 (Tues)	AHS-SHA JV meet (3k)*	Seneca Park	4:30 pm
Sept 7 (Sat)	Rumble in the Jungle	Creasey Mahan Preserve	8:30 am
Sept 11 (Wed)	St X JV Meet 1 (4k)*	Champions Park	5:00 pm
Sept 25 (Wed)	St X JV Meet 2 (5k)* Senior Night	Champions Park	4:30 pm
Sept 28 (Sat)	Palatine Invitational	Palatine, IL	9:25 am
Oct 5 (Sat)	Great American	Cary, NC	9:00 am
Oct 12 (Sat)	Haunted Woods	Oldham County HS	8:00 am
Oct 24 (Th)	Metro JV Championship	Seneca Park	5:30 pm
Oct 26 (Sat)	Regional Championship	Seneca Park	2:45 pm
Nov 2 (Sat)	State Championship	Kentucky Horse Park	10:00 am

* = Group B meet

Elite Group racing girls post-season

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>
Nov 16 (Sat)	Lloyd White Distance Classic (3200)	Bellarmine Univ	6:00 pm
Nov 23 (Sat)	Nike Southeast Regional	Cary, NC	9:00 am
Dec 7 (Sat)	Nike Cross Nationals	Portland, OR	TBA



Wacky Wednesday Schedule

Our Wacky Wednesday schedule changes each year, but here's an example of a typical year

<u>Date</u>	<u>Theme (Group A)</u>
Wed #1	Dude Day
Wed #2	Hawaiian
Wed #3	Pajamas
Wed #4	Class colors
Wed #5	Western
Wed #6	Barbie
Wed #7	Cops n' Robbers
Wed #8	Food
Wed #9	Holy Day
Wed #10	Hillcrest Run, theme: Halloween costume



Post-Season Team Podium Finishes (all-time):

Team Podium (top 2) finishes: Regional Meet

Regional Champions: 1981, 1990, 1992, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2016, 2021, 2022, 2023

Regional Runners-up: 1986, 1987, 1989, 1991, 2000, 2002, 2003, 2004, 2005, 2014, 2015, 2017, 2020

Team Podium (top 4) finishes: State Meet

State Champions: 2007, 2008, 2010, 2011, 2012, 2013, 2021, 2023

State Runners-up: 2006, 2014, 2020, 2022

Third place: 2005, 2009

Fourth place: 2015, 2016, 2017

State Meet Team finish (2000-present)

2000 State Meet	17th place
2001 State Meet	16th place
2002 State Meet	7th place
2003 State Meet	6th place
2004 State Meet	6th place
2005 State Meet	3rd place
2006 State Meet	2nd place
2007 State Meet	1st place
2008 State Meet	1st place
2009 State Meet	3rd place
2010 State Meet	1st place
2011 State Meet	1st place
2012 State Meet	1st place
2013 State Meet	1st place
2014 State Meet	2nd place
2015 State Meet	4th place
2016 State Meet	4th place
2017 State Meet	4th place
2018 State Meet	5th place
2019 State Meet	10th place
2020 State Meet	2nd place
2021 State Meet	1st place
2022 State Meet	2nd place
2023 State Meet	1st place

NXN-SE Team finish (all-time)

2007 SE Regional (AL)	8th place
2011 SE Regional (NC)	2nd place
2012 SE Regional (NC)	1st place
2013 SE Regional (NC)	1st place
2014 SE Regional (NC)	15th place
2015 SE Regional (NC)	10th place
2016 SE Regional (NC)	25th place
2021 SE Regional (NC)	2nd place
2022 SE Regional (NC)	4th place
2023 SE Regional (NC)	2nd place

NXN Team finish (all-time)

2011 NXN	18th place
2012 NXN	10th place
2013 NXN	16th place
2023 NXN	7th place

