

Cross Country checklist

Below, is a list of items that are required of each prospective team member and items we recommend for each team member.

Cross Country Mandatory Items Checklist

Here are two items that are mandatory for every girl who joins the Cross Country team.

- Athletics Fee:** there is a one-time \$150 Athletics fee that covers each girl's participation in sports for the entire school year. This fee is paid at the Parent Meeting (8/11).
- Physical:** in order to practice with the team, each girl must have a current physical on file with the Athletic Dept (all physicals are good for one calendar year).

Additional tests we recommend as part of the current physical:

- Serum Ferritin test:** Group A girls should have this test of iron stores done in June or early July to help us determine if a girl is at risk of becoming iron deficient.
- 25-hydroxy Vitamin D blood test:** Group A girls should have their Vitamin D levels tested, as this helps us determine if a girl is at risk for stress fractures.

Cross Country Recommended Items Checklist

Here are some items we recommend that every girl on the team bring to practice.

- Moisture-wicking shirt/tank:** we suggest getting moisture-wicking shirts/tanks for practice. Moisture-wicking shirts can be found at a variety of locations.
- New pair of running shoes:** we strongly recommend starting each season with new shoes and replacing those shoes every 400 or so miles (when older shoes can transform into walking-around shoes). Although we don't recommend one specific store, we strongly suggest buying shoes at a running specialty store like Swag's, Ken Combs, Blue Mile, Footworks, Fleet Feet, etc. Please mention that you run for Assumption when you visit.
- Watch:** a wristwatch with stopwatch feature is used at every practice, our runs are all performed on the basis of minutes, not miles. A GPS watch is nice, but not necessary.
- Water bottle:** every girl on the team should bring a water bottle to each practice
- Post-workout snack:** we recommend that Group A girls bring a snack with a 3:1 carb-protein ratio to eat at the end of practice on harder days, but more generally after any practice. This is important for both recovery and proper caloric input reasons.

Contact info: Head Coach Barry Haworth can be reached by email (bmhaworth@louisville.edu). We also have a team twitter account (@AHS_Distance) and will maintain an email distribution list once official practice begins (please contact Coach Haworth to be included on that list).