

2016 Assumption Cross Country.....



Informal Summer runs: June

We host a series of optional, informal runs (schedule attached) where the girls can run with their teammates. This provides an opportunity for new girls to meet teammates in a low key setting, and start preparing for our official Summer practices in July.

Summer practice schedule: July 15-August 14

Our Summer practice schedule runs July 15 through August 16 (schedule attached). During that period, we practice Monday through Thursday at 6pm, Saturdays at 9:30am, and Sundays at 5pm at a variety of different locations (see the attached schedule for the location of each practice).

Fall practice schedule: after August 14

On August 8, the team divides into two groups, Group A and Group B (details on these groups are provided at our team website), which have the following practice schedules:

- Group A girls practice Monday through Thursday at 3:30-5:00 (Seneca Park), Saturdays at 9:30am (various locations) and on Sundays at 5:00 (EP Tom Sawyer Park)
- Group B girls practice Monday through Thursday at 6:00-7:30 (Seneca Park)

Joining the CC team

The process of joining the team is a 2-step process that works like this:

Step 1: start attending practice within our joining deadlines

- **Incoming Freshmen** should start between Fri, July 15, and Sun, July 24
- **Transfer students** should start between Fri, July 15, and Sun, July 24 (note that transfer students need to contact the Athletic Dept to ensure that they are cleared to participate)
- **Sophomore, Junior and Senior girls** should start between Fri, July 15, and Wed, July 20

Step 2: each girls should attend practice regularly

- regular attendance is 4-6 days per week, with the number of days depending on whether a girl expects to participate in our Group A (6 days) or Group B (4 days).
- **Vacation during Summer practice** – girls who go on vacation during Summer practice must speak with Coach Barry Haworth. We have specific guidelines for these girls to follow while they're away.
- **Conflicts with practice** – girls who expect to have conflicts with Summer practice that prevent them from attending 4-6 days per week must speak with Coach Barry Haworth. We have specific guidelines for these girls to follow when they are unable to attend.

What if I join after a deadline? Girls who join after a deadline, but before the roster closes, may still join the team, but will be placed in Group B on August 8. Girls interested in moving from Group B to Group A may do so, but only after August 21.

Final joining date – our roster closes on **Sunday, August 7**. Girls may join the team up to the end of that evening's practice. After that point we will not allow girls to join the team, except under what would amount to extremely rare extenuating circumstances.

Summary

Roster opens: Friday, July 15

Roster closes: Sunday, August 7

Note that this is a “hard close” in that no girl can join the team after the roster is closed

Group	Joining deadlines:
Incoming freshmen	July 15 (Fri) – July 24 (Sun)
Transfer students*	July 15 (Fri) – July 24 (Sun)
Sophomores	July 15 (Fri) – July 20 (Wed)
Juniors	July 15 (Fri) – July 20 (Wed)
Seniors	July 15 (Fri) – July 20 (Wed)

** note that if you are a transfer student, you must be cleared to participate by the Athletic Dept*

Uniforms

New girls must order a uniform singlet, racing shorts, and podium shirt. These orders will be placed online. A link and a password will be provided in advance.

- Uniform sales begin: Tuesday, July 26
- Uniform sales end: Wednesday, August 3

Note: girls who do not order a uniform during the uniform sale (e.g. girls joining after the uniform sale, and girls who simply miss the uniform sale deadline) will have an opportunity to purchase a uniform and podium shirt, but at a very marked up price – as the uniform will be part of a small special order. E.g., uniform singlets ordered during the sale will be about \$25, but singlets ordered late will much more expensive as the printing costs are higher for low volume jobs.

Female Athlete Symposium

The projected date of this symposium is Wednesday, July 27, at Baptist East at 6:00pm. The symposium focuses on providing information about the female athlete triad and in promoting proper nutrition habits for teenage female athletes. At the high school level, this is an exceptionally important topic and our program is a strong and active advocate of awareness with these issues.

Team Fundraiser

Our team’s annual mattress sale fundraiser will be held July 30-31 at the Assumption gym. We’ll be providing more information on this fundraiser as practice begins on July 15.

Practice on Monday, August 8:

On Monday, August 8, each girl will select a training group (either Group A or Group B), which will then determine her practice schedule. Girls choosing Group B will run a 2 mile time trial to assess their fitness. Group B girls who do not demonstrate that they can run 2 miles without stopping to walk, or have not provided us with enough opportunity to monitor their fitness up to this point (e.g. by joining late, having poor attendance at Summer practice or who miss the time trial), will be placed in our Seneca Park group.

- **Seneca Park group** – Group B girls will be placed in our Seneca Park group when practice begins on Monday, August 15. The Seneca Park group girls can only run within the immediate area of practice.