

## 2017 Assumption Cross Country.....



### Joining the Cross Country team:

Girls join the Cross Country team by showing up to practice and then practicing regularly. There is no official tryout (Cross Country is a no-cut sport), but every girl must have a current physical on file before practicing with the team.

The first official practice is July 15, but we understand that not everyone is able to join the team on that first day. Therefore, we provide the following *joining deadlines*:

- **Incoming Freshmen and Transfer Students** should start between July 15 and July 24 (note: transfer students must first be cleared through the Athletic Dept in order to participate)
- **Sophomore, Junior and Senior girls** should start between July 15 and July 20

**Regular practice:** once joining the team, each girl should regularly practice with the team 4-6 days per week during the Summer. Girls who expect to participate in Group A in the Fall should attend up to 6 days per week, and girls expecting to participate with Group B may attend 4 days per week.

**Roster closes:** the team roster closes on **Sunday, August 6**. After this date, it is not possible to join the team, except under what would amount to extremely rare extenuating circumstances.

### Exceptions and conflicts:

- **Missing a joining deadline:** girls who join after a deadline (above), but before the roster closes on August 6, may still join the team, but unless they can provide an appropriate excuse for not starting on time (e.g. GSP), then they will most likely be placed within our Seneca Park group (discussed below) once Fall practice begins.
- **Vacation during Summer practice** – girls who expect to miss Summer practice due to vacation should contact Coach Barry Haworth.
- **Conflicts with practice** – girls who expect to have conflicts with Summer practice that prevent them from attending 4-6 days per week should contact Coach Barry Haworth.

### Informal Summer runs: May 31-June 23

The team will host a series of optional, but encouraged informal runs between May 31 and June 23 at various locations. These are low key events, suitable for any initial ability level, and they provide an opportunity for the girls to meet new people and run with their teammates.

### Summer practice: July 15-August 12

Summer practices begin July 15 and continue through August 12, Monday through Thursday at 6pm, Saturdays at 9:30am, and Sundays at 5pm (see the attached schedule). Although the girls are expected to attend, we work with them whenever conflicts arise (see our discussion above regarding conflicts). Once Fall practice begins on August 14, attendance is mandatory.

### Fall practice: August 14-end of season

Fall practice begins on August 14, but the team will meet August 14-16 at 6:00pm (both Group A and Group B) to resolve any final issues with carpooling, and then begin our regular Fall practice schedule on August 17 (where Group A meets at 3:30pm and Group B continues to meet at 6:00pm).

## Summary

Roster opens: Saturday, July 15

Roster closes: Sunday, August 6

<b>Group</b>	<b>Joining deadlines:</b>
Incoming freshmen	July 15 – July 24
Transfer students*	July 15 – July 24
Sophomores	July 15 – July 20
Juniors	July 15 – July 20
Seniors	July 15 – July 20

*\* 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: July 26
- Uniform sales end: 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**

This symposium is typically held in the evening during late July and to allow our girls to attend, we will cancel practice that evening and let everyone run on their own. The date of the symposium will be announced regularly during summer practices and will be posted at our team Twitter account (@AHS\_Distance). The Female Athlete Symposium provides information about the female athlete triad and proper nutrition habits for teenage female athletes. At the high school level, this is an exceptionally important topic and our program is a strong advocate of awareness with these issues.

## **Team Fundraiser**

Our team's annual mattress sale fundraiser will be held Sunday, August 20, in the Assumption gym. We'll be providing more information on this fundraiser as practice begins on July 15.

## **Practice on Monday, August 7:**

On Monday, August 7, we start practice with each girl selecting her training group (Group A or Group B), which then determines her Fall practice schedule. Girls choosing Group B will also run a 2 mile time trial to assess their fitness. Group B girls who demonstrate at the time trial that they can run 2 miles at a sufficient level will be allowed to leave the immediate area of practice on their distance runs.

- **Seneca Park group:** Group B girls who do not demonstrate sufficient fitness at our 2 mile run, girls who join late, etc, are placed in our Seneca Park group until we decide that it's appropriate for them to leave this group. The Seneca Park group girls are restricted to running only within the immediate area of practice (i.e. they cannot leave the park).

**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.
- 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.

**Team Website.** We maintain a team website at <http://crosscountry.ahsdistance.org> that has a variety of handouts, including a discussion of our Group A and Group B, Fall Meet schedule, team guidelines, and information for new Cross Country parents regarding nutrition, health and other important running-related topics.

**Contact info:** Head Coach Barry Haworth can be reached by email ([bmhaworth@louisville.edu](mailto: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).



## **Summer Running prior to official practice starting on July 15**

*Guidelines: When running this summer, here are some important guidelines to bear in mind*

- Prior to July 15, we follow a “just run” approach which involves simply getting out the door and *running at a pace that’s based on how you feel*. There is no prescribed pace for any run prior to July 15. On good days, it’s ok to run a little faster and on the bad days, just do your best to get in your run without worrying about pace.
- We’ve posted suggested training plans at our team website. There is a plan for girls who are total beginners, a plan for returning JV-level girls, and Varsity level plans for girls in each grade level. Note that it is very important you follow the appropriate training plan.
- You can arrange most running to fit your schedule, but understand that there is no such thing as a “make-up run”. E.g., if you miss 2 days in a row, then don’t combine those days with other days when you start back (e.g. if you miss a 30 min run, don’t add that 30 minutes onto another 30 minute running day and do 60 min), as this can lead to injury.
- Run as much as possible on grass or dirt (i.e. stay off cement whenever possible).
- Running is much more enjoyable when shared. E.g., consider running with someone else (note that both parents and friends qualify for this role). Running with others also helps keep you safe, which is important too.
- Consistency matters. Whatever you do, do it on as regular a basis as possible. It’s easy to get busy during the summer, so make running part of your routine. Running with someone else is also a great way to be held accountable to get in your running.
- Injury. It is not uncommon for newer girls to get hurt when they start running over the summer. Injury prevention (e.g. doing a strength routine) can help, but if you get to a point where you get hurt, then check with a coach and consider doing some alternative exercise. E.g., using the elliptical, cycling and swimming also provides aerobic benefit.
- Stronger is better. Summer running should be accompanied by some form of strength training, where you are strengthening your foundation and helping yourself avoid injury later on. Several of our strength training routines are available at our team website.

*More specific Summer (pre-July 15) running guidelines are provided for each grade and ability/experience level at our team website in the Handouts section.*

### **Summer Cross Country Camp for incoming freshmen and 5-8th grade girls**

We strongly encourage incoming freshmen to enroll in our Cross Country Camp. We have dramatically lowered the cost of the camp in order to make our camp more accessible, but also more affordable for parents. Details on our Cross Country camp are provided at the school website (<http://www.ahsrockets.org>).

**Assumption Cross Country Camp:** created for 5th - 9th grade girls, and runs July 10-13 @ 5:30pm E.P. Tom Sawyer Park. You can sign up for this camp through the Assumption HS website. The cost of the AHS CC camp is \$40, and all campers receive a shirt on the final day.