

## 2022 Assumption Cross Country

All prospective Cross Country girls must have a current physical on file with the Athletic Department before participating with the team on July 15. After one calendar year, physicals expire, and so returning girls must get a new physical as well.

***Assumption Cross Country is a no-cut sport.*** All interested girls may join the Cross Country team, there are no tryouts. We have a Varsity level group (Group A) and a JV level group (Group B), and we will place every girl on the team in one of these two groups. More on this below. During the Summer, our basic plan is for all girls to practice at the same time.

### **How girls join the Cross Country team:**

Girls join the Cross Country team by attending Summer practice and having their name added to the roster. Once a girl attends practice, we expect that she will continue attending practice 4-6 days per week on a regular basis. If she has conflicts that prevent her from attending, then she should discuss those conflicts with us.

On Sunday, **August 7, the roster closes** and we will **no longer accept new girls onto the team.**

### **Summer practice schedule: July 15 (Fri) - August 9 (Tues)**

Our official Summer practice schedule begins July 15 (a schedule is provided at the end of this handout). Girls who cannot attend this first practice may still join the team by attending practice at some point up until August 7, but we strongly recommend that girls start practicing with us as close to July 15 as possible. E.g., if a girl tries out for another sport and is cut, then she may still join our team as long as she does so before the roster is closed.

*Please note the following regarding Summer practice:*

(1) We recommend that every girl attend practice as often as possible, but suggest the following guidelines.

- Girls interested in Group A should attend practice 6 days per week
- Girls interested in Group B should attend practice 4 days per week
- If you are interested in Group A, but unsure whether you can run 6 days/week, then speak with Head Coach Barry Haworth and we will provide you with an attendance plan.
- Girls who start late and/or do miss a lot of practice will likely be placed in Group B and be restricted to participating within our Seneca Park group once Fall practices begin.

(2) What each girl ultimately does at practice will always depend on her fitness, experience and class level. We do provide training plans for interested girls. If you are interested in receiving one of our training plans, then please contact Head Coach Barry Haworth.

(3) Girls with Summer practice conflicts (e.g. Summer jobs, vacation, GSP, etc) should speak directly with Head Coach Barry Haworth and communicate those conflicts, rather than simply disappear. We will work with you, but we need to understand what's going on with you.

**Fall practice schedule: August 15 - end of season**

A common question is what our Fall practice schedule looks like, and so this section addresses that question. Group A girls will meet for practice on August 14, but beginning August 15, each girl's practice schedule will depend on whether she is a member of our Group A or Group B.

**How does our Group A/Group B system work?**

Group A and Group B are the equivalent of a Varsity team and JV team you'll find in other sports. Girls who prefer Group B may become members of that group, but Group A girls must all be selected to participate in Group A. That selection process occurs during Summer practices, and it is something we will discuss with the girls. Our goal with this is to ensure that each girl is a good fit with the Group where she participates.

**Fall practice: Group A**

The basic Group A Fall practice schedule is 3:30pm on Monday-Thursday, 9:00am on Saturdays (assuming there are no Saturday meets) and 6:00pm on Sundays. The Group A girls will meet at a variety of locations during the Fall, but typically at the American Legion/Highland Hall or Seneca Park during the week. Prior to the start of each week, we will provide a practice schedule that lets parents and girls know where we'll be each day, what we're running each day, etc. That schedule typically goes out on the Thursday or Friday of each week.

**Fall practice: Group B**

The Group B Fall practice schedule is Monday-Thursday at 6:00pm at Seneca Park. Group B practices consist of doing a warmup routine, some type of distance run, and a winddown routine, and will generally last until about 7:15pm. The girls get to practice by getting a ride from parents, or through whatever ridesharing arrangements that parents or the girls set up.

**Basic Fall practice attendance rules:**

- (1) Fall practice is mandatory (i.e., unlike Summer practice, where we allow girls to miss when they have a conflict or other events, Fall practice is mandatory).
- (2) Any and all absences from practice must be communicated in advance with a coach. I.e., missing and saying nothing can get someone in a lot of trouble.
- (3) If you do not have a ride on any given day, then it's your responsibility to resolve that problem in advance. There are obvious exceptions, but in general, missing practice due to not having a ride is an unexcused absence.
- (4) No girl may leave early from practice without specific permission from a coach.
- (5) No girl may miss Fall practice due to work conflicts, conflicts with outside club practices, participation conflicts with the Fall Play, and most other extracurricular events. This will be discussed in more detail at our Parent Meeting on August 14.

### **Uniform/Team Shirt/Spiritwear Purchase:**

#### **(A) Uniform (singlet + shorts) order (mandatory)**

We ask each girl on the team to purchase her own uniform, but this is the same uniform we've been using for a number of years now. That uniform consists of the following two items:

- (1) **uniform singlet** – white singlet with a large Assumption A on the front
- (2) **racing shorts** – here are the uniform shorts we ask the girls to purchase:
  - solid black spandex shorts (this is the official Group A racing short)
  - black Nike running shorts (this is the official Group B racing short) – note that if any Group B girl prefers to purchase the black spandex shorts instead of the black Nike running shorts, she may do so.

Please note a couple things regarding uniforms.

- a. If you have the uniform of a former Cross Country athlete or older sibling and wish to use that uniform, then just let us know.
- b. Parents/girls are free to purchase shorts on their own, since our racing shorts do not have an Assumption logo printed on them, but should verify (first) that they are getting the correct type of shorts.
- c. Uniform items are all ordered **online**. This process will be explained at practice. The uniform sale will begin on July 18, and conclude on July 28.

#### **(B) Team shirt order (mandatory)**

We also require each girl on the team to have our Assumption Cross Country Team Shirt. This is the same shirt we've been using for the last two years, so only girls who are new to the team will need to order the shirt (and, of course, girls who need to replace an existing shirt). The team shirt order will end when the roster closes on August 7.

#### **(C) Spiritwear order (optional)**

During the Summer, we will have a team spiritwear order. Buying spiritwear is not mandatory, but we certainly encourage it, and will do our best to offer items that girls and parents will want to buy. A typical spiritwear purchase will include 1-2 different shirts, sweatshirt and sweatpants, and other miscellaneous items (e.g. hat).

The ordering window for spiritwear typically includes 2 rounds. I.e., a first round where orders are due in late July, and a second round where orders would be due at the August 14 Parent Meeting. All items from round 1 will be something you can order during round 2.

## **Other important information**

### **Email Distribution list**

Our team utilizes a team email distribution list for both parents and girls on the team. This list is how we distribute all important information, from important paperwork to announcing team events or providing meet information for our various Cross Country meets.

(1) **New Girls:** once everyone has a functional school email address, that email address will automatically be added to our team email distribution list. We will announce when that happens, but it is typically around the start of school. Prior to that point, if you have a non-AHS email address that you use, let us know and we will send email to that address. Unless you ask for that email address to remain on our distribution list, we will drop it when the AHS email addresses are added.

(2) **Returning Girls:** we will send email to your AHS email address

(3) **New Parents:** if you are interested in being included in our team email distribution list, then please contact Head Coach Barry Haworth, and you'll be added. We also will distribute paperwork during the Summer where you can provide your email address as well.

(4) **Returning Parents:** if you've been a part of our list in the past, then we will add you to our current season list. If you do not receive email and believe you may not have been added, then always feel free to contact Head Coach Barry Haworth and mention it.

### **Weather**

Summer weather is always a potential concern. Here's how we approach that concern:

(1) On days when the heat index at the location of practice (something we determine at each practice) is 104 or higher, we are not allowed to practice. We will typically do our best to anticipate this situation and try to make a decision beforehand (decisions will be emailed out to everyone asap and posted at our team Twitter account (@AHS\_Distance)).

(2) Storms are another weather-related concern with Summer practice.

- If storms occur before the start of practice and it's clear that we are unlikely to get in a practice that day, then we will announce that practice is cancelled. This will occur via email and our team Twitter account (@AHS\_Distance).
- If storms occur before the start of practice and we believe that we may be able to safely get in a practice that day (e.g. even if that means waiting a bit), then we will attempt to hold practice.
- If storms occur during practice, then we will adjust practice as necessary.
- If only rain is expected at practice, then we will meet for practice unless the rain is Biblical in intensity and something that clearly makes running unsafe.
- We also encourage parents to exercise their own discretion when it comes to deciding whether to take their daughter to any given practice on a day when the weather is at least questionable. If a parent believes that practicing on any given day is unsafe for their child, then we respect that decision. We simply ask that parents inform us of their decision as early as possible (e.g. rather than simply no-show that day).

## **Parent Meeting**

The Parent Meeting is currently scheduled for August 14 at 6pm at Highland Hall/American Legion. We'll confirm this time and date as we get closer to August 14. The Parent Meeting is mandatory for both parents and girls on the team and it is where we discuss how the team works, how our season will proceed, and go over the various volunteering opportunities we have for parents. As we get closer to when we'll host the Parent Meeting, we will provide information about how the meeting will be conducted.

## **Fall jobs, Fall Club practice & the Fall School play**

Prior to our Fall practice schedule, attendance at practice is not mandatory, but strongly recommended. On August 15, we begin our Fall practice schedule where attendance at practice is mandatory.

When we've had attendance-related conflicts in the past, there are 3 main areas where those conflicts arise. In order to be perfectly clear about how we address absences, please note the following:

1. We do not allow girls to miss practice for work.
2. We do not allow girls to miss practice in order to attend club team practices/games.
3. We do not allow girls to miss practice in order to participate in the Fall School play.

In these 3 instances, we allow girls 1 unexcused absence, but will drop them from the roster after the second occasion. We strongly encourage our girls to consider this before committing to join our team, and we are very happy to discuss these situations with the girls in advance.

More generally, we have a list of conflicts that we are willing to excuse, and a list of conflicts that would involve an unexcused absence. This will be discussed in more detail at the Parent Meeting on August 14.

### **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 Athletics fee that covers each girl's participation in sports for the entire school year. We'll be sharing the amount of that fee as we get closer to the start of school.
- 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 400-500 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 helpful, but not required.
- 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*. Unless we’ve spoken to you about pace, there is no prescribed pace for anyone prior to July 15. On good days, then it’s ok to run a little faster. On bad days, it’s ok to run a little slower.
- We can provide training plans for any girl who asks. We have training plans for girls who are total beginners, plans for returning JV-level girls, and Varsity level plans for girls in each grade level. Everyone follows a training plan whether it’s an explicit plan or an implicit one, so why not get a training plan that’s appropriate for you, and which can help you remain injury-free.
- 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 min onto another 30 min 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, but feel free to contact head coach Haworth for a copy of a strength routine, along with a warmup and warmdown routine as well.



## **Group A vs Group B**

After school begins, the coaches will divide the team into two training groups, Group A and Group B. Group A is viewed as a Varsity level training/racing group that practices up to 6 days per week, where all girls are expected to attend the Palatine Invitational, and Group B is a JV level training/racing group that practices 4 days per week. For a more detailed discussion of Groups A and B, please refer to our team website ([crosscountry.ahsdistance.org](http://crosscountry.ahsdistance.org)).

Here's a description of the process we will use in assigning girls to their respective group:

- During the Summer, the coaching staff will assess every girl on the team in terms of her potential and whether we believe she is a better fit for Group A or Group B. The criteria we use is provided in the next section.
  - Girls interested in Group A should speak with Head Coach Barry Haworth, but we will also speak directly with girls that we believe have the potential to join Group A – whether they speak with us initially or not.
  - Cross Country is a no-cut sport and so this process does not involve us cutting anyone from the team. We are simply doing the equivalent of placing girls on a Varsity team or a JV team.
- Girls who prefer to be assigned to Group B can join Group B. We will not place any girl in Group A, if she prefers to participate in Group B.
- Girls assigned to Group B will given the choice of participating with our competitive Group B girls or our developmental Group B girls.
  1. **Competitive Group B:** includes Group B girls who would prefer more structured training. The girls in this group will also be considered for entry in local meets like Tiger Run, Rumble in the Jungle, etc. To be included, interested girls must approach us and ask to participate in this group.
  2. **Developmental Group B:** these girls participate in our traditional Group B environment which involves less structured training, while still conforming to the overall training guidelines of Group B.
- **Provisional Group A:** any girl not assigned to Group A will either be placed in a provisional Group A group or Group B. Provisional Group A girls will have an opportunity to progress to Group A (non-provisional) if the team is not at its limit in terms of the number of official Group A girls (e.g. if Group A only includes 45-48 girls). Provisional Group A girls could also be invited on the Palatine trip (in any given year) on the basis of there being available space. If there is no available space, however, then provisional girls would not be able to attend the Palatine trip.
- **Dropping from Group A to Group B:** girls are always free to drop from Group A to Group B, but during the season, we may also reassign Group A girls to Group B if those girls develop certain injuries, develop attendance issues, or cannot maintain appropriate academic standards. These instances are rare, and would only be considered if we believe this type of change is necessary for the welfare of any individual girl.

## **Criteria for assigning a girl to Group A**

Below, we provide the main criteria used in determining whether a girl should be assigned to Group A. Note that this is based on her potential as an athlete, and ultimately whether she is a good fit for Group A.

- **Attendance at practice**
  - Prospective Group A girls should attend practice 6 days per week beginning on July 15. Girls trying out for other sports who do not make those teams can still join the Cross Country team and be considered for Group A, but they should begin with us as soon as possible so that we have sufficient time to evaluate their potential.
  - For prospective Group A girls with conflicts (e.g. Summer job, vacation, etc), you should regularly communicate these things with a coach and then let us know what you are running when not at practice.
- **Performance at practice**
  - In order to appropriately place girls in what we consider to be the proper training group, we need at least several weeks of observation time. E.g., girls who join the team later in the Summer are much less likely to be placed in Group A.
  - There are some basic practice standards we expect all girls in Group A to achieve. Girls who cannot achieve these standards are more likely to be considered developmental runners at least initially more appropriate for Group B.
    - Group A girls should be capable of running no less than 2-3 non-stop miles at what we would consider to be an appropriate pace.
    - Group A girls should be capable of training with their teammates.
    - Group A girls should be girls who follow our basic team training guidelines (e.g. always giving an honest effort at practice) and demonstrate an attitude that's consistent with what we expect from Group A girls.
- **Performance history**
  - We often have girls who are placed in Group A without any previous Cross Country or Track experience, and so previous participation in either of these sports does not necessarily affect a girl's placement in Group A. When a girl does have a performance history, however, we will certainly consider that history when deciding where to place her.
  - Some girls interested in Group A may not be necessarily capable of achieving the performance standards of Group A. For these girls, we will also consider their loyalty to and support of our program (both Track and Cross Country) over time. This criteria may allow certain seniors to be accepted into Group A over non-seniors.
- **Team support (non-freshmen)**
  - Group A girls are specifically asked to embrace our team concept, and so we consider non-freshman girls as potential Group A members in terms of their support of team activities.

## Summer Practice Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/10-7/16						<b>6:00pm</b> EP Tom Sawyer Pk <b>First Official Practice</b>	<b>9:00am</b> Iroquois Pk ACT day
7/17-7/23	<b>6:00pm</b> Highland Hall (Legion)	<b>6:00pm</b> Seneca Pk	<b>6:00pm</b> EP Tom Sawyer Pk	<b>6:00pm</b> EP Tom Sawyer Pk	<b>6:00pm</b> Highland Hall (Legion)		<b>9:00am</b> Iroquois Pk
7/24-7/30	<b>6:00pm</b> Highland Hall (Legion)	<b>6:00pm</b> EP Tom Sawyer Pk	<b>6:00pm</b> EP Tom Sawyer Pk	<b>6:00pm</b> EP Tom Sawyer Pk	<b>6:00pm</b> Highland Hall (Legion)		<b>9:00am</b> Iroquois Pk
7/31-8/6	<b>6:00pm</b> Highland Hall (Legion)	<b>6:00pm</b> EP Tom Sawyer Pk	<b>6:00pm</b> EP Tom Sawyer Pk	<b>6:00pm</b> Highland Hall (Legion)	<b>6:00pm</b> Seneca Pk		<b>9:00am</b> Iroquois Pk
8/7-8/13	<b>6:00pm</b> Highland Hall (Legion) Roster closes	<b>6:00pm</b> Seneca Pk	<b>6:00pm</b> Highland Hall (Legion)	no official practice (run on your own) Freshman First day	no official practice (run on your own) School starts		no official practice (run on your own)

**Locations of practice:**

**Highland Hall/Legion:** 2921 Bardstown Road, Louisville, KY 40205 (basically across the street from the St Raphael church)  
*We meet inside the building.*

**EP Tom Sawyer Park:** 3000 Freys Hill Rd, Louisville, KY 40241  
*We meet in the picnic area that's adjacent to the main parking lot, playground, Shelter 1 and the tennis courts*

**Iroquois Park:** 1080 Amphitheater Rd, Louisville, KY 40214  
*We meet in an area adjacent to the main parking lot by the Amphitheater*

**Seneca Park:** 3101 Rock Creek Dr, Louisville, KY 40207  
*We meet in an area adjacent to both the tennis courts and playground*