

2023 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 each year.

Assumption Cross Country is a no-cut sport. All interested girls may join the Cross Country team, there are no tryouts. Our first official day of practice is Saturday, July 15. **The final day to join the Cross Country team is Sunday, August 6.** All Cross Country girls are officially divided into one of two groups, which we call Group A and Group B. More on our Group A and Group B, as well as in-season, Fall participation is provided in our **main team info handout**.

How girls join the Cross Country team:

Girls join the Cross Country team by following these 3 steps:

1. Attend a Summer practice
2. Have your name added to the roster
3. Regularly attend practice 4-6 days per week thereafter

Note that regular attendance is a requirement during the Summer. If you have a conflict, then that conflict must be discussed with a coach. Girls who disappear and/or do not attend regularly will be placed in our Group B Seneca Park group (at best) or dropped from the roster (at worst).

We have the following Summer practice guidelines:

(1) **Summer practice attendance:** we ask each girl to attend Summer practice as often as possible, but provide the following guidelines.

- Girls interested in participating with **Group A** should attend practice 6 days per week and will be in a group led by (overall) Head Coach Barry Haworth
 - If you are interested in Group A, but have conflicts with Summer practice or are unable to practice 6 days/week, then please speak with Coach Haworth.
- Girls interested in participating with **Group B** (or simply “not interested in participating with Group A”) should attend practice no less than 4 days per week and will be in a group led by Group B Head Coach Joe Walker
- Girls cut from other Fall sports who are interested in at least considering Cross Country are encouraged to reach out to Coach Haworth by July 20-21.

(2) **Running:** girls interested in Group A will follow a set running schedule (i.e. these girls will have formalized training plans adjusted to their fitness, experience, class level, etc), whereas girls interested in Group B will follow more informal training guidelines that still consider their fitness, experience, class level, etc.

(3) **Summer conflicts:** girls with Summer practice conflicts (e.g. Summer jobs, vacation, GSP, etc) should speak directly with Head Coach Barry Haworth and communicate those conflicts.

Assumption HS Cross Country: Summer Running

In this handout we provide information regarding Summer training, which is mainly relevant prior to our first official practice 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.
- Crosstraining. The best preparation for running is running, but there may be occasions during the Summer when you cannot run or it’s wise not to run (e.g. if you’re hurt). In those situations, crosstraining is a positive option. E.g., using an elliptical machine, stationary bike or even walking at a faster cadence up and down hills. For more information on crosstraining, feel free to contact Coach Haworth.
- 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.

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 information regarding the amount of that fee as we get closer to 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 400-500 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.



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 that 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 do ask that parents inform us of their decision as early as possible** (e.g. rather than simply no-show that day).

Important dates:

June 5	Informal runs begin
June 22	Last informal run
June 25-July 9	KHSAA Dead Period
July 10-13	Assumption Cross Country Camp (see www.ahsrockets.org for info)
July 15	First official day of practice
July 23	Uniform (singlet) order closes*
July 30	Round 1 spiritwear order closes*
August 6	Roster is closed (i.e. last day to join the team) Remaining uniform (non-singlet) items order closes*
August 10	Freshman first day
August 11	School starts
August 13	Parent Meeting (6pm) Round 2 spiritwear order closes Team shirt order closes

** these are expected dates*

Parent Meeting

The Parent Meeting is currently scheduled for August 13 at 6pm at the school cafeteria. We'll confirm this time and date as we get closer to August 13. The Parent Meeting is a mandatory meeting, where parents are required to attend, but where we also require new girls (i.e. girls who have never participated in Cross Country) to attend. We will discuss team operations, our guidelines, and we will 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, what to do in case of a conflict, etc.

Team website: we try to post information, e.g. this handout and our main Cross Country handout, at our team website (crosscountry.ahsdistance.org).

Team Social Media: we typically post information on our two team social media accounts

- Twitter: @AHS_Distance
- Instagram: @assumption_distance

Questions: if you have any questions, then please feel free to reach out to Head Coach Barry Haworth via email (bmhaworth@louisville.edu)