

2024 Assumption Cross Country: main Fall practice handout

Fall practice schedule: August 12 - end of season

We're typically asked about our Fall practice schedule, and so this handout addresses that question. The first official day of Fall practice is August 12. We will follow our Fall practice schedule at this point, where each girl's practice schedule depends on whether she is a member of our Group A or Group B, and all Fall practice rules will apply.

Fall practice: Group A

The basic Group A Fall practice schedule is 3:30pm on Monday-Thursday, 9:00am on Saturdays and 5:00pm on Sundays (Friday is our "rest day"). Once school begins, Group A girls typically meet at the American Legion/Highland Hall building (2921 Bardstown Rd) or at Seneca Park during the week. On occasion, we may practice on a weekday at EP Tom Sawyer Park (e.g. on a weekday when it's supposed to be pretty hot, we may go to Sawyer, because Sawyer is a bit cooler than Seneca Park). We rely on available parents and carpools with the older girls to get everyone to practice after school. Prior to the start of each week, a practice schedule is emailed to the team. This schedule confirms what we're running each day, where we're practicing, etc.

Fall practice: Group B

The Group B Fall practice schedule is Monday-Thursday at 4:00pm at Seneca Park. Group B practices consist of doing a warmup routine, a distance run or workout, and then a warmdown routine. Group B practice is expected to end between around 5:15-5:30. We are working with the school to use the bus to transport Group B girls to practice.

Basic Fall practice attendance rules:

- (1) Fall practice is mandatory (i.e., unlike Summer practice, where we work with girls when they have conflicts that lead to them missing practice, Fall practice is mandatory).
- (2) Any and all absences from practice must be communicated with a coach, preferably in advance. I.e., missing and saying nothing can get a girl in a significant amount of trouble.
- (3) If you do not have a ride on any given day, then it's your responsibility to resolve that problem.
- (4) No girl may leave early from practice without specific permission from a coach.
- (5) If you are injured during the season, then you will still be expected to attend practice. No girl is allowed to simply miss practice because she's injured.
- (6) 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. Missing for these reasons will lead quickly to someone being dropped from the team. The first miss leads to a girl getting in trouble, but a second miss will lead to her being dropped from the team.

Group A vs Group B

Group A is viewed as a more advanced, less developmental Varsity level training/racing group that practices up to 6 days per week. All Group A girls should plan to attend the Palatine Invitational, although this is conditional on the number of Group A girls on the team, and all Group A girls are at least considered for participation in our other out-of-town meets.

Group B is a less advanced, more developmental JV level training/racing group that practices 4 days per week and competes in local meets.

Meet requirements

- Group A girls typically compete in 4 or more meet during the season.
- Group B girls typically compete in 3 local weekday meets during the season
 - *We have makeup events for Group B girls who miss one of the 3 weekday meets. These meets are on Saturday mornings.*

The Group A Cross Country season ends on one of the following:

- October 1-2, for seniors who'd like to finish or girls with Winter sport tryouts
- October 12, for girls not interested in our post-season group
- late November, for girls who are interested in our post-season group

The Group B Cross Country season ends around October 1-2

Team Website. We maintain a team website at 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). 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).