

2024 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.

Important dates:

- First official day of practice: Monday, July 15 @ EP Tom Sawyer Park (6pm)
- Last day to join: Sunday, August 4 @ Highland Hall (6pm)

New in 2024. Our team divides into 2 groups that we call Group A and Group B, and in 2024, we will be making some changes with these groups.

- **Group B:** this is a developmental training group that will involve practicing after school, 4 days per week (Mon-Thurs). In Fall 2024, Group B will **only** include Freshmen and Sophomores. Juniors and Seniors who participated with Group B in Fall 2023 may continue with Group B, but all new Juniors and Seniors must participate in Group A if they want to be on the team.
- **Group A:** this is a group for girls interested in and capable of practicing up to 6 days per week (Mon-Thurs, Sat, Sun). Top runners in this group will also compete in our out-of-town invitational meets. Group A is open to all grade levels (Freshmen-Senior), but each girl must meet some minimum participation standards. There are often some misperceptions about what participating with Group A entails, and so if you have questions, then please feel free to contact Head Coach Barry Haworth.

How girls join the Cross Country team

Girls join the Cross Country team by following these 4 steps:

1. Attend your first Summer practice
 - We prefer that the girls start on July 15, but for girls who tried out for another sport and got cut, we ask that they start by July 20-21
 - We do allow girls to join up until August 4, but note that by joining late, a girl's participation may be restricted (see the next page)
2. Have your name added to the roster
3. Identify with a group attendance schedule (i.e. Group A or Group B)
4. Regularly attend practice thereafter

Summer attendance expectations

Girls who seek to participate with Group A: you will be expected to participate 6 days per week during the Summer. If you have conflicts which prevent this from happening, then you must speak with Head Coach Barry Haworth so that we can create a plan for you.

Girls who seek to participate with Group B: you will be expected to participate 4 days per week during the Summer. If you have conflicts which prevent this from happening, then you must speak with Head Coach Barry Haworth.

Please read the next page for further clarification on our Summer attendance expectations.

More on Summer attendance

Here are the various conflicts we encounter during the Summer and what we will ask the girls to do about each type of conflict.

- (1) **Vacation:** girls going on vacation should inform us in advance so that we can discuss a training plan for you while you're away. These training plans may obviously vary across each girl, based on their training history, grade level, experience, etc.
- (2) **Summer jobs and/or other Summer sports/practices:** if you have a Summer job or a Summer sport conflict, then you must communicate those conflicts with us in advance. We will discuss what you should be running on the days that you cannot attend practice. Note that we do try to work with girls who have lifeguarding jobs at Lakeside.
- (3) **GSP** or one of the other Summer academic programs: we treat these situations in the same manner that we treat vacations.
- (4) **Miscellaneous reason absences:** we realize that things can come up during the Summer that may lead to a girl missing practice. We expect that these absences should always be communicated, and we expect that each girl will tell us what she did for practice that day on her own.
- (5) **Illness or injury:** we ask that girls who are sick or hurt communicate with us about their situation. We do not expect injured or sick girls to run on their own.

If you disappear during the Summer, join late, or more generally fall short of our attendance expectations and most importantly – if you do not communicate these things with us, then here are some examples of how we typically address those situations. We do attempt to treat each situation individually though.

- (a) **Freshman and Sophomore girls interested in Group A:** missing too much practice and failing to communicate those absences can lead to you being dropped to Group B.
- (b) **Junior and Senior girls interested in Group A:** missing too much practice and failing to communicate those absences can lead to you being asked to demonstrate a certain minimum level of fitness in order to remain on the team (e.g. 2 mile time trial).
- (c) **Freshman and Sophomore girls interested in Group B:** missing too much practice and failing to communicate those absences will lead to you being placed in our Seneca Park group (i.e. you will not be allowed to leave the park on distance runs, and can only run loops around the park).

Note that the key variable with Summer attendance is communication. We can work with girls who have conflicts, but we draw the line with girls who struggle with communication.

Note that after school begins, we do not allow girls to miss Fall practice for job conflicts or other sport practices/games. Missing practice for these reasons can lead to a girl being dropped from the team. Note that if you anticipate having some potential Fall conflicts like participating in the Fall play or something else that could conflict with practice, you must speak with us about that in advance, as some conflicts could prevent you from being on our team.

2024 Informal Team Runs

Assumption HS Cross Country

The team meets in June for some informal group runs. A schedule is provided below (and at our team website: crosscountry.ahsdistance.org). We strongly encourage all new girls and returning Cross Country girls to attend so that they can meet one another and start getting in shape for when we officially begin on July 15.

These are not official practices – they are voluntary conditioning runs which emphasize developing basic fitness, getting to know one another, etc. We suggest what you should run, but there's nothing formal.

These runs are appropriate for everyone, from beginners to experienced runners.

Date	Location	Time
Monday (June 3)	EP Tom Sawyer Pk	6:00 pm
Wednesday (June 5)	EP Tom Sawyer Pk	6:00 pm
Thursday (June 6)	EP Tom Sawyer Pk	6:00 pm
Monday (June 10)	EP Tom Sawyer Pk	6:00 pm
Coach Barry will be out of town on June 12-16		
Monday (June 17)	EP Tom Sawyer Pk	6:00 pm
Wednesday (June 19)	EP Tom Sawyer Pk	6:00 pm
Thursday (June 20)	EP Tom Sawyer Pk	6:00 pm
Monday (June 24)	EP Tom Sawyer Pk	6:00 pm

Where we meet for practice:

- **EP Tom Sawyer:** we meet in the picnic area by the main parking lot, tennis courts and playground (park on the south side of the main parking lot)

Note that directions and the location of all practices are provided in the handout section at our team website, crosscountry.ahsdistance.org

2024 Summer practice schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/14-7/20		6:00pm EP Tom Sawyer Pk First Official Practice	6:00pm Highland Hall (Legion)* <div style="border: 1px solid black; padding: 2px;">Uniform order begins</div>	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk		9:00am Highland Hall (Legion)
7/21-7/27	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm Highland Hall (Legion)	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk		9:00am Highland Hall (Legion) <div style="border: 1px solid black; padding: 2px;">Uniform order ends</div>
7/28-8/3	6:00pm EP Tom Sawyer Pk <div style="border: 1px solid black; padding: 2px;">Team shirt/ Spiritwear order begins</div>	6:00pm EP Tom Sawyer Pk	6:00pm Highland Hall (Legion)	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk		9:00am Highland Hall (Legion)
8/4-8/10	6:00pm EP Tom Sawyer Pk <div style="border: 1px solid black; padding: 2px;">Roster closes</div>	6:00pm EP Tom Sawyer Pk	6:00pm Highland Hall (Legion)	6:00pm EP Tom Sawyer Pk	TBA Freshman First day	School starts	no official practice (run on your own)
8/11-8/17	Group A: 4pm Highland Hall (Legion) <div style="border: 1px solid black; padding: 2px;">Parent Meeting + Team Shirt/ Spiritwear due</div>	Fall practice begins 6:00pm Seneca Pk (expected/ not confirmed)	6:00pm Seneca Pk (expected/ not confirmed)	6:00pm Seneca Pk (expected/ not confirmed)	6:00pm Seneca Pk (expected/ not confirmed)		Group A: 9:00am @ location TBA

* Highland Hall/American Legion facility is located at 2921 Bardstown Road

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).

(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 via email that practice is cancelled.
- 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).

Still more important information

Assumption Cross Country Camp: incoming freshmen are welcome, but not required, to register for our Cross Country Camp (July 10-13) through the school website (ahsrockets.org).

Uniforms: we ask the girls to order their own uniform. This uniform is the same as what we used in Fall 2023, , so only girls who are new to the team need to order it.

We wear a white singlet that must be ordered through us, and then black spandex shorts (or regular black shorts) that can be purchase through us or on your own (check with us first before ordering on your own). Uniform ordering will run from July 16 through July 27. We will work with girls who join the team after July 27 or miss the order.

Team shirt: we ask all girls on the team to order our pink team shirt. This shirt is the same as what we used in Fall 2023, so only girls who are new to the team need to order it. The team shirt order will run from July 28 through August 11.

Spiritwear: this is an optional purchase for parents/girls that consists of shirts, sweats and other miscellaneous items. The Spiritwear order will run from July 28 through August 11.

Parent Meeting

The Parent Meeting is currently scheduled for August 11 at 7pm at the school cafeteria We'll confirm this time and date as we get closer to August 11. 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 have two main team social media accounts

- Instagram: [@assumption_distance](https://www.instagram.com/assumption_distance)
- Twitter: [@AHS_Distance](https://twitter.com/AHS_Distance)

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