

## **Assumption Cross Country quick facts**

*Before you participate, you must have a current physical on file with the Athletic Dept.*

**First day of practice:** Monday, July 15 (6pm at EP Tom Sawyer)

**Last day to join the team:** Sunday, August 4 (6pm at EP Tom Sawyer)

*Girls may join at any point from July 15 to August 4, but we strongly encourage sooner over later.*

*We provide training plans for new girls (contact [bmhaworth@louisville.edu](mailto:bmhaworth@louisville.edu) or see link below).*

### **Group A:**

(1) More advanced/less developmental training group

(2) Attendance requirement is 6 days per week

- Fall practice is Mon-Thurs @ 3:30, Sat mornings, Sun afternoons

(3) Open to interested girls in all grade levels (Freshmen, Sophomores, Juniors, Seniors)

(4) We reserve the right to enforce certain minimum fitness standards after August 4 with girls who join late or struggle with regular attendance (and communication)

(5) The Group A Fall season ends on October 1-2 (for seniors who'd like to finish, girls interested in Winter sport tryouts), October 12 (for girls not interested in the post-season group) or late November (post-season group).

### **Group B:**

(1) More developmental training group

(2) Attendance requirement is 4 days per week

- Fall practice is Mon-Thurs @ 4pm

(3) Open only to interested Freshmen and Sophomores (Fall 2023 Jrs/Srs are exempted)

(4) The Group B Fall season ends around October 1-2

### **Summer practice:**

\*\* Summer practice is required, but we always work with girls who communicate conflicts with us

\*\* Girls who join later in the Summer, or disappear w/o communicating may ultimately have to meet with Coach Barry on August 5 to discuss their status on the team.

### **Important Fall practice rules:**

\*\* Attendance is required, a girl must have an excused absence in order to miss practice.

\*\* We do not allow girls to miss practice for work, school play practice, other sport practices, etc.

More detailed information is available at our team website: [crosscountry.ahsdistance.org](http://crosscountry.ahsdistance.org)