

2025 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 Monday, 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 winddown 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 can quickly lead 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.

Participation in meets:

- (1) Each girl is responsible for finding her own transportation to meets. The only exception is the Palatine Invitational, where the team will arrange transportation for all Group A girls attending this meet.
- (2) Each girl should wear her official uniform to meets, and we ask that the girls wear their pink team shirt over this uniform.
- (3) Each girl may compete in either racing spikes or training shoes. We leave this decision up to each athlete. Note that girls interested in running a Varsity time in her meet should strongly consider getting some racing spikes. This is something we are happy to discuss with each athlete.
- (4) We ask each athlete to stay at meets until their teammates have finished running so that we can support one another. If someone must leave early from a meet, then they should discuss this with us before leaving.