

## **Group A vs Group B**

**Group A** is a more Varsity-like training/racing group that practices up to 6 days per week and competes in both local and out-of-town invitationals. Group A consists of girls in all grade levels (Freshman, Sophomore, Junior and Senior).

**Group B** is a more developmental JV-like training/racing group that practices 4 days per week and competes in local meets. The goal of group B is to develop younger girls into athletes capable of participating in Group A. Group B consists only of freshmen and sophomore athletes. Juniors and Seniors must participate in Group A, but should note that we will work with them to help ensure that they can meet the requirements of Group A.

### ***Practice requirements: Group A vs Group B***

- **Group A:** practice is Monday-Thursday at 3:30 (Seneca Pk or Highland Hall), Saturday mornings (e.g. 9am) and Sunday afternoons (after Labor Day weekend, 1pm).
  - *Saturday morning practices tend to end after meets begin in late August, and Saturday practices tend to be run-on-your-own days*
- **Group B:** practice is Monday-Thursday at 4:00 (either at Seneca Pk or Highland Hall).

*Transportation to practice is via carpooling with the older girls, parents who are able to help out, and (if necessary) the school bus*

*Weekday practices for both Group A and Group B end between 5:00 and 5:30pm*

### ***Meet requirements: Group A vs Group B***

- **Group A:** girls compete in 4 or more meets during the season.
  - *Group A girls participate in the Palatine Invitational in late September. The team arranges transportation and lodging for the girls on the team.*
- **Group B:** girls compete in 3 local weekday meets during the season
  - *Group B girls who miss one of our 3 weekday meets due to injury or illness may have to compete in a local Group A (weekend) meet in order to get in their 3rd meet.*

### ***Length of season: Group A vs Group B***

*The Cross Country season ends on one of the following dates (note that we do provide options to girls who are interested in extending their season):*

- **Group B:** October 1-2 (assuming they have their 3 meets)
  - *Group B girls will have the option of continuing until October 23 (JV Regional meet)*
- **Group A:** October 11 (assuming they have their 4 meets)
  - *Group A girls will have the option of continuing until October 23 (JV Regional meet) or may join our postseason group that continues until November 23*