

Assumption Cross Country quick facts

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

First day of practice: Tuesday, July 15 (6pm at Highland Hall)

Last day to join the team: Sunday, August 2 (6pm at EP Tom Sawyer)

Girls may join at any point from July 15 to August 2, but we strongly encourage sooner over later.

We provide training plans for new girls (contact bmhaworth@louisville.edu or see link below).

Group A:

(1) Includes both advanced and developmental training groups for all grade levels

*** our goal is to always adapt each girl's training to something she can handle, not "kill" anyone*

(2) Attendance requirement is up to 6 days per week

- Fall Group A practices are Mon-Thurs @ 3:30 at Seneca Park or Highland Hall, Saturday mornings, Sunday afternoons (e.g. 1pm after Labor Day weekend)

(3) The Group A Fall season ends in mid October, but we do offer an extended season for interested girls. We also work with Winter sport athletes who have tryouts in mid-October.

Group B:

(1) Includes a more developmental training group for (only) Freshmen and Sophomores

(2) Attendance requirement is 4 days per week

- Fall Group A practices are Mon-Thurs @ at Seneca Park or Highland Hall. Practice begins between 3:30 and 4pm, depending on our transportation situation.

(3) The Group B Fall season ends in early October

Summer practice:

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

*** All girls on the team should be expected to demonstrate a certain minimum level of fitness once we start with Fall practices.*

*** Girls who join later in the Summer, or disappear w/o communicating may ultimately have to meet with Coach Barry on August 4 to discuss their status on the team, and any practice restrictions we may be placing on them if they are to remain 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