

Assumption High School Track & Field

Joining the Assumption HS Track & Field team

There are 2 options for joining the Assumption HS Track & Field team:

- **Option 1:** Winter and Spring season (begins with our tryouts on Jan 8-9)
- **Option 2:** Spring season only (we will have a Spring tryout on March 3)

Option 1: Winter + Spring option

This option begins with attending our tryout on Wednesday, January 8, and Thursday, January 9, where we assess each prospective athlete and determine whether she is an appropriate fit for our team. More on the tryout process is provided below.

Providing that we believe they are a good fit for our program, the following athletes must attend our Winter-Spring tryout, but will not be in jeopardy of being cut:

- Athletes who participate in our Fall sprinter program
- Athletes who participate in our post-season Cross Country group that trains and competes after the HS Cross Country State Championship
- Returning Varsity Track athletes who can demonstrate a reasonable level of fitness

Note that this option involves joining the team for both the Winter and Spring seasons. We do not have a Winter-only option. Non-Senior girls who join in the Winter and then quit in the Spring must have specific permission to ever rejoin the team in a future year.

Option 2: Spring only option

This option begins with attending our tryout on Monday, March 3, where we assess each prospective athlete and determine whether she is an appropriate fit for our team. More on the Spring-only tryout process below. The Spring only option is primarily set up for Winter sport athletes, but we allow girls who were not Winter sport athletes to try out as well.

The March 3 tryout will consist of girls running in one of two events, a 200m dash or an 800m run. Girls who intend to participate only in jumping or throwing events are exempted from this part of the tryout, and will do something else. In order to be guaranteed a spot in the Winter-Spring group practices, an athlete must achieve one of the time standards below. Girls who do not achieve one of these standards, but are a good fit for our team, are at least subject to being placed in a more developmental group that may practice at a different time than our Winter-Spring group.

- 200 meter time standard: 31.00
- 800 meter time standard: 3:00.00

Specific rules regarding the tryout process:

All prospective Assumption Track and Field athletes must have a current physical on file with the Athletic Department and must attend a tryout. If you cannot attend, then you need your absence excused in order to be eligible to join the team. Note that *Winter sport athletes are not required to attend a tryout until their Winter sport season is over. If that extends beyond March 3, then they must contact us so that we can discuss their situation.*

Assumption Track & Field Team Tryouts for Winter-Spring Track:

Our January (Winter-Spring girls) Track tryout schedule is as follows:

- Wednesday (Jan 8): American Legion, 3:30-4:30pm
- Thursday (Jan 9): Assumption Green, 3:30-4:30pm

Day 1. We will provide general information about the team, and will discuss our various event groups (see below) and event group practice schedules. We will conclude with some basic practice.

- Sprints (includes hurdlers, short & long sprinters)
- Distance (includes 400/800m and 1600m runners)
- Jumps (includes Long Jump, Triple Jump, High Jump and Pole Vault)
- Throws (includes Shot Put and Discus)

Day 2. We will have girls participate in timed sprints. Prior to the conclusion of our tryout, we'll discuss how everyone will know whether they have made the team or not, as well as team expectations for anyone who joins the team.

Assumption Track & Field Team Tryouts for Spring-only Track:

Spring-only Track tryout info will be emailed out and announced in advance of March 3.

Expected practice schedules

Our two main groups are the Spring and Distance group. Their practice times are as follows:

- **Sprint group practice:** the sprint group will meet after school for practice and on Sundays. Girls must attend a set number of practices per week.
- **Distance group practice:** the distance group will meet after school for practice and on weekends. Girls practice 5 days during the Winter, with one day of crosstraining on your own, and up to 6 days per week during the Spring. More developing distance runners may have a slightly reduced schedule, but we will work this out with them.

Contact/Questions: Head Coach Barry Haworth at bmhaworth@louisville.edu

Some basic rules associated with being on our team:

1. **Team fundraiser:** we ask everyone to help with working our main team fundraiser, which involves hosting a large elementary meet on March 21 and March 23.
2. **Pink-White:** we do not allow our athletes to participate in Pink-White during the season as this creates the possibility of an athlete getting injured. Injury-related issues have affected our team in the past, and so we do not allow participation in this event as an athlete. Girls who are considering Pink-White must simply make a choice as to which thing to participate in.
3. **Participation in meets:** although we encourage participation, not everyone is required to participate in Winter season track meets. Everyone on the team is required to compete in the Spring season track meets.

