

Assumption High School Track & Field

Joining the Assumption HS Track & Field team

In 2024, our team will provide two options for joining. Those options are:

- **Option 1:** Winter + Spring season (begins with our tryouts on Jan 10-11)
- **Option 2:** Spring season (begins with our tryouts on March 4)

These options are discussed below.

Option 1: Winter + Spring option

This option begins with attending our tryout on Wednesday, January 10, and Thursday, January 11, where we assess each prospective athlete and determine whether she is an appropriate fit for our team. There is no specific time or performance standard associated with someone being allowed to join the team. More on the tryout process below.

The following athletes are exempted from having to participate in our Winter/Spring team tryout:

- 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

Girls who join the team in January will be placed in an event group and they will then practice with that event group through the conclusion of the Spring season. 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.

Option 2: Spring only option

This option begins with attending our tryout on Monday, March 4, where we assess each prospective athlete and determine whether she is an appropriate fit for our team. More on the 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.

Girls who join the team in Spring will be placed in a practice group that depends on how they perform in our March 4 tryout. The March 4 tryout will consist of girls running in one of two events, a 200m dash and an 800m run. Both events will have time standards that determine which group a girl will practice with.

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

How our March tryout time standards work:

Any girl who can beat one of these standards will be assigned to practice with the event group she prefers to participate with during the Spring. E.g., if a girl runs the 200 faster than 31.00, then she will practice with the main sprint group that practices after school. If a girl runs the 800 faster than 3:00.00, then she will practice with the main distance group that practices after school.

If a girl does not beat one of these standards, then she will practice with our Group B, developmental group who will practice together after the main event group practices end, unless and until we are able to merge the groups at some point. If, during the Spring season, a girl is able to beat one of these time standards, then we will discuss with her whether it's appropriate to move her into her main event group practice. E.g., if a girl runs under 31.00 in the 200, then we will consider moving her to the main sprint group. Similarly, if she runs under 3:00.00 in the 800, we'll consider moving her to the main distance group.

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.

Spring only Group B girls: this group will practice after the distance group practices are completed (e.g. 5pm). This includes Group B girls interested in sprints and Group B girls interested in distance. Their practice schedule will involve practicing up to 4-5 days per week, with one likely day of crosstraining included in that.

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 4, 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 10): American Legion, 3:30-4:30pm
- Thursday (Jan 11): Assumption Green, 3:30-4:30pm (*girls interested in jumps may **instead** attend a tryout at the Assumption Green from 6:00pm to 7:00pm with Coach Grady*)

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 1 will also include some basic practice.

Day 2. We will have girls participate in timed sprints. Girls interested in jumps may attend our 6:00pm tryout and be evaluated by our jumps coach (Coach Matt Grady).

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:

Our March (Spring only girls) Track tryout schedule will be emailed out to the school and announced in advance of March 4. The tryout will be held at the Assumption Green, most likely in the early evening (e.g. 5 or 6pm), and will involve girls participating in either a 200 meter dash or an 800 meter run.

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