

## Miscellaneous topics

**1. Leaving the team:** there may be instances where a girl may not be able to complete the season with us. In these situations, we follow the guidelines provided below:

- **Being kicked off the team:** girls who quit the team or are dropped from the team due to a violation of team rules must receive specific permission from Head Coach Barry Haworth in order to ever rejoin the team at a future date (i.e. do need permission to rejoin). Although it is unlikely such permission will be given, we do treat each situation on an individual basis.
- **Being released from the team** (for academic reasons): if it becomes necessary, we may release a girl from participating with the team in order that she may focus on her academics. Girls who are released from the team for academic reasons are not kicked off the team and so they are free to rejoin the team at a later date. Note that we may not necessarily allow these girls to rejoin the team during the same year in which they were released, as the issues which led to a girl having academic problems are not necessarily resolved in just a few weeks, we certainly allow these girls to rejoin the team in a future season.
  - If a girl is released from the team for academic reasons and she has earned a JV certificate or Varsity letter prior to her release date, then she will receive that award at our team's Awards Night Celebration.
  - Seniors who are released from the team for academic reasons are welcome to participate in our Senior Night activities if they are able to attend.

## 2. Team information

- **Team Website:** we maintain a team website at <http://track.ahsdistance.org>. This site is where you can find a meet schedule, important handouts and historical performance lists (e.g. top performers in each event, school records, etc.).
- **Team Social Media accounts:**
  - **Facebook** – we maintain a team group page called Assumption Distance
  - **Twitter** – our team account is @AHS\_Distance
  - **Instagram** – we have an account that is run by girls on the team, called @rocket\_distance

## 3. Communication

- **Head Coach contact info:** Head Coach Barry Haworth can be contacted via email at [bmhaworth@louisville.edu](mailto:bmhaworth@louisville.edu) or by text/phone at 502-802-6564. Please note that the best

means of contacting Coach Haworth is through email or by visiting with him after practice. If texting, then please be sure to identify yourself.

- **Team Email Distribution List:** the team has an email distribution list that includes every girl on the team (all email will be sent to her ahsrockets.org email address). For parents who would like to keep up with announcements, meet results and other team-related items on a regular basis, they can join the team distribution list by contacting Coach Haworth. Note that some email systems (notably AOL, Bellsouth and sometimes Yahoo) may be more sensitive to distribution list emails, and can sometimes block them.