

Winter Track Practice Information

Practice and attendance

1. Girls in our Competitive group are expected to attend regularly at practices held with their group. Girls in our General Training group are expected to attend regularly on Mondays through Thursdays unless those girls arrange an alternative schedule.
 - Alternative schedules for General Training girls must be arranged with Coach Barry Haworth. We do not allow girls to arrange their own schedule without first speaking with Coach Haworth.
 - Girls on an alternative schedule must attend regularly on the days they commit to attend. I.e., if a girl commits to attend every Monday, Tuesday and Wednesday, then she cannot come on Monday and Wednesday one week, Tuesday-Wednesday-Thursday another week, etc.
 - No alternative schedule will involve attending practice less than 2 days per week.
2. Every missed practice should be communicated with a coach. The only exceptions to this rule would involve girls who are absent from school that day or who leave early.
3. If a girl has transportation issues that prevent her from attending every practice that is not held at Assumption HS, then she should reconsider doing Winter Track.
4. Parents ultimately decide what their daughter should do on days when the weather is less than perfect. We simply ask that parents communicate these decisions with our coaches.
 - We do allow girls to pursue other running or cross-training options on bad weather days, but these alternatives are viewed as next best and not first best options.
 - Note that we watch the weather forecast regularly over the Winter and make any needed changes in practice as they become necessary for our health and safety.
5. If a girl misses what we consider a significant amount of practice with the team or key practice(s) with the team, we may reconsider entering her in an upcoming meet.

Practice Guidelines

1. Before practice we meet in our designated practice location (e.g. C101 at Assumption, inside the building at the Assumption Green, etc.). Warmup begins once a coach announces that warmup may begin (i.e. girls may not start on their own).
2. All activity at practice must be coordinated through a coach. When a girl is practicing *on her own*, we will provide instructions as to what she should do, but when practicing on her own, she is not part of any official team practice.
3. As per Athletic Dept policy and what we believe to be basic common sense, no one should participate in another Assumption sport team's out-of-season practice, games, etc., during Winter or Spring Track, and should not miss practice for any meetings involving another Assumption sports team.

4. There may be situations where runners in particular are not under the direct supervision of a coach (e.g., when the distance runners are on distance runs). In such situations, we ask girls to always behave in a way that ensures her own safety and the safety of those practicing with her. This includes, but is not limited to the following precautions.
 - Girls should not run alone, where they cannot be seen by teammates, but rather run in a group. That group should only include teammates (or a coach), rather than people who are not cleared to run with the team.
 - When running near or on a street, stay off the road whenever possible, and obey all traffic laws. Always defer to others when sharing the sidewalk or any path.
 - Never enter anyone's home, local business, etc., without permission from a coach.
 - If an accident or serious incident occurs, then let us know asap. Our policy is to contact your parent/guardian as soon as possible and any appropriate legal and/or medical authorities as the situation warrants.
5. This team does not exist to help advance anyone's social life. We do not allow girls to meet up with non-teammates during any official team practice and practicing with those individuals. Doing so would be grounds for dismissal from the team. During practice, we expect each girl to devote all of her attention to practice and following our guidelines.
6. If a girl becomes aware of a teammate breaking rules and says nothing, then she should expect to be treated as a participant in that person's actions and not just as an observer.

Practice locations

1. The Winter Track team hosts official practices at each of the following locations:
 - **Assumption HS** (we attempt to meet in C101) – this is a likely practice location on colder days, or days when we may want the girls doing some weight-training.
 - Practices at Assumption will start at 3:10 on weekdays (2:00 on early days) and generally end between 4:20 and 4:45, depending on the day.
 - **Assumption Green** (we meet in either the main Hall, training room or classroom) – this is where the jumpers, throwers and sprinters will likely meet on a fairly regular basis. The Green is located on the corner of Newburg Rd and Champions Trace Ln.
 - Practices at the Green will start at 3:30 on weekdays (2:00 on early days) and generally end between 4:40 and 5:00, depending on the day.
 - **EP Tom Sawyer Pk** (we meet under the shelter, near the tennis courts) – this is where the distance runners meet, sometimes as much as 1-2 times per week. Competitive group distance girls will practice at EP Tom Sawyer on Sundays at 4:00 as well.
 - Practices at the Green will start at 3:30 on weekdays (2:00 on early days) and generally end around 4:45-5:00 for most girls, depending on the day.
 - **Joe Creason Pk** (we meet in the picnic area near the Mansion) – this is where the distance runners and possibly the sprinters will meet to run hills.
 - Practices at Joe Creason will start at 3:30 on weekdays (2:00 on early days) and generally end around 4:45-5:00 for most girls, depending on the day.