

2015-2016 Winter Track



What is Winter Track? Winter Track is designed to prepare girls for Spring Track. We provide a training-only option as well as a competitive option. Winter Track begins with a one day practice and meeting on December 8, with regular practices starting on January 4. Winter Track ends with Mission Week when most Winter Track girls transition over to Spring Track.

How do I participate in Winter Track? Winter Track is no-cut. Girls join by first verifying that they have a current KHSAA physical on file with the Athletics Office or School, and second, by showing up on Dec 8 and having their name added to the roster.

Practice. Practice days, times and the location of practice will depend on your training group and the expected weather. The team practices at Assumption (we expect to meet in C101), EP Tom Sawyer, Joe Creason Pk, Seneca Pk and the Assumption Green. Depending on the location of practice, after school start times are between 3:10 and 3:30 (2:00 on early dismissal days), and practice typically lasts about 80-90 minutes on average.

A practice schedule is provided on the final page of this handout, and our two groups are discussed below. Your group determines your practice schedule, as well as your event.

- *Competitive Group:* includes girls who train to compete, either in preparation for our Winter season meets, or in preparation for Spring track.
 - Competitive group distance girls practice after school, Monday thru Friday and on Sunday (from 4:00 pm until about 5:30-6:00 pm).
 - Competitive group sprinters are expected to practice after school, Monday thru Friday.
 - Competitive Group jumpers/throwers will have their practice schedule provided by their coach.

There will be times when girls in each of these groups may be asked to practice on their own (e.g. weight training or running on their own). We do not require Winter Track girls to compete in indoor meets, but will only draw our indoor meet entries from the Competitive group girls. I.e., to compete in indoor meets, you must be part of our competitive group. Competitive group girls get a free pass into Spring Track. I.e., while they may not necessarily do the same event in Spring Track that they did during Winter Track, Competitive group girls do not have to try out for Spring Track.

- *General Training Group:* includes girls interested only in general training and not racing. General training girls practice Monday thru Thursday with the distance runners, but may arrange a different practice schedule with Coach Haworth. General training girls who would like to do Spring Track must participate in Spring Track tryouts.

Mini-Marathon Group: Junior and Senior distance runners on the Winter and Spring Track teams who are not expected to compete in the Spring Track Regional Championship are eligible to participate in our Mini-Marathon group. Girls in this group will participate in practices and meets, just like every other girl on the Track team, but their training will be designed for them to run the Mini competitively. **Note that this is not a recreational running group, girls in this group are training to race the Mini competitively** (i.e. place high within their age group). We also strongly encourage girls in this group to participate in a local 10k or the Papa Johns 10 miler as part of their training. The Mini is the final race of the season for our Mini-Marathon group girls, although their obligation to the team is not complete until the season ends.

2016 Winter Track Meet Schedule

Day	Date	Meet	Location	Time
Sat	Dec 5	Indianapolis Season Opener (LTC)**	Univ of Indianapolis	4:00 pm
Fri	Dec 11	Indianapolis Winter Break Meet (LTC)**	Univ of Indianapolis	4:30 pm
Sat	Jan 16*	Western IN Indoor Classic I (AHS)	DePauw University	TBA
Sat	Jan 30*	UK Wildcat Indoor (AHS)	Univ of Kentucky	12:00 pm
Sat	Feb 6*	IU Bloomington Indoor (AHS)	IU Bloomington	TBA
Sat	Feb 13	Tom Hathaway Challenge (LTC)**	Univ of Indianapolis	TBA
Thurs	Feb 18*	Winter Track Fiesta (team event)	Assumption Green	4:30 pm
Sat	Feb 20*	UK High School Indoor Invite (LTC)	Univ of Kentucky	12:00 pm
***** Mon, Feb 22 – Fri, Feb 26, <u>Mission Week</u> *****				
W-Th	Feb 24-25	Spring Track tryouts	Assumption Green	4:30 pm
Sat	Feb 27*	Western IN Indoor Classic II (AHS)	DePauw University	12:00 pm
Sat	Mar 5*	West Lafayette Individuals Indoor (AHS)	Purdue Univ	9:00 am
Fri-Sun	Mar 11-13	New Balance Indoor Nationals (LTC)	New York, NY	TBA

AHS = meet where we compete as Assumption HS

LTC = meet that requires us to compete as Louisville Track Club

* = date is not confirmed

** = college meet

Winter Track 2015-2016: Practice Schedule

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Dec 6-12	<i>rest or practice on your own</i>	<i>rest or practice on your own</i>	Meeting/ Light practice @ Assumption 3:10-4:15pm (C101)	<i>practice on your own</i>	<i>practice on your own</i>	<i>practice on your own</i>	<i>rest or practice on your own</i>
Dec 13-19	<i>Final Exam Week: practice on your own (at our December 8 meeting, the coaches will discuss what to do over this period)</i>						
Dec 20-Jan 2	<i>Christmas Break: practice on your own (coaches will provide handouts with instructions on what to do over this period)</i>						
Jan 3-9	TBA	Practice @ Assumption	Practice @ Assumption	Practice <i>location TBA</i> (depends on the weather)	Practice <i>location TBA</i> (depends on the weather)	Practice <i>location TBA</i> (depends on the weather)	rest

We will meet on December 8 at 3:10, conduct a light practice, and ultimately provide basic training schedules for girls to follow until we officially start practice on January 4. When January practice arrives, we will meet regularly and operate under the assumption (pardon the pun) that everyone did what they were supposed to do between Dec 8 and Jan 4.

If you have questions/comments on the Winter Track practice schedule or about Winter Track in general, then please contact Coach Barry Haworth by phone (cell: 502-802-6564) or email (bmhaworth@louisville.edu).

Winter and Spring Track information will also be posted at our Track team website: <http://track.ahsdistance.org>