

# CHARGERS

## CROSS COUNTRY

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### COACHES:

#### BOYS & GIRLS VARSITY

Coach Devin Moody - [coachdevinmoody@gmail.com](mailto:coachdevinmoody@gmail.com)

#### BOYS JUNIOR VARSITY

Coach Lindsey Nielson – [lindsey.nielson@canyonsdistrict.org](mailto:lindsey.nielson@canyonsdistrict.org)

Coach Brigham Dastrup - [brigham.dastrup@gmail.com](mailto:brigham.dastrup@gmail.com)

#### GIRLS JUNIOR VARSITY

Coach Kara Bray – [kara.bray@canyonsdistrict.org](mailto:kara.bray@canyonsdistrict.org)

Coach Harley Moody – [harleyannmoody@gmail.com](mailto:harleyannmoody@gmail.com)

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### TEAM WEBSITE:

# CORNERCANYONXC.com

Schedule & Info | Eligibility | Uniforms | Photos | Records

**FOR WEEKLY REMINDERS & UPDATES ADD TO THE TEAM REMIND**

Join the  remind | Text "@CCXC18" to 81010

**FOR WEEKLY PHOTOS & HIGHLIGHTS FOLLOW THE TEAM INSTAGRAM**

**@CORNERCANYONXC**

# FALL PRACTICE SCHEDULE

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MONDAY, AUGUST 13<sup>TH</sup> – WEDNESDAY, OCTOBER 17<sup>TH</sup>

Mondays 2:55pm @ CCHS Track (later start allows for the coaches to meet)  
Tuesdays - Fridays 2:45pm @ CCHS Track  
Saturdays 8:00am @ CCHS Track or Equestrian Center  
(be on the Remind or check the website to confirm the location)

# FALL COMPETITION SCHEDULE

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## AUGUST

Friday, August 17<sup>th</sup> @ 2:00pm HIGHLAND INVITE @ Sugarhouse Park, SLC (Bus 12:15pm)  
Friday, August 31<sup>st</sup> @ 3:00pm PRE-REGION @ Kiwanis Park, Provo (Bus @1:15pm)

## SEPTEMBER

Friday, September 7<sup>th</sup> @ 3:00pm MURRAY CROSS INVITE @ Murray Park (Bus @1:15pm)  
Saturday, September 15<sup>th</sup> @ 9:00am BYU AUTUMN CLASSIC @ Eastbay Golf Course (Bus @ 7:15am)  
Friday, September 21<sup>st</sup> @ 3:00pm SALT LAKE XC CLASSIC @ Valley Regional Park (Bus @1:15pm)  
- The Salt Lake XC Classic will be hosted by Corner Canyon and will be used as a Fundraiser. Athletes can get business sponsors for the event  
Friday, September 28<sup>th</sup> @ 10:00am PARK CITY INVITE @ Park City Sports Complex (Bus @8:00am)

## OCTOBER

Friday, October 5<sup>th</sup> @ 3:30pm REGION CHAMPIONSHIPS @ Kiwanis Park (Bus @ 1:15pm)  
Wed, October 17<sup>th</sup> @ 2:00pm STATE CHAMPIONSHIPS @ Sugar House Park (Bus @11:15am)

## NOVEMBER

Wed, October 24<sup>th</sup> @ 5:30pm XC AWARDS BANQUET @ CCHS Lunchroom  
Tues, November 13<sup>th</sup> @ 3:30pm FOOTLOCKER TIME TRIAL @ Provo River Trail (Bus @ 2:45pm)  
Thurs, Nov 15<sup>th</sup> – Sun, Nov 18<sup>th</sup> NIKE SOUTHWEST REGIONALS @ Casa Grande, AZ  
- Top 8 Boys and Top 8 Girls will travel to compete. We expect to travel with Riverton High School this year (charter bus & hotel).

## DECEMBER

Thurs, Nov 29<sup>th</sup> – Sun Dec 2nd FOOTLOCKER CHAMPIONSHIPS (Walnut, California)

Qualifying for the Footlocker Trip:

- 48 athletes will have the opportunity to go on the Footlocker Trip (26 Boys, 22 Girls)

- Selections will be based on the following criteria -

**#1 Fall Season Attendance** - fall training is Monday thru Saturday (Aug 13th - October 17th)

*Athletes are required to report all absences in advance during the Fall Season to be eligible for the trip*

**#2 Post Season Attendance** - post season training is Monday thru Saturday (October 22nd - November 28th)

*Athletes are required to regularly train during the Post Season to be eligible for the trip.*

**#3 Fall Season Performance** - the top 26 Boys and 22 Girls that are eligible will qualify for the trip.

# ELIGIBILITY INSTRUCTIONS

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## STEP 1: ATHLETE PROFILE

- Go to RegisterMyAthlete.com and CREATE ACCOUNT
- If you already have an account, log in to RegisterMyAthlete
- To complete the profile step, click on REGISTER FOR A SPORT, select "2018-19 Girls/Boys Cross Country"

*NOTE: Until an athlete has completed this step, they will NOT appear on the coaches roster and the coach has no way of knowing if the physical or fee has been completed.*

## STEP 2: E-SIGNATURES

- After adding "2018-19 Girls/Boys Cross Country" and filling out all of the required info, click SCHOOL REQUIREMENTS. This will take you to the Registration Checklist.
- The first item of the checklist is reading through the registration documents and "signing" that you have read and agree to the documents.

## STEP 3: PHYSICAL FORM A

- The UHSAA (Utah High School Athletics Association) requires a yearly physical for athletes to practice or compete with the team.
- The physical form is a specific document called the UHSAA PHYSICAL FORM A
- Download and Print the Physical Form A from the team website under "XC Eligibility".
- Turn in the complete document to the CCHS Main Office.

*NOTE: Once the physical form has been turned in to the main office it will NOT be automatically entered in as "complete" on the RegisterMyAthlete checklist. It will have to be manually entered in by the Athletic Director which could take a day or two.*

## STEP 4: PARTICIPATION FEE

- Go to the CCHS Main Office and pay the \$60 Participation Fee for Cross Country

*NOTE: Once the fee has been payed it will NOT be automatically entered in as "complete" on the RegisterMyAthlete checklist. It will have to be manually entered in by the Athletic Director which could take a day or two.*

# ATHLETE EXPECTATIONS

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The 10 weeks of Fall Season are geared towards helping athletes successfully train and compete. The coaching staff are dedicated to helping each athlete individually progress, in return we expect the following commitment from our athletes.

1. REPORT ABSENCES IN ADVANCE
2. BE ON-TIME & READY
3. USE STRAVA DAILY

## 1. REPORT ABSENCES IN ADVANCE

- Athletes are expected to report ALL absences in advance through the Attendance Links.

### Instructions:

1. Go to [CornerCanyonXC.com](http://CornerCanyonXC.com)
2. Look under the “**Extra Links**” in the top left section of the front page for the buttons called “**Girls Attendance**” or “**Boys Attendance**”
3. Find your name within the excel document or add your name at the bottom.
4. Type in the reason for an Absence or Tardy in advance.

Penalties for NOT reporting an Absence:

- 1<sup>ST</sup> UNREPORTED ABSENCE - **Receive a Formal Warning** - athlete signature
- 2<sup>ND</sup> UNREPORTED ABSENCE - **Miss the Next Competition** – athlete/parent signature
- 3<sup>RD</sup> UNREPORTED ABSENCE – **Lose eligibility** to compete & train with the team

Even with Excused Absences, the expectation for attendance is:

- A minimum of 3 practices a week for all athletes participating in a second Corner Canyon Sport/Activity (Examples: Mt. Biking, Soccer, Volleyball, Tennis, Drama)
- A minimum of 4 practices a week for all athletes who have commitments from any activities not associated with Corner Canyon (Examples: Club Team, Work, Piano)
- If an athlete has a commitment that would still allow them to attend the first 20min of practice it is expected that they come to the first part of practice to talk to the coaches and hear the announcements for the day.

## 2. BE ON-TIME & READY

- Athletes are expected to be on-time to practices in order to get a full warm-up and plyos.  
Practices start at 2:45pm (Monday thru Friday) and 8:00am (Saturdays)
- Athletes are expected to “Be Ready” for practice by checking the team website beforehand so that they know all the details for the workout for the day.
- Athletes are expected to “Be Ready” for practice by having a watch to keep track of runs.
- Athletes are expected to “Be Ready” for practice by coming hydrated and having a water bottle.

### Instructions:

1. Go to [CornerCanyonXC.com](http://CornerCanyonXC.com)
2. Look for the tab “**Workouts for the Week**” at the top right side of the front page.  
(Note: the “Resources” tab contains information about Injuries, Abs & Strength exercises, Routes, etc.)
3. Look at the details before practices so you know the: workout, route, pace, extras

## 3. USE STRAVA DAILY

- Athletes are expected to report the minutes/mileage they run on Strava for every practice.
- Can be used from a smartphone or on a computer.
- Accurately reporting minutes/mileage SIGNIFICANTLY increases the coaching staffs ability to help an athlete improve and prevent injuries

BECOME FAMILIAR WITH THE TEAM WEBSITE  
[CORNERCANYONXC.COM](http://CORNERCANYONXC.COM)

**CROSS COUNTRY**  
 -Schedule, Results, Records  
 -Eligibility, Uniforms, Photos

**RESOURCES**  
 Injury Recovery, Routes  
 -Routines: Abs/Strength

**WORKOUTS FOR THE WEEK**  
 -SEE BELOW

**HOME** | **CROSS COUNTRY** | **XC RECORDS** | **TRACK & FIELD** | **TRACK RECORDS** | **RESOURCES** | **WORKOUTS FOR THE WEEK**

**EXTRA LINKS**

**ANNOUNCEMENTS**

**GIRLS ATTENDANCE**

Join the  remind | Text "@CCXC18" to 81010

**BOYS ATTENDANCE**

**ATTENDANCE LINKS**  
 -The above attendance links should be used to let the coaches know in advance if an athlete will be absent.

ATHLETES SHOULD CREATE A STRAVA ACCOUNT TO KEEP TRACK OF THEIR WORKOUTS & PROGRESS

**WORKOUTS FOR THE WEEK**

**GIRLS | TRAINING GROUPS + PACES**

Join the Team Strava **STRAVA**

**BOYS | TRAINING GROUPS + PACES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY MINUTES
<b>OFFICIAL PRACTICE @ 2:45PM</b> Outdoor Track	<b>OFFICIAL PRACTICE @ 2:45PM</b> Outdoor Track	<b>OFFICIAL PRACTICE @ 2:45PM</b> Outdoor Track	<b>OFFICIAL PRACTICE @ 2:45PM</b> Outdoor Track	<b>OFFICIAL PRACTICE @ 2:45PM</b> Outdoor Track	<b>OFFICIAL PRACTICE @ 8:30AM</b> Outdoor Track	LV1 = 210 LV2 = 230 LV3 = 240 LV4 = 260 LV5 = 270
<b>DISTANCE</b> <u>summit</u>	<b>DISTANCE</b> <u>stokes</u>	<b>DISTANCE</b> <u>wheadon park</u>	<b>DISTANCE</b> <u>sandycreek</u>	<b>LONG RUN</b> <u>osborn</u>	<b>DISTANCE</b> <u>vestry</u>	<b>WEEKLY MILES</b> LV1 = 21-26 LV2 = 23-28 LV3 = 24-30 LV4 = 26-33 LV5 = 27-34
10min warmup/plyos 25min easy pace + Goal Setting	10min warmup/plyos 25-35min average pace + Strength	10min warmup/plyos 25-40min average pace + 6 Strides	10min warmup/plyos 25min average pace + Abs	10min warmup/plyos LV 1: 35min LV 2: 40min LV 3: 45min LV 4: 50min LV 5: 55min average pace + 6 Strides	10min warmup/plyos 25-35min easy pace	

Each day contains information about when or where practice is, what type of workout we will be doing, and what route we will be running. Workouts are tailored to experience (see Levels 1-5).

Use the Training Groups + Paces links to see what teammates you will train with and what your target pace for a workout is.

# FOOTLOCKER GENERAL DETAILS

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THURSDAY, NOVEMBER 29<sup>TH</sup> – SUNDAY, DECEMBER 2<sup>ND</sup>

WALNUT, CALIFORNIA

## GENERAL ITINERARY:

DAY 1 – THURSDAY, NOVEMBER 29<sup>TH</sup> – Travel Day (Charter Bus)

DAY 2 – FRIDAY, NOVEMBER 30<sup>TH</sup> – Beach Day + Race Preview

DAY 3 – SATURDAY, DECEMBER 1<sup>ST</sup> – Race Day + Disneyland

DAY 4 – SUNDAY, DECEMBER 2<sup>ND</sup> – Travel Day

## COST & DUE DATES:

TOTAL COST = \$375

(Includes Travel, Hotel, Olive Garden Dinner (Friday), Breakfasts, and Disneyland)

Friday, October 12<sup>th</sup> - \$50 Deposit due along with 2 Notarized Forms

Wednesday, October 31<sup>st</sup> – Remaining \$325 due

Friday, November 2<sup>nd</sup> – Last day for any refund

## 2018 VARSITY LETTER

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Athletes will receive a Varsity Letter by keeping the attendance standards and achieving the below time standards:

Girls – 3 Mile – 21:15 on one of the final two races of the season (Park City Invite or Region)

Boys – 3 Mile – 17:15 on one of the final two races of the season (Park City Invite or Region)

## FUNDRAISER

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Our team fundraiser will be through hosting the Salt Lake XC Classic. Athletes can raise money by getting a business sponsor or donor for the event. A typical sponsor donates \$150 to receive their name on the event posters.

- The race functions as a fundraiser for both the team and individual expenses.
- Funds raised through race sponsors and donations are split between the athlete and the team (2/3rds to the athlete, 1/3rd to the team).
- The two uses for individual funds raised: The Footlocker XC Trip or future Team Gear.

## PARENT HELP

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Parents can help by hosting a team dinner or by bringing race treats. Sign-ups are found on the front page of the team website ([CornerCanyonXC.com](http://CornerCanyonXC.com))

### 1. TEAM DINNERS

Team dinners require the help of a parent to host the meal at their home plus 1-2 other parents to help with the main course. Athletes are assigned food/drinks to compliment the meal. Team Dinners are held on Wednesdays before a race from 6:00pm to 7:30pm.

### 2. RACE TREATS

Parents can bring treats or drinks for the team on race days.