

# CORNER CANYON CROSS COUNTRY

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## COACHES:

### HEAD COACH:

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

### ASSISTANT COACHES:

Coach Stephanie Henstrom – [ohiohenstroms@hotmail.com](mailto:ohiohenstroms@hotmail.com)

Coach Jill Freeman – [jill.freeman@canyonsdistrict.org](mailto:jill.freeman@canyonsdistrict.org)

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

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FOR GENERAL INFO VISIT THE TEAM WEBSITE:

## CORNERCANYONXC.com

Schedule & Info | Eligibility | Uniforms | Photos | Records | Workouts for the Week

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

Join the  remind | Text @CCANYONXC to 81010



## SUMMER TRAINING CAMP

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WED, MAY 31<sup>ST</sup> – WED, AUGUST 9<sup>TH</sup>

**Cost: \$65** – (Includes an athletic T-shirt for those who register by June 12th)

*The Summer Training Camp is a great opportunity for athletes (grades 7-12) to get additional coaching and training during the summer months. The camp includes 10 weeks of training*

----> SIGN UP AT [CORNERCANYONXC.COM](http://CORNERCANYONXC.COM)

**Middle School aged athletes:**

*Invited to attend any Monday, Tuesday & Wednesday practices.*

**High School aged athletes:**

*Invited to attend all practices.*

**Practice Schedule:**

<b>MONDAY</b>	COACHED PRACTICE	7:30AM @ Draper Park (North Pavilion)
<b>TUESDAY</b>	COACHED PRACTICE	7:30AM @ Draper Park (North Pavilion)
<b>WEDNESDAY</b>	COACHED PRACTICE	7:30AM @ Draper Park (North Pavilion)
<b>THURSDAY</b>	COACHED PRACTICE	7:30AM @ the Equestrian Center (1600 E Highland Dr)
<b>FRIDAY</b>	Senior/Captain Led Practice	7:30AM @ Draper Park (North Pavilion)
<b>SATURDAY</b>	Senior/Captain Led Practice	7:30AM @ Draper Park (North Pavilion)

\*Team Captains will lead out optional practices on Fridays and Saturdays for High School aged athletes

# SUMMER DATES TO REMEMBER

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*\*More Info posted on the Team Website & Updates given through the Team Remind*

WED, MAY 31<sup>ST</sup> @ 7:30am

**SUMMER CROSS COUNTRY BEGINS**  
First Summer Practice at Draper Park (North Pavilion)

MON, JUN 5<sup>TH</sup> – JUN 12<sup>TH</sup>

**ORDER TEAM UNIFORMS & GEAR**  
-order through the link at [CornerCanyonXC.com](http://CornerCanyonXC.com)

MON, JUNE 12<sup>TH</sup>

Start of Summer Time Trial (2 Miles)

WED, JUN 28<sup>TH</sup> – TUES, JULY 4<sup>TH</sup>

UHSAA Sports Moratorium – No Coached Practices

WED, JULY 26<sup>TH</sup>

End of Summer Time Trial (2 Miles)

MON JULY 31<sup>ST</sup> 7am-10am

Provo Canyon Run - Meet at Timpanogos Park  
(Morning Run and Breakfast)

MON - WED, JULY 31<sup>ST</sup> – AUG 2<sup>ND</sup>

**VARSITY CAMP**  
(Top 8 Boys & Girls from Summer Time Trials  
+ All Boys under 10:45 and all Girls under 12:45)

WED, AUG 9<sup>TH</sup> @ 7:30pm

**Final Summer Practice**

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THURS, AUG 10<sup>TH</sup> @ 2:45pm

**FALL CROSS COUNTRY BEGINS**  
First Official Practice for Fall XC @ CCHS Track  
(High School aged athletes only)

## ***FALL CROSS COUNTRY*** AUGUST THRU OCTOBER



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

<b>CROSS COUNTRY</b> -Schedule, Results, Records -Eligibility, Uniforms, Photos	<b>RESOURCES</b> Injury Recovery, Routes -Routines: Abs/Strength	<b>WORKOUTS FOR THE WEEK</b> -SEE BELOW
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<b>HOME</b>	<b>CROSS COUNTRY</b>	<b>XC RECORDS</b>	<b>TRACK &amp; FIELD</b>	<b>TRACK RECORDS</b>	<b>RESOURCES</b>	<b>WORKOUTS FOR THE WEEK</b>
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**EXTRA LINKS**

**ANNOUNCEMENTS**

**GIRLS ATTENDANCE**

**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

Join the Team Strava  
**STRAVA**

**WORKOUTS FOR THE WEEK**

**GIRLS | TRAINING GROUPS + PACES**

**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 = <a href="#">210</a> LV2 = <a href="#">230</a> LV3 = <a href="#">240</a> LV4 = <a href="#">260</a> LV5 = <a href="#">270</a>
<b>DISTANCE</b> <a href="#">summit</a>	<b>DISTANCE</b> <a href="#">stokes</a>	<b>DISTANCE</b> <a href="#">wheadon park</a>	<b>DISTANCE</b> <a href="#">sandycreek</a>	<b>LONG RUN</b> <a href="#">osborn</a>	<b>DISTANCE</b> <a href="#">vestry</a>	<b>WEEKLY MILES</b> LV1 = <a href="#">21-26</a> LV2 = <a href="#">23-28</a> LV3 = <a href="#">24-30</a> LV4 = <a href="#">26-33</a> LV5 = <a href="#">27-34</a>
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.

\*The following is information for Fall Cross Country.

Note that some of the dates and information can change as the season gets closer.

## FALL PRACTICE SCHEDULE

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THURS, AUGUST 10<sup>TH</sup> – TUESDAY, OCTOBER 24<sup>RD</sup>

Mondays - Fridays

2:45pm @ CCHS Track

Saturdays

8:00am @ \*Equestrian Center

\*be on the Remind or check the website to confirm the location

## FALL COMPEITION SCHEDULE

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### AUGUST

Tues, August 15th @ 6:30pm

PRE-REGION @ Cottonwood Complex (Bus 5:00pm)

Sat, August 26th @ 8:00am

SPANISH FORK INVITE @ Spanish Fork Sports Complex (Bus @6:15pm)

### SEPTEMBER

Sat, September 2<sup>nd</sup> @ 7:50am

TIMPANOGOS INVITE @ Lakeside Park, Orem (Bus @6:15am)

Sat, September 16<sup>th</sup> @ 9:00am

BORDER WARS INVITE @ Sugarhouse Park (Bus @ 7:15am)

Fri, September 22<sup>nd</sup> @ 5:30pm

TWIKIGHT INVITE @ Art Dy Park (Bus @3:45pm)

\*OPTIONAL: BOB FIRMAN INVITE @ Eagle Island Park, Idaho

Sat, September 23<sup>rd</sup> @ 8:45am (\*Varsity Only, Parent Travel)

### OCTOBER

Tues, October 3<sup>rd</sup> @ 2:00pm

REGION CHAMPIONSHIPS @ Cottonwood Complex (Bus @ 12:30pm)

Tues, October 10<sup>th</sup> @ 12:30pm

DIVISIONALS CHAMPIONSHIP @ Lakeside Park (Bus @10:45am)

Tues, October 24<sup>th</sup> @ 2:00pm

STATE CHAMPIONSHIPS @ Rose Park Complex (Bus @11:15am)

### NOVEMBER

Wed, November 1<sup>st</sup> @ 5:30pm

CROSS COUNTRY AWARDS NIGHT @ CCHS Lunchroom

### OPTIONAL POST-SEASON CROSS COUNTRY

OCT 25<sup>th</sup> thru Nov 19<sup>th</sup> Practices are Monday thru Friday @ 2:45pm

Wed, October 25<sup>th</sup> @ 3:00pm

2 MILE TIME TRIAL @ CCHS Track

Tues, November 6<sup>th</sup> @ 3:00pm

JORDAN RIVER 3 MILE TIME TRIAL @ Jordan River Trail

Thurs, Nov 16<sup>st</sup> – Sun, Nov 19<sup>th</sup>

NIKE SOUTHWEST REGIONALS @ Mesa, AZ

- In order to qualify for the trip athletes will need to have shown a high level of commitment during the Fall XC Season as well train during the Post-Season to prepare for the race. The maximum athletes who can attend the trip is 48.

- This will be the official XC trip (Charter Bus, Hotel Rooms, etc)

# ELIGIBILITY INSTRUCTIONS FOR FALL CROSS COUNTRY

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*\*only needed for Fall XC, not needed for Summer XC*

## **\*STEP 1: ATHLETE PROFILE**

- Go to RegisterMyAthlete.com and CREATE ACCOUNT
- If you already have an account, log in to RegisterMyAthlete

## **\*STEP 2: REGISTER FOR CROSS COUNTRY 2023-2024**

- To complete the profile step, click on REGISTER FOR A SPORT, select "2023-24 Girls/Boys Cross Country". This is the most important step.

*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 3: E-SIGNATURES**

- After adding "2023-24 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 them. Complete all of the documents and electronic signatures

## **\*STEP 4: 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 & Print the Physical Form A from the team website under "Cross Country 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.*

**\*STEPS 1 THROUGH 4 SHOULD BE COMPLETED BY THE  
FIRST FALL CROSS COUNTRY PRACTICE ON MONDAY, AUGUST 7TH**

## **STEP 5: PARTICIPATION FEE**

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

## **2023 VARSITY LETTER**

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Athletes will receive a Varsity Letter by keeping the attendance standards and achieving the below time standards for a 3 mile race.

Girls – 3 Mile – 21:15

Boys – 3 Mile – 17:15