

CROSS COUNTRY

Coach Moody
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Visit the team website to stay up on the latest info
cornercanyonxc.com

SUMMER TRAINING CAMP

DATES TO REMEMBER:

Monday, June 8 th	7:30am - FIRST SUMMER PRACTICE @ Draper Park (North Pavilion)
Wednesday, June 24 th July 5 th to July 11 th	TEAM TIME TRIAL (3 Mile) SPORT MORITORIUM - NO COACHED PRACITICES
Wednesday, August 12 th @ 7:30am - Thursday, August 13 th @ 7:30am CROSS COUNTRY FUNDRAISER - "24 Hour Run"	
Saturday, August 15 th Monday, August 17 th	LAST PRACTICE FOR SUMMER TRAINING START OF FALL CROSS COUNTRY SEASON

SUMMER PRACTICE SCHEDULE:

Monday	7:30am - COACHED PRACTICE @ Equestrian Center (1600 E. Highland Drive)
Tuesday	7:30am - Captains Led Practice @ Draper Park (North Pavilion)
Wednesday	7:30am - COACHED PRACTICE @ Draper Park (North Pavilion)
Thursday	7:30am - COACHED PRACTICE @ Draper Park (North Pavilion)
Friday	7:30am - Captains Led Practice @ Draper Park (North Pavilion)
Saturday	7:30am - COACHED PRACTICE @ Draper Park (North Pavilion)

*If a location changes for a particular practice it will be posted on the Website under "Workouts for the Week"

24 HOUR RUN FUNDRAISER

As a team the athletes will take turns running in pairs over a 24 Hour length of time. This continuous relay style run is used as a fundraiser for the Fall Cross Country Season.

Athletes ask neighbors, friends and family to donate money based on how many miles the team runs. This could be done in a format of money per mile or \$5 for every 50 miles.

The intention of the 24 Hour Run Fundraiser is to raise funds for the cost of team gear. ALL FUNDS raised from the 24 Hour Run will go to the athletes.

FALL CROSS COUNTRY SEASON

COMPETITION SCHEDULE:

AUGUST

Thursday, August 20th — HIGHLAND INVITE (Bus @ 2:00pm)

Wednesday, August 26th — PRE-REGION @ MT. VIEW (Bus @ 4:45pm)

SEPTEMBER

Saturday, September 5th — BYU AUTUMN CLASSIC (Bus @ 6:45am)

Friday, September 11th — MURRAY INVITE (Bus @ 2:00pm)

Saturday, September 19th — CHARGER CHALLENGE 5K @ 8:00am - TEAM FUNDRAISER

Friday, September 25th — NEBO INVITE (Bus @ 1:30pm)

OCTOBER

Friday, October 2nd — PARK CITY INVITE (Bus @ 2:00pm)

Friday, October 9th — REGION CHAMPIONSHIPS (Bus @ 1:45pm)

Wednesday, October 21st — STATE CHAMPIONSHIPS (Bus @ 11:00am)

NOVEMBER

Saturday, November 7th — PRE- FOOTLOCKER INVITE (Bus @ 7:00am)

DECEMBER

Saturday, December 5th — FOOTLOCKER CHAMPIONSHIPS

*Tentative Schedule, subject to change

2015 VARSITY LETTER:

ATTENDANCE

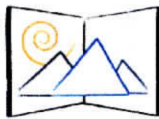
Summer Training attendance will be factored into the Coaches decision for which athletes will qualify for the Varsity Letter.

Attendance during the Fall XC Season follows the 3 strikes rule where each athlete is allowed only 3 unexcused practices. Athletes should email coaches at least an hour before practice if they are going to miss.

TIME STANDARD

Girls - 3 Mile - 21:15 on the Region Course

Boys - 3 Mile - 17:15 on the Region Course



Shirt Size: _____ (unisex)

CAMP/CLINIC REGISTRATION INFORMATION

DATES June 8th - August 15th

TIME & AGES Mon, Wed, Thurs, Sat (7:30am - 9:30am)

COST \$50

LOCATION Draper Park & Corner Canyon Trails

STAFF Devin Moody, Chris Dorton

Make checks payable to: Corner Canyon High School **For More Information Call:**
Send registration information form and fee to: Coach Moody 801-822-4490
Corner Canyon High School Coach Dorton 801-602-7621
12943 S 700 E
Draper, UT 84020

*Revenue exceeding costs associated with the camp or clinic will be deposited in the team's club account at the school.

Name of Camp/Clinic: CCHS XC Summer Program		Date: 20	
Name of Participant:		M: <input type="checkbox"/>	F: <input type="checkbox"/>
	Last	First	
Address			
City:		State:	Zip Code
Name of Parent or Guardian			
Telephone Numbers		(Home)	(Cell)
Birth Date		Age	School Grade in Fall
In case of Emergency, please notify			Phone #

INFORMED CONSENT/WAIVER OF LIABILITY

- RELEASE AND INDEMNIFICATION:** I hereby recognize and acknowledge that my/my child's participation in recreational activities may involve bodily and/or emotional injury to myself and/or my child. In consideration of my/my child's participation in such events, I, for myself, my child, my heirs, my executors and administrators, I hereby voluntarily and knowingly indemnify and hold harmless, defend, release, waive and discharge Canyons School District, Corner Canyon Cross Country, and its officers and employees and volunteers from any and all suits, claims, liability, including negligence, based on any injury except those caused solely by the willful misconduct of Canyons School District employees. In addition, I agree that I or my insurance company will pay for medical, hospitalization or any other expenses resulting from my/my child's participation.
- REFUND POLICY:** Canyons School District may withhold 25% of the refund (program registration fee) for administrative costs. All refunds must requested in person, accompanied with a written refund request. No refund shall be given after the first day of the program.
- COLLECTIONS:** I agree to pay Canyons School District all costs incurred, together with reasonable attorney's fees in the event that my account is referred for collection.
- EMERGENCY TREATMENT:** I hereby authorize Canyons School District, CCHS and CCHS XC staff to act on my behalf in accordance with their best judgment in case of an emergency involving me/my child, and agree to assume full responsibility for all expenses, medical or otherwise, that may arise there from.
- EQUAL OPPORTUNITY:** Canyons School District provides equal opportunity to participate regardless of race, creed, gender, and will, upon request, provide reasonable accommodations to individuals and disabilities.

By signing this assumption of risk, liability release, indemnification and refund policy statement, I acknowledge that I have read its contents disclosure, that I understand its contents and disclosure, and that I agree to its terms.

_____ Signature of Participant	_____ Signature (Parent or Legal Guardian)
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Instructions For Parents

Register My Athlete allows parents to register their athletes for sports online. Here are some basic steps to follow when registering your athlete for the first time:

1. **Find Your School:** Find your school by going to <http://registermyathlete.com/schools/>, selecting your state, and finding your school. Click on the school to continue to the next step. Schools are encouraged to make a direct link from their school's website.
2. **Create an account:** Now begin creating your account by clicking the "Create An Account" button. After filling in the required information the system will automatically log you in and you will be required to accept the terms of use.
3. **Add a new athlete:** The next step is to add an athlete. You can do so by click the "My Athletes" tab on the left-hand side of the page or by clicking "Add Athlete" underneath the "My Athletes" tab. This only needs to be done once during your athlete's entire career. The information entered here will carry over from year to year. This information includes your athlete's contact information and medical information.
4. **The athlete's profile:** After you've created your athlete you will be brought to their Profile page. This page is a summary of their info and involvement.
5. **Register for a sport:** Click "+ Register For A Sport" to begin registration, you will be asked to choose which sport your athlete is registering for.
6. **Your registration checklist:** This page shows the status of your athlete's registration. You will be asked to complete several steps to complete registration including agreeing to documents, completing the physical, and answering the UHSAA's tryout checklist.
7. **Physicals:** You must print off the physical forms required by your school and return them to your school and they will upload them to your registration. Parents CANNOT upload physicals to their registrations.
8. **Complete registration:** Your registration is complete once all items on the checklist have been completed.
9. **After registration:** After registration is complete, you can login at any time to view the Status of your athlete and their participation on the team.

Additional Athletes

If you have additional athletes to register, you can repeat steps 3-8 for them under your same account.

Future Seasons & Years

During the following years, once your athlete has been added to your account, you only need to follow steps 5-8 to register for sports.