



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

Coach Baylee Riley - [baylee.riley@canyonsdistrict.org](mailto:baylee.riley@canyonsdistrict.org)

### GIRLS JUNIOR VARSITY

Coach Stephanie Henstrom -

Coach Jillena Freeman - [jill.freeman@canyonsdistrict.org](mailto:jill.freeman@canyonsdistrict.org)

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## TEAM WEBSITE:

# CORNERCANYONXC.com

Schedule & Info | Eligibility | Uniforms | Photos | Records

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

Join the  remind | Text @CCXC21 to 81010

# SUMMER TRAINING CAMP

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TUES, JUNE 1<sup>ST</sup> – THURSDAY, AUGUST 5<sup>TH</sup>

**Cost: \$70** – (Includes an athletic T-shirt for those who register by June 14th)

*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 35 coached practices (9 weeks of training).*

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

## 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>	Captain Led Practice	7:30AM @ Draper Park (North Pavilion)
<b>SATURDAY</b>	Captain Led Practice	7:30AM @ Draper Park (North Pavilion)

\*Team Captains will lead out optional practices on Fridays and Saturdays

## SUMMER DATES TO REMEMBER

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**MON, MAY 31 – MON, JUN 14**

TUES, JUNE 1<sup>ST</sup> @ 7:30am

MON, JUNE 14<sup>TH</sup>

MON, JULY 5<sup>TH</sup> – SUN, JULY 11<sup>TH</sup>

WED, JULY 28<sup>TH</sup>

THURS - SAT, AUG 5<sup>TH</sup> – 7<sup>TH</sup>

MON, AUG 9<sup>TH</sup> @ 2:45pm

### **ORDER TEAM UNIFORMS & GEAR**

-order through the link at [CornerCanyonXC.com](http://CornerCanyonXC.com)

First Summer Practice at Draper Park (North Pavilion)

Start of Summer Team Time Trial (2 Miles)

UHSAA Sports Moratorium – No Coached Practices

End of Summer Team Time Trial (2 Miles)

VARSITY CAMP (Top 10 Boys & Girls from Time Trials)

First Official Practice for Fall XC @ CCHS Track

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

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

<a href="#">HOME</a>	<a href="#">CROSS COUNTRY</a>	<a href="#">XC RECORDS</a>	<a href="#">TRACK &amp; FIELD</a>	<a href="#">TRACK RECORDS</a>	<a href="#">RESOURCES</a>	<a href="#">WORKOUTS FOR THE WEEK</a>
	<a href="#">CROSS COUNTRY</a> -Schedule, Results, Records -Eligibility, Uniforms, Photos				<a href="#">RESOURCES</a> Injury Recovery, Routes -Routines: Abs/Strength	<a href="#">WORKOUTS FOR THE WEEK</a> -SEE BELOW
<b>EXTRA LINKS</b>	<b>ANNOUNCEMENTS</b>					
<b>GIRLS ATTENDANCE</b>						
<b>BOYS ATTENDANCE</b>						

**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.

# FALL PRACTICE SCHEDULE – STARTS AUGUST 9TH

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Mondays	2:55pm @ CCHS Track (later start allows for the coaches to have a meeting)
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)

## ELIGIBILITY INSTRUCTIONS FOR FALL CROSS COUNTRY

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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

### **\*STEP 2: REGISTER FOR CROSS COUNTRY 2021-2022**

- To complete the profile step, click on REGISTER FOR A SPORT, select "2021-22 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 "2021-21 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 9TH**

### **STEP 5: PARTICIPATION FEE**

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