

CHARGERS

CROSS COUNTRY

COACHES:

BOYS & GIRLS VARSITY

Coach Devin Moody - coachdevinmoody@gmail.com

BOYS JUNIOR VARSITY

Coach Brigham Dastrup - brigham.dastrup@gmail.com

Coach Harley Moody - harleyanmoody@gmail.com

GIRLS JUNIOR VARSITY

Coach Kara Bray - kara.bray@canyonsdistrict.org

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 @CCXC19 to 81010

FOR WEEKLY PHOTOS & HIGHLIGHTS FOLLOW THE TEAM INSTAGRAM

@CORNERCANYONXC

ELIGIBILITY INSTRUCTIONS

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 2019-2020

- To complete the profile step, click on REGISTER FOR A SPORT, select "2018-19 Girls/Boys Track and Field". 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 "2019-20 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 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 "Track 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 5: PARTICIPATION FEE

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

NOTE: Once the fee has been paid 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

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
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 you 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:

- 1ST UNREPORTED ABSENCE - **Receive a Formal Warning** - athlete signature
- 2ND UNREPORTED ABSENCE - **Miss the Next Competition** – athlete/parent signature
- 3RD 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
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

FALL PRACTICE SCHEDULE

MONDAY, AUGUST 12TH – WEDNESDAY, OCTOBER 23RD

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

AUGUST

Wednesday, August 14th @ 3:00pm

HIGHLAND INVITE @ Sugarhouse Park, SLC (Bus 1:00pm)

Wednesday, August 28th @ 3:00pm

PRE-REGION @ Pleasant Grove HS, PG (Bus @1:15pm)

SEPTEMBER

Friday, September 6th @ 3:00pm

MURRAY CROSS INVITE @ Murray Park (Bus @12:45pm)

Saturday, September 14th @ 9:00am

BYU AUTUMN CLASSIC @ Eastbay Golf Course (Bus @ 7:15am)

Saturday, September 21st @ 8:00am

BOB FIRMAN INVITE @ Eagle ID (*Varsity Only, Parent Travel)

Friday, September 27th @ 10:00am

PARK CITY INVITE @ Park City Sports Complex (Bus @8:00am)

OCTOBER

Friday, October 11th @ 3:30pm

REGION CHAMPIONSHIPS @ Pleasant Grove HS, PG (Bus @ 1:15pm)

Wed, October 23rd @ 2:00pm

STATE CHAMPIONSHIPS @ Sugar House Park (Bus @11:15am)

NOVEMBER

Wed, October 30th @ 5:30pm

XC AWARDS BANQUET @ CCHS Lunchroom

Tues, November 19th @ 3:30pm

PROVO TIME TRIAL @ Provo River Trail (Bus @ 2:45pm)

Thurs, Nov 21st – Sun, Nov 24th

NIKE SOUTHWEST REGIONALS @ Casa Grande, AZ

- Top 22 Boys and Top 18 Girls who meet the attendance expectations will qualify.

- This will be the official XC trip for the year instead of Footlocker

Sat, Dec 7th

NIKE CROSS COUNTRY NATIONALS @ Portland, OR

2019 VARSITY LETTER

Athletes will receive a Varsity Letter by keeping the attendance standards and achieving the below time standards at one of the final three races of the season (BYU, Park City or Region)

Girls – 3 Mile – 21:15

Boys – 3 Mile – 17:15

PARENT HELP

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)

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.

2. RACE TREATS

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