

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

SUMMER TRAINING CAMP

MONDAY, JUNE 10TH – THURSDAY, AUGUST 8TH

Cost: \$65 – (Includes an athletic T-shirt for those who register by June 10th)

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 27 coached practices (9 weeks of training with 3 coached practices each week).

SIGN UP AT CORNERCANYONXC.COM

Practice Schedule:

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

*Team Captains will lead out runs from Draper Park on Tues, Fri, Sat @ 7:30am.

SUMMER DATES TO REMEMBER

NOW UNTIL JUNE 17TH

MON, JUNE 10TH @ 7:30am

MON, JUNE 24TH

MON, JULY 1ND – SUN, JULY 7TH

SAT, JULY 20TH

WED, JULY 31ST

WED, AUG 7TH

THURS - SAT, AUG 8TH & 10TH

MON, AUG 12TH @ 2:45pm

TUES, AUG 13TH @ 5:30pm

WED, AUG 14TH (Bus @ 1:15pm)

ORDER TEAM UNIFORMS & GEAR

-order today at CORNERCANYONXC.COM

First Summer Practice at Draper Park (North Pavilion)

Start of Summer Team Time Trial (2 Miles)

Sports Moratorium – No Coached Practices

Draper Days 5k

End of Summer Team Time Trial (2 Miles)

End of Summer BBQ @ Draper Park (5:30-7:30pm)

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

First Official Practice for Fall XC @ CCHS Track

FALL PARENT & ATHLETE MEETING - CCHS Atrium
Sign up to host Team Dinners and bring Race Treats,
Team Expectations, Lettering, and the Post-season.

First Cross Country Competition – Highland Invite

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

BECOME FAMILIAR WITH THE TEAM WEBSITE
CORNERCANYONXC.COM

HOME	CROSS COUNTRY	XC RECORDS	TRACK & FIELD	TRACK RECORDS	RESOURCES	WORKOUTS FOR THE WEEK
	CROSS COUNTRY -Schedule, Results, Records -Eligibility, Uniforms, Photos				RESOURCES Injury Recovery, Routes -Routines: Abs/Strength	WORKOUTS FOR THE WEEK -SEE BELOW

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

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
OFFICIAL PRACTICE @ 2:45PM Outdoor Track	OFFICIAL PRACTICE @ 2:45PM Outdoor Track	OFFICIAL PRACTICE @ 2:45PM Outdoor Track	OFFICIAL PRACTICE @ 2:45PM Outdoor Track	OFFICIAL PRACTICE @ 2:45PM Outdoor Track	OFFICIAL PRACTICE @ 8:30AM Outdoor Track	LV1 = 210 LV2 = 230 LV3 = 240 LV4 = 260 LV5 = 270
DISTANCE summit	DISTANCE stokes	DISTANCE wheadon park	DISTANCE sandycreek	LONG RUN osborn	DISTANCE vestry	WEEKLY MILES
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	LV1 = 21-26 LV2 = 23-28 LV3 = 24-30 LV4 = 26-33 LV5 = 27-34

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 12TH

*Athletes are expected to attend 4 practices a week regardless of excused absences unless an arrangement has been made with the coaches before the season starts. Arrangements have been made in the past for those involved in another Corner Canyon Sport/Activity.

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 *(subject to change)*

AUGUST

TUES, AUG 13 TH @ 5:30pm	FALL PARENT & ATHLETE MEETING – CCHS Atrium
WED, AUG 14 TH @ 3:00pm	HIGHLAND INVITE @ Sugarhouse Park (Bus - 1:15pm)
FRI, AUG 30 TH @ 3:00pm	WEBER STATE INVITE @ El Monte Golf Course (Bus - 2:15pm)

SEPTEMBER

WED, SEPT 4 TH @ 3:00pm	PRE REGION @ Pleasant Grove HS (Bus @1:15pm)
SAT, SEPT 14 TH @ 9:00am	BYU AUTUMN CLASSIC@ Easbay Golf Course (Bus @ 7:15am)
SAT, SEPT 21 ST @ 8:00am	BOB FIRMAN INVITE @ Eagle, ID – <i>Varsity Only</i> <i>-Looking for Parents to helping plan Travel and Lodging</i> <i>-More information will be given at the Fall Meeting on Aug 13th</i>
FRI, SEPT 27 TH @ 10:00am	PARK CITY INVITE @ Park City Sports Complex (Bus @8:00am)

OCTOBER

FRI, OCT 11 TH @ 3:30pm	REGION CHAMPIONSHIPS @ Pleasant Grove (Bus @1:15pm)
FRI, OCT 18 TH @ 3:00pm	End of Season Time Trial (1 mile) @ CCHS Track – <i>JV Only</i>
WED, OCT 24 TH @ 1:00pm	STATE CHAMPIONSHIPS @ Sugar House Park (Bus @11:00am)

POST SEASON CROSS COUNTRY

NOVEMBER

THURS-SUN, NOV 14 TH -17 TH	NIKE SOUTHWEST REGIONALS @ Casa Grande, AZ <i>-Top 22 Boys & Top 18 Girls who meet the attendance expectations qualify</i> <i>-This will be the Official XC Trip for the year instead of Footlocker</i> <i>-More information will be given at the Fall Meeting on Aug 13th</i>
FRI, NOV 22 ND @ 4:00pm	End of Season Time Trial (3 miles) @ Provo River Tr (Bus @2:45pm)