

2021 Northwood High School Summer Cross Country Information

**Head Coach:** Cameron Isenhour **E**:[cisenhour@chatham.k12.nc.us](mailto:cisenhour@chatham.k12.nc.us)

**\*\*\*What do I need to do in order to be on the Cross Country Team? \*\*\***

1. Student-Athletes AND Parents need to Complete Online Registration on [planeths.com](https://www.planeths.com/index.php?keyword=/user/signin&schoolID=2011). Please select “Cross Country” along with any other sports you may be interested in. Click [here](https://www.youtube.com/watch?v=zzgH1MOU1CA&feature=youtu.be) for a step-by-step guide on how to complete Online Registration through PlanetHS.Online Registration MUST be completed before a student-athlete can participate in Optional Workouts which begin on Monday, June 13th, 2022
2. Student-Athletes alongside their Parents need to complete the following Contact Information Google Form by clicking [here](https://forms.gle/9oRMyanirnNSmRfx9) Coach Isenhour will use this information to communicate with Student-Athletes and Parents/Guardians.
3. Please create a [Strava Account](https://www.strava.com/). After you make an account please follow Coach Isenhour, who will invite you to the Strava Club Page.
4. Please sign-up for Remind messages by texting @nwsxc19 to 81010 for the most current updates.
5. For future meet changes & score alerts via email and/or text please create a fan account at <https://northwoodathletics.net/auth/new>  Don’t forget to Favorite Coed Varsity Cross Country along with any other sports you may be interested in.

| [◄ May 2022](#3dy6vkm) | **June 2022** | | | | | [Jul 2022 ►](#4d34og8) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  | **1** | **2** | **3** | **4** |
| **5** | **6** | **7** | **8** | **9** | **10** | **11** |
| **12** | **13**  Optional Workouts  7:30 to 9:00 am | **14**  Optional Workouts  7:30 to 9:00 am | **15**  Optional Workouts  7:30 to 9:00 am | **16**  Optional Workouts  7:30 to 9:00 am | **17**  Optional Workouts  7:30 to 9:00 am | **18** |
| **19** | **20**  Optional Workouts  7:30 to 9:00 am | **21**  Optional Workouts  7:30 to 9:00 am | **22**  Optional Workouts  7:30 to 9:00 am | **23**  Optional Workouts  7:30 to 9:00 am | **24**  Optional Workouts  7:30 to 9:00 am | **25** |
| **26** | **27**  Optional Workouts  7:30 to 9:00 am | **28**  Optional Workouts  7:30 to 9:00 am | **29**  Optional Workouts  7:30 to 9:00 am | **30**  Optional Workouts  7:30 to 9:00 am |  | |

| [◄ Jun 2022](#1t3h5sf) | **July 2022** | | | | | [Aug 2022 ►](#2s8eyo1) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  | **1**  Optional Workouts  8:00 to 10:00 am | **2** |
| **3** | **4**  Dead Period  Practice on Your Own | **5**  Dead Period  Practice on Your Own | **6**  Dead Period  Practice on Your Own | **7**  Dead Period  Practice on Your Own | **8**  Dead Period  Practice on Your Own | **9** |
| **10** | **11**  Dead Period  Practice on Your Own | **12**  Dead Period  Practice on Your Own | **13**  Dead Period  Practice on Your Own | **14**  Dead Period  Practice on Your Own | **15**  Dead Period  Practice on Your Own | **16** |
| **17** | **18**  Optional Workouts  7:30 to 9:00 am | **19**  Practice on Your Own  Coach at CTE Summer Conference | **20**  Practice on Your Own  Coach at CTE Summer Conference | **21**  Practice on Your Own  Coach at CTE Summer Conference | **22**  Optional Workouts  7:30 to 9:00 am | **23** |
| 24  App State XC Camp | 25  App State XC Camp | 26  App State XC Camp | 27  App State XC Camp | **28**  Optional Workouts  7:30 to 9:00 am | **29**  Optional Workouts  7:30 to 9:00 am | **30** |
| **31** |  | | | | | |

| [◄ Jul 2022](#4d34og8) | **August 2022** | | | | | [Sep 2022 ►](#17dp8vu) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | **1** 1st Official Day of Practice  Mandatory Tryouts  7:30 to 9:30 am  Must Be Present to Make the Team | **2**  Mandatory Practice  7:30 to 9:30 am | **3**  Mandatory Practice  7:30 to 9:30 am | **4**  Mandatory Practice  7:30 to 9:30 am | **5**  Mandatory Practice  7:30 to 9:30 am | **6** |
| **7** | **8**  Mandatory Practice  7:30 to 9:30 am | **9**  Mandatory Practice  7:30 to 9:30 am | **10**  Mandatory Practice  7:30 to 9:30 am | **11**  Mandatory Practice  7:30 to 9:30 am | **12**  Mandatory Practice  7:30 to 9:30 am | **13** |
| **14** | **15**  Mandatory Practice  3:30 to 5:30 p.m. | **16**  Mandatory Practice  3:30 to 5:30 p.m. | **17**  Mandatory Practice  3:30 to 5:30 p.m. | **18** Opt. Teacher Workday  Mandatory Practice  3:30 to 5:30 p.m. | **19** Opt. Teacher Workday  Mandatory Practice  3:30 to 5:30 p.m. | **20** |
| **21** | **22** Req Teacher Workday  Mandatory Practice  3:30 to 5:30 p.m. | **23** Req Staff Development  Mandatory Practice  3:30 to 5:30 p.m. | **24** Req Staff Development  Mandatory Practice  3:30 to 5:30 p.m. | **25** Req Teacher Workday  Mandatory Practice  3:30 to 5:30 p.m. | **26** Opt. Teacher Workday  Mandatory Practice  3:30 to 5:00 p.m. | **27**  Ronald Horton  XC Classic |
| **28** | **29** 1st day of School  Mandatory Practice  3:30 to 5:30 p.m. | **30**  Mandatory Practice  3:30 to 5:30 p.m. | 31  Mandatory Practice  3:30 to 5:30 p.m. | Beginning on Monday, August 1st. Practices will be Mandatory.  Beginning on Thursday, August 18th practices will be from 3:30 to 5:30 p.m. | | |