

2021 Northwood High School Summer Cross Country Information

**Head Coach:** Cameron Isenhour **E**: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 Workouts7:30 to 9:00 am | **14** Optional Workouts7:30 to 9:00 am | **15** Optional Workouts7:30 to 9:00 am | **16** Optional Workouts7:30 to 9:00 am | **17** Optional Workouts7:30 to 9:00 am | **18**  |
| **19**  | **20** Optional Workouts7:30 to 9:00 am | **21** Optional Workouts7:30 to 9:00 am | **22** Optional Workouts7:30 to 9:00 am | **23** Optional Workouts7:30 to 9:00 am | **24** Optional Workouts7:30 to 9:00 am | **25**  |
| **26**  | **27** Optional Workouts7:30 to 9:00 am | **28** Optional Workouts7:30 to 9:00 am | **29** Optional Workouts7:30 to 9:00 am | **30** Optional Workouts7:30 to 9:00 am |  |

| [◄ Jun 2022](#1t3h5sf) | **July 2022** | [Aug 2022 ►](#2s8eyo1) |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  | **1** Optional Workouts8:00 to 10:00 am | **2**  |
| **3**  | **4** Dead PeriodPractice on Your Own | **5** Dead PeriodPractice on Your Own | **6** Dead PeriodPractice on Your Own | **7** Dead PeriodPractice on Your Own | **8** Dead PeriodPractice on Your Own | **9**  |
| **10**  | **11** Dead PeriodPractice on Your Own | **12** Dead PeriodPractice on Your Own | **13** Dead PeriodPractice on Your Own | **14** Dead PeriodPractice on Your Own | **15** Dead PeriodPractice on Your Own | **16**  |
| **17**  | **18** Optional Workouts7:30 to 9:00 am | **19** Practice on Your OwnCoach at CTE Summer Conference | **20** Practice on Your OwnCoach at CTE Summer Conference | **21** Practice on Your OwnCoach at CTE Summer Conference | **22** Optional Workouts7:30 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 Workouts7:30 to 9:00 am | **29** Optional Workouts7:30 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 PracticeMandatory Tryouts7:30 to 9:30 amMust Be Present to Make the Team | **2** Mandatory Practice7:30 to 9:30 am | **3** Mandatory Practice7:30 to 9:30 am | **4** Mandatory Practice7:30 to 9:30 am | **5** Mandatory Practice7:30 to 9:30 am | **6**  |
| **7**  | **8** Mandatory Practice7:30 to 9:30 am | **9** Mandatory Practice7:30 to 9:30 am | **10** Mandatory Practice7:30 to 9:30 am | **11** Mandatory Practice7:30 to 9:30 am | **12** Mandatory Practice7:30 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 WorkdayMandatory Practice 3:30 to 5:30 p.m.  | **19** Opt. Teacher WorkdayMandatory Practice 3:30 to 5:30 p.m. | **20**  |
| **21**  | **22** Req Teacher WorkdayMandatory Practice 3:30 to 5:30 p.m. | **23** Req Staff DevelopmentMandatory Practice 3:30 to 5:30 p.m. | **24** Req Staff DevelopmentMandatory Practice 3:30 to 5:30 p.m.  | **25** Req Teacher WorkdayMandatory Practice 3:30 to 5:30 p.m. | **26** Opt. Teacher WorkdayMandatory Practice 3:30 to 5:00 p.m.  | **27** Ronald Horton XC Classic |
| **28**  | **29** 1st day of SchoolMandatory 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.  |