



2022-2023 MEN'S BASKETBALL SUMMER WORKOUTS

COACH: MATT BROWN

EMAIL: msbrown@chatham.k12.nc.us

1. Student-Athletes AND Parents need to Complete Online Registration on planeths.com. Please select "Basketball" along with any other sports you may be interested in. Click [here](#) for a link to a How to Tutorial on How to complete Online Registration through PlanetHS. Note: Online Registration MUST be completed before a student-athlete can participate in Optional Workouts which begin on Wednesday June 8th.
2. **Team Camps:**
 - a. June 13th - 15th NC STATE **JV and Varsity** - \$260
 - i. Checks made payable to NHSBFAA
 - b. June 17th and 18th NC Live Period **Varsity ONLY**
 - i. Games at Rise Indoor Bermuda, NC-1pm and 3pm both days
 - c. June 20th-22nd Camp of Champs-ALL PLAYERS (Spartanburg SC)-\$260
 - i. Checks made payable to NHSBFAA

MENS BASKETBALL SUMMER WORKOUT CALENDAR

June 2022						
◀ May 2022						Jul 2022 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7	8 VARSDTY Practice @ Northwood 4:00pm-6:45pm JV PRACT @ Pollard 4pm-6pm	9 VARSDTY Practice @ Northwood 4:00pm-6:45pm JV PRACT @ Pollard 4pm-6pm	10 VARSDTY Practice @ Northwood 3:30-6:15pm JV PRACT @ Pollard 4pm-6pm	11 VARSDTY Practice @ Northwood 10am-12:45pm JV Practice @ Northwood 12pm-2pm

12	13 NC STATE TEAM CAMP JV AND VARSITY	14 NC STATE TEAM CAMP JV AND VARSITY	15 NC STATE TEAM CAMP JV AND VARSITY	16	17 NC D1 LIVE PERIOD IN WINSTON SALEM VARSITY ONLY 1pm vs North Meck 3pm vs Richmond	18 NC D1 LIVE PERIOD IN WINSTON SALEM VARSITY ONLY 1pm vs Chambers 3pm vs Ardrey Kell
19 FATHERS DAY	20 CAMP OF CHAMPIONS SPARTANBU RG SC JV AND VARSITY	21 CAMP OF CHAMPIONS SPARTANBU RG SC JV AND VARSITY	22 CAMP OF CHAMPIONS SPARTANBU RG SC JV AND VARSITY	23 Work Youth Camp 8-2	24	25
26	27 LIFT 11:30-12:15 Practice 12:15-2:00p m	28 Practice 12:15-2:00p m	29 LIFT 11:30-12:15 Practice 12:15-2:00p m	30 LIFT 11:30-12:15 Practice 12:15-2:00p m		



2022 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. Please select "Cross Country" along with any other sports you may be interested in. Click [here](#) 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](#) Coach Isenhour will use this information to communicate with Student-Athletes and Parents/Guardians.
3. Please create a [Strava Account](#). 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

June 2022

Jul 2022 ▶

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

July 2022

Aug 2022 ▶

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 Optional Workouts 7:30 to 9:00 am	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 Time Trial 7:30 a.m. to 9:30 a.m.
24 App State XC Camp	25 App State XC Camp	26 App State XC Camp	27 App State XC Camp	28 App State XC Camp	29 Optional Workouts 7:30 to 9:00 am	30
31						

◀ Jul 2022

August 2022

Sep 2022 ▶

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 Practice on Your Own	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 Early Bird Invite at Wake Med Soccer Park
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.		



Volleyball Workouts

For more information please email Coach Vernon at cdvernon@chatham.k12.nc.us



June 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
6	7	8	9	10	11
13 Volleyball Workouts 6-7:30PM	14	15 Volleyball Workouts 6-7:30PM	16	17	18
20 Volleyball Workouts 6-7:30PM	21	22 Volleyball Workouts 6-7:30PM	23	24	25
27 Volleyball Workouts 6-7:30PM	28	29 Volleyball Workouts 6-7:30PM	30		



1. Make sure you have completed the registration steps on PlanetHS.com & uploaded all necessary documents.
2. Complete the following contact form. Coaches will use this information to communicate with student-athletes & parents/guardians.
<https://forms.gle/arFHCofXUSv8bv6u9>
3. Sign up to receive Remind messages by texting @123456n to 81010.
4. You will need to keep up with conditioning and learning material shared with you in the Google file and post assignments through the BAND app during the summer.

~IMPORTANT DATES~

July 25-27: 4:00-5:30 Practice
 6:00-8:00 Jr. Cheer Camp Fundraiser

July 29-31 - UCA Team Camp @ UNC

Aug. 1st - Mandatory Practice Begins

Follow us:

Twitter: @cheer_northwood Instagram: nhs_cheerteam



Northwood Lacrosse Camp from 4:00PM to 6:00PM June 27th, 28th, 29th and 30th to the calendar.
(Northwood High School - Lower Level Field - Soccer Field)

PAYMENTS WILL BE MADE AT REGISTRATION ON June 27,2022

Click Below For Camp Registration

[Camp Registration](#)



Northwood Girls Lacrosse Summer Camp 2022!!

Dates: July 20th and July 21st. 2022 9:00am - 12:00pm

Ages: 2nd - 8th Grade

Place: Northwood High School (Pittsboro, NC)

Cost: \$80 includes a new camp pinnie, cold drinks and water. Popsicles and pizza after the 2nd day of camp!

--> Pay for camp at day #1/July 20th at registration, or the first day that you can attend camp (check or cash). If finances are a challenge, no problem! Please contact us for confidential options to ensure that your child can participate without any worries.

Equipment required: Lacrosse stick(s), girls lacrosse goggles, water bottle, mouth guard (not white or clear), cleats, and sunscreen. Goalies will need their required goalie gear

Questions/Contact: NorthwoodWomensLax@Gmail.com

Registration form:

<https://docs.google.com/forms/d/e/1FAIpQLSf2fxZX7yQGa-3xTsK4ADexKaPxXaTqyazlYwIRDau2uc3hJQ/viewform?vc=0&c=0&w=1&flr=0>



June 9 and 10—optional workouts 9am to 11am

Also on June 9th—meet and greet at 5pm

June 13 and 14—optional workouts 9am to 11am

June 15-17—practice on your own

Week of June 20th: optional workouts 5pm – 6:30pm

Week of June 27th: optional workouts 9am to 11am

Week of July 4th—dead period; practice on your own

Week of July 11th – dead period; practice on your own

Soccer Camp July 18-19th kids grades 3-8 time 8am to 4pm

July 18 and July 19—optional workouts 5pm to 6:30pm

August 1 - practice on your own

August 2nd and 3rd: Tryouts 9-11am—Mandatory

Mandatory practices start Thursday August 4th: 9am to 11am

Mandatory practices week of August 8th: 9am to 11am

Week of August 15th—mandatory practices—SET TIME— 3:30 to 5

Softball

SOFTBALL

July 18-19 and 21

July 25,26 and 28

All days same time 5:30 to 7:00

everyone needs to have a current physical

Everyone bring someone to workouts

Baseball - High school summer league: Mon-Thurs for June & July, Contact David Miller (dmiller@chatham.k12.nc.us) with any questions.