



Cordova High School Track and Field



Who: Rising freshman track athletes; All current high school athletes interested in competing in track and field for the 2022/23 season.

What: If you are not playing football, you are invited and pretty much expected to join us this summer for summer conditioning. If you would like to run 5ks and be on a cross country team, we will also offer that opportunity. We will take the month of June to rest, recover, have fun, run AAU and hang out with family. We will re-unite July 11th. As of right now, we plan on training in the morning from 7am until 8:30 or 9 am. Some days we will train at the high school, some days we will train at field across from the Cordova Community Center on Sanga Rd, and some days we will train at Bert Ferguson Park on Trinity Rd.

Where:

Cordova High School (CHS) 1600 Berryhill Rd. Cordova, TN

Cordova Community Center (CCC) 1017 N. Sanga Rd. Cordova, TN

Bert Ferguson Park (BFP) 8505 Trinity Rd. Cordova, TN

I am including information about signing up for Remind. I will use this app to build a communication database so that athletes and parents can be up to date about where to be and when. Even if you are playing football, please sign up for Remind if you plan on running next season. As of right now, here is the expected plan for our summer training camp.

When:

July 11: CCC	July 18: BFP	July 25: TBD	Aug 1: TBD
July 13: CHS	July 20: CHS	July 27: TBD	Aug 3: TBD
July 15: BFP	July 22: BFP	July 29: TBD	Aug 5: TBD

Why:

We had a good season with a young bunch of guys. There is a lot of work we need to have a great season and cultivate the talent that lies within you. These sessions tend to be smaller, more in depth, and less rushed. Emphasis is on learning to use the body in the most powerful and efficient way possible and developing strength and force application. These sessions also build bonds of friendship and will help establish the culture we want moving forward.

Communications: Parents and athletes are invited to join the Remind group for our program. I have included information on how to sign up for this free service. Remind is a third party intermediary that provides a layer of protection for both ends of a communication. This is what I will be using to communicate with participants and parents moving forward.

I look forward to seeing you all this summer and continuing to build towards our ultimate goal of restoring the excellence that has historically defined Cordova Track and Field.