



## ACTIVITY DISCLOSURE

### School Sponsored Activity

Utah law and Utah High School Activities Association require development of an Activity Disclosure for school-sponsored groups or programs in grade 9 through 12 involving contest, performance, events, or other activities which require students to miss class time or take place outside of the regular school day. A copy of this disclosure must be provided to both students and parents (Utah Code § 53G-4-409 and UHSAA Joint Statement, Required Standard 1).

School Viewmont High School Name of Team Cross Country

Beginning Date of Season 8/7/23; When and where will tryouts be held? N/A

Are tryouts required? Yes \_\_\_ No ; Approximate number who will be involved or selected to participate 85

**In-Season Activities:** Attach

Tentative schedule of events, performances, games, or other activities which are planned during the time-period or season associated with the group including dates, times, and places if available or attach a copy of schedule.

**Out of Season Activities:** Attach

Tentative schedule of events, performances, games, camps, clinics, or other activities which are planned outside of the activity season including dates, times, places, and whether the activity is considered mandatory or optional.

**Activity Fees:** List below

Categories	Description	Fee Amount
District Athletic Par	DSD Participation	\$ 35.00
Transportation Fee	Transportation	\$ 50.00
Random Drug Test Fee	Random Drug Testing	\$ 5.00
Other	Game Officials/Referees/Management	\$ 35.00
Apparel	Uniform	\$ 75.00
District Athletic Fee	Valhalla Shirt	\$ 8.00
Other	Double-wide EZ up	\$ 15.00
Other	Team snacks for meets and practice, weekly awards, end-of-season awards	\$ 57.00
Other	Team t-shirt, warm-ups	\$ 160.00
Fees may not exceed the amount listed on the fee schedule. Total individual costs per student.		\$ 440.00

Add items as outlined in maximum fee amounts of the District Fee Schedule with a description and each fee amount.


\* If your fee waiver was denied, a parent may appeal the denial. See "Fee Waiver Decisions and Appeal Form."

Employee Responsible for Activity Trent Hooper Email gtrentonhooper@gmail.com

Principal Signature [Signature] Director Signature [Signature]

## 2023 Cross Country

- I. In Season Activities
  - a. See meet schedule below.
  - b. Aug. 30 - Formal Night. Formal dress evening at the track plaza with dinner and speakers.
  - c. Full team practices are weekdays except meet days, from 3pm to 5pm, meeting at the track. And Saturday starting between 7 and 8am.
  - d. Varsity has a second morning workout Monday, Wednesday, Friday from 6-7am covering lifting and short morning run.
  - e. 2-3 times in the season we may pull together a varsity team meeting in the evening to strategies meets and review goals.
  
- II. Out-of-Season Activities
  - a. Pre-season training begins June 26<sup>th</sup>, 6:30am to 8:30am meeting at the track. Occasionally meeting at local trailheads instead of the track.



# VIEWMONT XC

**PRE-REGION**  
8.22 Layton Commons

**WASATCH RENDEZVOUS**  
8.26 Cottonwood Complex

**TIMPANOGOS INVITATIONAL**  
9.1 Lake Side Park, Orem

**PARK CITY INVITATIONAL**  
9.8 Round Valley /Quinn Junction

**BORDER WARS**  
9.16 Sugar House Park

**DAVIS DISTRICT**  
9.27 Layton Commons Park

**REGION**  
10.4 Layton Commons Park

**DIVISIONALS**  
10.10 Lake Side Park, Orem

**JV REGION**  
10.17 Roy High School

**STATE**  
10.24 Regional Athletic Center