

VHS - CONTACTS AND INFORMATION

Sport/Activity: Cross Country

For more information, please see also the "Activity Disclosure Statement" for this sport/activity.

Head Coach: Trent Hooper

• Email: gtrentonhooper@gmail.com Phone: 406-208-5424

Assistant Coaches:

- Sarah Egnew
- _____
- _____
- _____
- _____
- _____
- _____

Tryout Information:

- NOTE: A current physical will be required prior to tryouts or participation in this sport/activity.
- Tryouts Required: YES NO
- Dates: N/A
- Times: N/A
- Location: N/A

Season Schedule: See attached.

Extended Travel:

- NOTE: Up to \$2,000 can be charged to participating students for extended travel related to a team/group. Our sport/activity could possible travel.
- Do you plan to travel with this team/group: YES NO
- Tentative Month of Travel: N/A
- Tentative Price of Travel: N/A

Fundraisers:

Fundraiser #1: _____

Purposes for fundraising: • _____
• _____

Fundraiser #2: _____

Purposes for fundraising: • _____
• _____

Fundraiser #3: _____

Purposes for fundraising: • _____
• _____

Fundraiser #4: _____

Purposes for fundraising: • _____
• _____

Fundraiser #5: _____

Purposes for fundraising: • _____
• _____

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 26th, 6:30am to 8:30am meeting at the track. Occasionally meeting at local trailheads instead of the track.



2023

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