



**FIELD AND OTHER CORPORATION-SPONSORED TRIPS
OUT OF STATE/OVERNIGHT FIELD TRIP REQUEST FORM
Board Policy #C500**

Date:

Name of Organization: Mt. Vernon High School Girls Cross Country Team

Dates of the Trip:

Location of the

Trip:

Overnight Accommodation Information:

Name of Hotel:

- Address:
- How will students be accommodated?
- How will chaperones be accommodated?
- Other details:

Name of Tour Group/Travel Company if applicable:

- Contact Name from group:

Transportation:

(school buses must be within 200 miles of school unless other transportation is authorized)

Has a Transportation Bus Request been submitted and approved by Transportation:

Cost:

- Will the cost be paid by the organization or parents/guardians?
- In case of cancellation will refunds be made to parents/guardians?

Reason for the Trip: Team building, team workouts, and education to prepare for Cross Country Season

Itinerary:

**Mt. Vernon Girls Cross Country
Team camp 2025 Itinerary**

Dates: July 10-13 2025

Location: Magnolia Retreat, XXXX Dupler Road, Sugar Grove, OH 43115

Thursday July 10

12:00pm - Meet at Mt. Vernon High School to depart (Make sure you have already eaten lunch.)
4:00pm - Arrive at the cabin and get settled in.
5:00pm - Team run with the coaches
7:00pm - Dinner
8:00pm - Team meeting - Rules, Expectations, Season Goals
11:00pm -Go to bed

Friday July 11

8:00am - Team Breakfast
10:00am - Morning run and core
12:00pm - Team Lunch
1:00pm - Team Meeting - Using the Coros equipment and understanding the data.
3:00pm - Team Yoga
5:00pm - Team run with the coaches
7:00pm - Dinner
8:00pm - Team Activity
11:00pm - Go to bed

Saturday July 12

8:00am - Team Breakfast
10:00am - Morning run and core
12:00pm - Team Lunch
1:00pm - Team Meeting - Nutrition for Endurance Athletes
3:00pm - Team Yoga
5:00pm - Team run with the coaches
7:00pm - Dinner at local restaurant
8:30pm - Team Meeting - Understanding endurance training methods and injury prevention
9:30pm - Team Activity
11:00pm - Go to bed

Sunday July 13

8:00am - Team Breakfast
9:00am - Clean up and load luggage
10:00am - Depart for home

Chaperones:

(Expanded Criminal checks on file for Chaperones)

- **Teacher/Sponsor:**
- **Parents:**
- **Tour Director:**

Medical Releases/Parent Permissions on file:

Safety and Supervision Provisions:

Sponsor Signature:

Principal Signature:

Superintendent/Administrator Signature:

School Board Approval Date: