



FIELD AND OTHER CORPORATION-SPONSORED TRIPS OUT OF STATE/OVERNIGHT FIELD TRIP REQUEST FORM

Board Policy #C500

Date:

Name of Organization:

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:

-

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? **Only partial refund (the cabin money can't be refunded)**

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

Chaperones: Head Coach, Lydgia Palmer and Assistant Coach, Ben Gale

Safety and Supervision Provisions: Coaches will supervise runners on all activities and will have basic first aid kits. Both are cpr certified

Medical Releases/Parent Permissions on file: Parents will fill out and it will be on file for the trip

Mt. Vernon Girls Cross Country Team camp 2026 Itinerary

Dates: July 19-22, 2026

Location: Kalhaven Outpost - 500 CR 687, South Haven, MI 49090

Sunday July 19

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

Monday July 20

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

Tuesday July 21

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

Wednesday July 22

8:00am - Team Breakfast

9:00am - Clean up and load luggage

10:00am - Depart for home

Sponsor Signature:

A Palmer

Principal Signature:

Superintendent/Administrator Signature:

School Board Approval Date:



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Sponsor Signature:

A Palmer

Principal Signature:

Priscilla Hay

Superintendent/Administrator Signature:

School Board Approval Date: