

UHSAA 150 MILE Contest Approval Form

All practice games over 150 miles one way in any sport must be approved by the local board of education. This form must be completed and attached with the eligibility list of that particular sport and include data for each trip.

School Box Elder High **Sport** Girls Volleyball female ☒ male ☐

**Date of
contest**

**Number miles
(one way)**

Destination

Level of play
(var., j.v., soph. fresh.)

Aug. 1-2, 2025	96.6	Inkom, ID 265 So. Old Tom Rd.	Var., JV, Soph., Fresh



[Signature]
Signature of Superintendent



4-24-25
Date

Please duplicate this form for use in each sport



INKOM
(over 150)

meet requirements
for over 150

Box Elder High School
Over-Night Travel Request

Organization Girls Volleyball

Educational Value We want to build trust and chemistry
from the very beginning with each player on the team

Reason for overnight stay Volleyball Team Retreat

Advisor(s) Kris Harding, Ashlee Hendricks, Kim Hoyt, Annie Lewis

Departure Date Aug. 1, 2025 Return Date Aug. 2, 2025

Destination Inkom, ID Distance 97 miles

Mode of Transportation Bus

Per Student Cost \$40 Class Time missed 0

Accommodations:

Boys _____

Girls Will be separating coaches from girls when we go to sleep.

- ☐ Parental Information/Disclosure Statements are attached?
- ☐ A plan for emergencies is attached?
- ☐ A plan for reacting to student misbehavior is attached?
- ☐ A list of emergency telephone numbers is attached?

Chaperones:

All Coaches 4-6 people

Kris Harding 3-6-25
Advisor's Signature _____ Date _____ Principal's Signature _____ Date _____

Team Retreat Information

2025 Season

Location: 265 S Old Tom Rd. Inkom, ID 83245

Time frame: We will be leaving at 2:00 pm Aug. 1st and returning at 6:00pm Aug. 2nd.

Purpose: This is a wonderful opportunity for our girls to build trust and chemistry from the beginning of the season. In most sports, but especially girls volleyball, it is very important the girls learn to trust and enjoy one another to have a successful season.

Criteria: Friday, we will be going to Inkom and playing on their slip in slide in the back yard, having a BBQ, and performing team skits. In the morning, we will be going over team goals and individual goals. At 11:00 am we will pack up and go to Lava Hot Springs and float the river from 11:30am-4:30 pm before we will head home.

Meals: As a team we will be eating 3 meals together; Friday evening dinner, Saturday morning breakfast, and Saturday's lunch. The girls will be responsible for their own dinner if they cannot wait until we get back Saturday night around 6:00 pm. Please have each girl bring a blanket and pillow. The costs associated with trip will be **\$40.00** to pay for food and swimming at Lava Hot Springs pool.

Requirements/Expectations: Girls will be asked to put their phones away, allowing time to bond and build relationships with their teammates. Girls will not be allowed to leave the lodging at any point of time, on their own or with a teammate without the knowledge and approval of parents and coaches. Girls will not be allowed to wear bikinis. If they do not own another swimsuit, please have them wear a shirt/tank top over their swimsuit. Everyone will be required to bring and wear sunblock. If there are any discipline problems (improper use of cell phones, disrespect for coaches or teammates, inappropriate behavior, sneaking out at night, etc.) parents will be contacted and asked to pick up their daughter immediately, wherever we may be at the time. Each athlete will be asked for an emergency contact if there is a medical problem. The team retreat fee of \$40 must be paid in full before they are allowed to go on the trip.

If you have any further questions or concerns, please feel free to call me at **801-668-1781**. If you need to get a hold of your daughter over the weekend you will need to contact me. Their cell phones will be taken away if they become a problem and they will not get them back until we head home Saturday.

Thank you for your support in this team overnight activity, Kris Harding

Alternate Coaches Numbers:

Kim Hoyt 435-720-2874 Ashlee Hendricks 435-740-0661 Annie Mecham: 435-740-1586